

Friendship Dining Center Activity & Menu Calendar

June 2026



Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8oz of 1% low-fat milk and one slice of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from:



Monday	Tuesday	Wednesday	Thursday	Friday
At: Parrish United Methodist	At: Meals on Wheels PLUS	At: Parrish United Methodist & Meals on Wheels PLUS	At: Meals on Wheels PLUS	At: Myakka Family Worship & Redeemer Lutheran Church
1 Coffee & Conversation Table Games Meal: Chicken Parmesan	2 Coffee & Conversation Card Game: Sweep Chicken Foot Dominoes Chess Let Your Yoga Dance Bingo Meal: Shepherd's Pie	3 Coffee & Conversation Chair Yoga (PUM) Card Game: Trash (PUM) Craft: Go with the Flow Jellyfish (MOWP) Table Games (MOWP) Meal: Shrimp Stir-Fry	4 Coffee & Conversation June IQ Games Chair Exercise Games: Chicken Foot Dominoes Card Game: Sweep Meal: Chicken a La Bleu	5 Coffee & Conversation Craft: Clay Scent Diffusers (RLC) Mexican Train Dominoes (RLC) Let Your Yoga Dance (RLC) Craft: (MFWC) Table Games (MFWC) Meal: Turkey Divan
8 Coffee & Conversation Nutrition Education: Pump up the Fiber Table Games Meal: BBQ Seasoned Pork	9 Coffee & Conversation Let Your Yoga Dance Card Game: Sweep Chicken Foot Dominoes Chess Meal: Thai Ginger Curry Chicken	10 Coffee & Conversation Active Game (PUM) Bingo (PUM) Craft (MOWP) Table Games (MOWP) Meal: Salisbury Steak	11 Coffee & Conversation Nutrition Education: Pump up the Fiber Chair Hockey Table Games/Bingo Meal: Lemon Chicken w/ Rice	12 Coffee & Conversation Craft: Stained Glass Butterflies (RLC) Nutrition Education: Pump up the Fiber Mexican Train Dominoes (RLC) Let Your Yoga Dance (RLC) Craft (MFWC) Bingo (MFWC) Meal: Asian Meatballs & Dumplings
15 Coffee & Conversation Table Games/Bingo Meal: Classic Meatloaf	16 Coffee & Conversation Craft: Sea Turtle Sketch Let Your Yoga Dance Table Games June Birthday Celebration Meal: Mac and Cheese w/Chicken	17 Coffee & Conversation Chair Yoga (PUM) Card Game: Trash (PUM) Craft: Go with the Flow Jellyfish (MOWP) Table Games (MOWP) Meal: French Onion-Breaded Pork Chop	18 Coffee & Conversation Chair Exercise Chicken Foot Dominoes Card Game: Sweep Bingo Meal: Butter Chicken & Lentil Stew	19 JUNE TEENTH OFFICES CLOSED
22 Coffee & Conversation Table Games/Bingo Meal: Raspberry BBQ Grilled Chicken	23 Coffee & Conversation Jeopardy Trivia Let Your Yoga Dance Table Games Bingo Meal: Beef Goulash	24 Coffee & Conversation Active Game (PUM) Card Game: Trash (PUM) Craft (MOWP) Table Games (MOWP) Meal: Homestyle Turkey & Stuffing	25 Coffee & Conversation Corn Hole Kahoot Traveling Chair: India Table Games/Bingo Meal: Cheese Pizza	26 Coffee & Conversation Kahoot Traveling Chair: India (RLC) Let Your Yoga Dance (RLC) Table Games (RLC) Craft (MFWC) Bingo (MFWC) Meal: Swiss Steak
29 Coffee & Conversation Table Games/Bingo Meal: Chicken Parmesan	30 Coffee & Conversation Scattergories Let Your Yoga Dance Table Games/Bingo Meal: Shepherd's Pie			

LOCATIONS:

Meals on Wheels PLUS of Manatee (MOWP)
811 23rd Avenue East
Bradenton, FL 34208
Tuesday, Wednesday, & Thursday 9am-1pm

Parrish United Methodist (PUM)
12180 US-301
Parrish, FL 34219
Monday & Wednesday 9am-1pm

Myakka Family Worship Center (MFWC)
33420 Singletary Road
Myakka City, FL 34251
Friday 9am-1pm

Redeemer Lutheran Church (RLC)
6311 3rd Avenue West
Bradenton, FL 34209
Friday 9am-1pm

PUMP UP THE FIBER



Fiber is an essential part of a healthy diet. Not only does it help with digestion, but it also plays a major role in heart health, blood sugar control, and maintaining a healthy weight. There are two types of fiber: **soluble fiber** and **insoluble fiber**.

Soluble fiber dissolves in water and forms a gel-like substance in the digestive tract. This type of fiber helps lower LDL ("bad") cholesterol, supports heart health, and can help steady blood sugar levels. **Insoluble fiber**, on the other hand, adds bulk to the stool and helps food move more easily through the digestive system. This makes it especially helpful in preventing constipation. It's important to consume a mix of both types of fiber!

Seniors should aim for **25–30 grams** of fiber per day from a variety of foods. Start slowly, add fiber-rich foods gradually, and make sure to drink plenty of water!

SOLUBLE FIBER

- Oats
- Beans and lentils
- Apples, oranges, and berries
- Chia seeds

INSOLUBLE FIBER

- Whole-wheat bread
- Brown rice
- Nuts and seeds

Word Search Summer

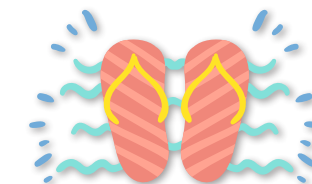


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- PICNIC
- SUNGLASSES
- SWIMMING
- SUN
- SWIMSUIT
- OCEAN

- RELAX
- SHORTS
- BARBECUE
- SPRINKLER
- FIREWORKS

- VACATION
- SUNSHINE
- FUN
- HOT
- POOL
- FAMILY



REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please do not attend the program, but please call us at 941-747-4655 to let us know.