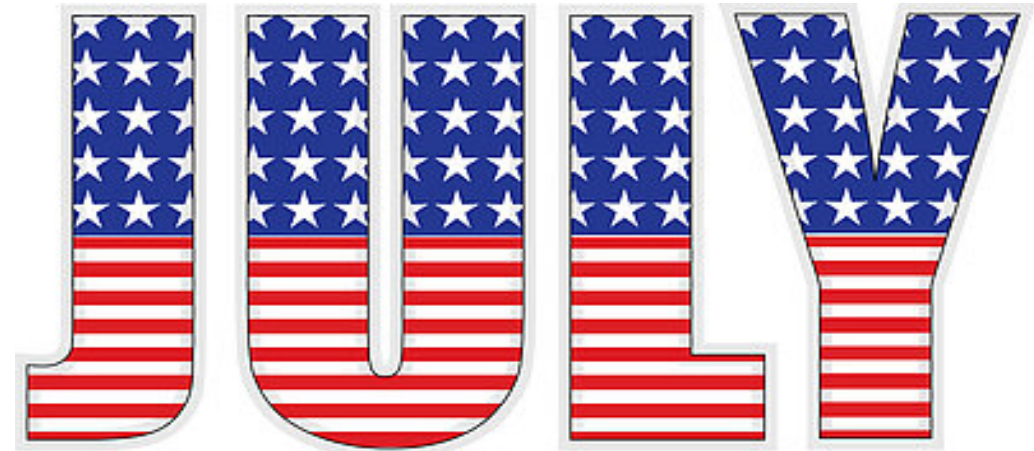
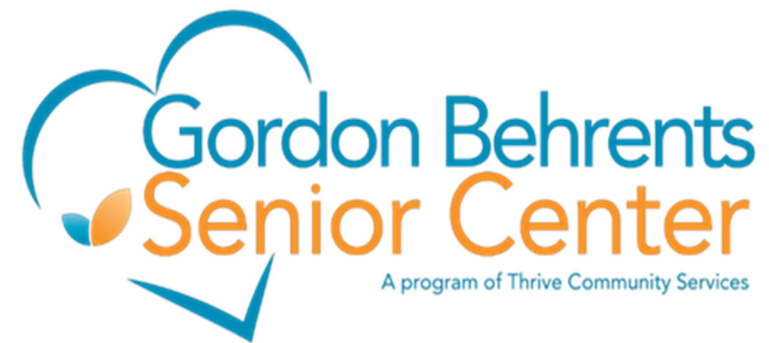


2024



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Galesburg, IL 61401



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Neil S.— 7-8



Your Staff

Jackie Jennings, RN
Director

Amber Senner, LPN
Assistant Director

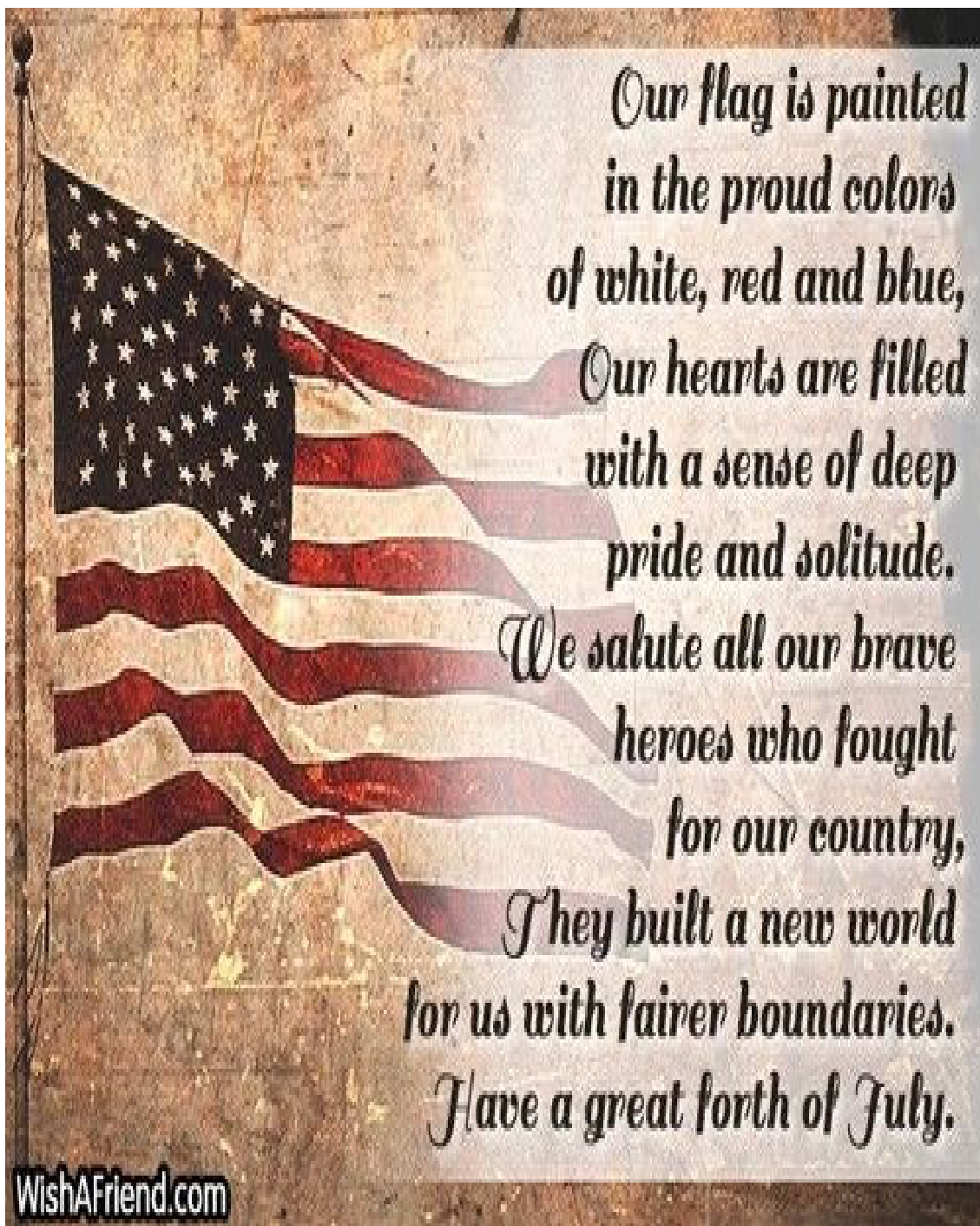
Sherrell Wallace
Program Aide/Driver

Teresa Parrish
Program Aide/Driver

Ellen Gass
Program Aide/Driver

Leslie Collopy
Program Aide /Driver





4th of July Word Search

I	V	E	F	S	B	G	F	Z	K	Z	R	R	U	Q
F	N	M	D	C	H	R	J	D	Z	I	H	K	Z	Y
I	Y	D	G	A	E	N	M	U	I	J	R	J	P	A
R	T	H	E	E	R	I	O	F	X	Y	W	I	U	U
E	U	H	D	P	Y	A	L	U	N	T	Y	V	A	O
W	N	O	H	K	E	R	P	K	K	M	O	Y	B	D
O	M	D	E	R	E	N	G	O	N	C	K	H	Y	A
R	T	A	T	M	A	Z	D	B	N	B	Z	T	W	Y
K	M	Z	M	N	S	G	I	E	S	A	T	R	Y	S
S	Z	U	K	R	Q	T	H	O	N	G	Z	U	A	H
M	S	W	H	I	T	E	A	J	W	C	Y	O	J	I
Q	Y	G	R	Y	H	T	B	R	B	L	E	F	U	Y
I	V	A	A	E	J	E	I	L	S	A	U	M	L	W
A	C	I	R	E	M	A	U	G	S	Z	B	Y	Y	G
Z	O	I	M	A	F	E	I	B	G	F	P	T	V	O

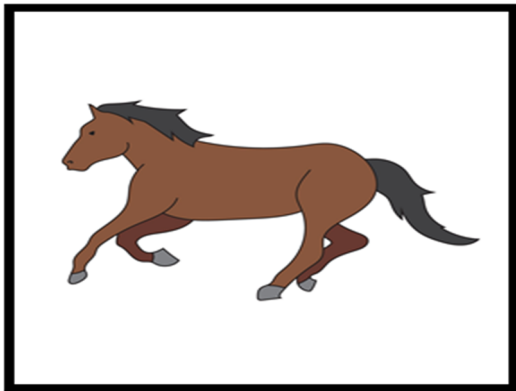
AMERICA
BLUE
FIREWORKS
FOURTH

FREEDOM
INDEPENDENCE
JULY
PARADE

RED
STARS
SUMMER
WHITE



Participant of the Month



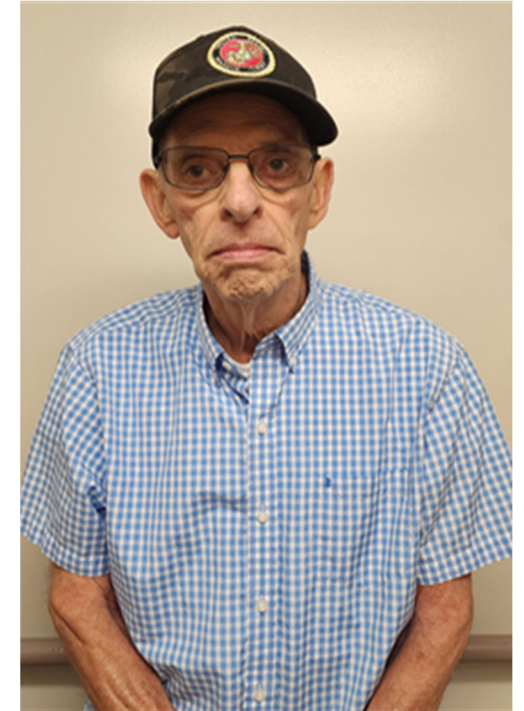
John was born and raised in Galesburg. He had 4 sisters , so he was the only boy. After high school John was drafted into the United States Marine corps where he served 2 years.

John married his wife in 1968 and they had 1 daughter and 1 son. He is the proud Grandpa of 4 grandchildren and 1 great-grandchild.

John worked at Butlers for 38 years until their closing then work at First Baptist Church for 8 years. John also has rode and broke horses most his life.

In his free time he likes to go fishing and spend time with his family.

When asked what he liked about coming to GBSC he said the friendly people.



John C.

2021

9/10

TEN BEST
JULY 4TH RECIPES

PRETTIEST 4TH OF JULY TRIFLE

- 17 oz angel food cake, cut into 1" cubes (I used 1 1/2 blocks)
- 1 lb fresh strawberries, hulled and sliced
- 1 lb fresh blueberries

Lemon Syrup:

- 1/4 cup water
- 2 Tbsp sugar
- 2 Tbsp lemon juice (from 1/2 medium lemon)

Frosting Ingredients:

- 2 packages (8 oz each) cream cheese, softened at room temp
- 3/4 cup granulated sugar
- 2 cups heavy whipping cream
- 1/2 tsp vanilla

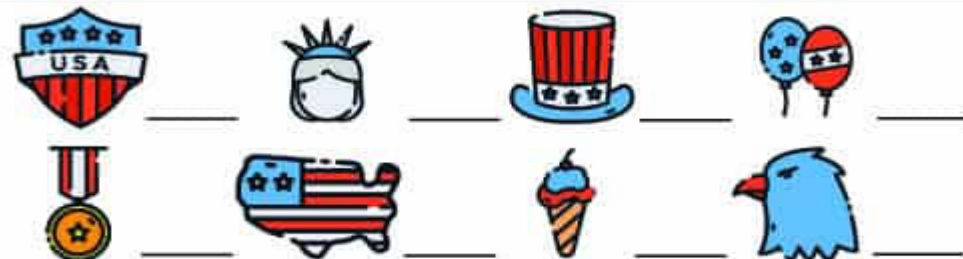


This recipe was originally created on "Natasha's Kitchen" and requires no baking! Click the image to get the full recipe and tips to creating the perfect patriotic trifle.

J. CATHELL

www.JCathell.com

I SPY 4TH OF JULY



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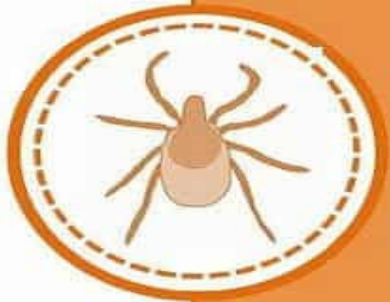
Mosquitoes

lavender, geranium,
 lemongrass, eucalyptus,
 citronells, and others



Flies & Gnats

lavender, patchouli,
 rosemary, peppermint,
 spearmint, and others



Ticks

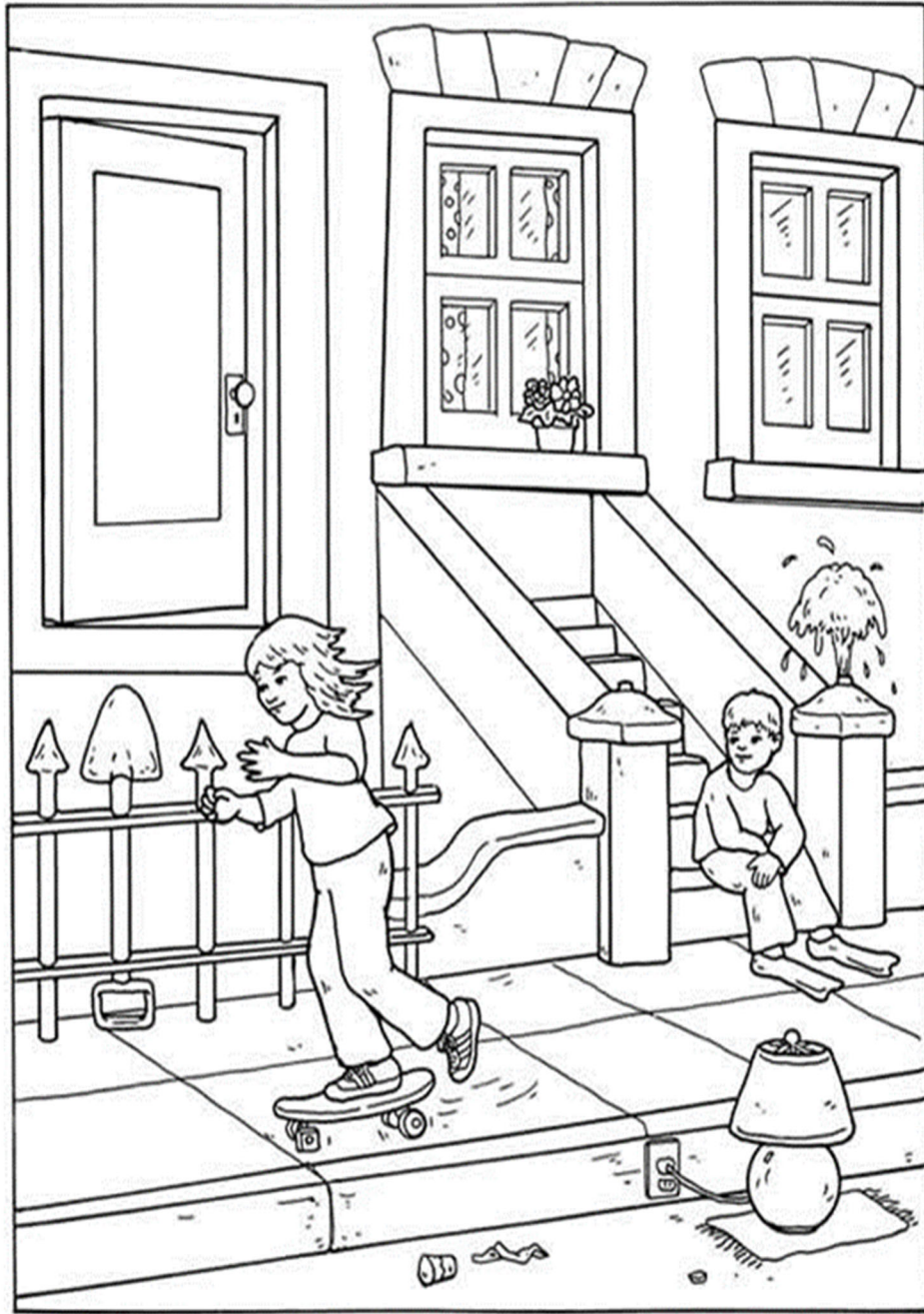
lavender, lemongrass,
 eucalyptus, rosemary,
 sage, thyme, and others

JULY



- | | |
|------------|---------------|
| ANTS | MOSQUITOES |
| BARBECUE | PARADES |
| BLANKET | PARTIES |
| BOATING | PICNIC |
| FIREWORKS | SHADE |
| FLIP FLOPS | SUNSHINE |
| FOURTH | THUNDERSTORM |
| LEMONADE | UNITED STATES |

L E M A N T F I R E W O R K S
 O P A R T I E S S A B B E C F
 N A D E O E U C E B R A B M L
 S R P I L T F E H T R U O F I
 U N I T E D S T A T E S U G P
 N E C W M O R R K S Q U N B F
 S F N M O S Q U E U C I P L L
 H O I R N H N S I D T H E A O
 I U C T A S U T N A N I D N P
 N P E N D A O H O S E U A K S
 E A T S E E H B U N D E H E R
 R S A D S T P A R A D E S T A



Sara loves to ride her skateboard down the sidewalk. As Tom watches, he is as unaware as she is of the 7 things that are wrong around them. Can you see what they are?



FIND 10 DIFFERENCES









July 2024 Activities

Daily Exercises



Mon	Tue	Wed	Thu	Fri
1 Flip flop craft Ring toss	2 Summer Hangman Kick ball	3 All American day!!!!	4 CLOSED 	5 Family feud Target practice
8 Fact or crap Hot potato	9 Teresa's program Amy Here	10 Pictionary Noodle ball	11 Pastoral Services Make your own sundae day!	12 Headbands Bags
15 Cow appreciation day Golf	16 Moon landing anniversary! Ladder ball	17 Ellen's program What's in the Box?	18 Pastoral Service Ladder ball	19 Social Circle Jingo
22 National gorgeous grandma day! Bozo ball	23 Summer craft Fishing	24 Bags Bingo	25 Pastoral Services Ring toss	26 Sherrell's Program Hungry hippo
29 Leslie's program Washers	30 Golf Bingo	31 5 second rule Target practice		

GBSC LUNCH MENU - JULY 2024

<p>1 Meatballs 3oz in gravy Peas & Carrots 1/2 c. Peaches & Cream 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>2 Beef - 3oz Burrito Supreme with onion & cheese W/W Tortilla 2 oz Shredded lettuce, tomato 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>3 Hamburger/Cheeseburger 3 oz On a Bun 2 oz with Pickles & Onions Baked Beans 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p style="text-align: center;">CLOSED</p> 	<p>5 Chicken Salad Cold Plate - 3oz Fixings: Lettuce, tomato, pickle, onion 1/2 c. (4 oz) Chef's Choice Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>
<p>8 Sloppy Joe's 3 oz. on a Bun 2 oz Baked Beans 1/2 c. Fruit Cocktail 1/2 c. Skim Milk - 8 oz</p>	<p>9 Tuna Salad Cold Plate- 3oz Vegetables 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>10 Chicken Nuggets - 3oz Vegetable Soup-veggies 1/2 c. Applesauce 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>11 Scrambled Eggs- 3oz w/Peppers & Onions 1/2 c. 1 small Banana W/W Biscuit 2 oz. w/gravy Skim Milk - 8 oz</p>	<p>12 W/W Spaghetti & Meatballs 2 oz Noodles 3-4 oz Meatballs Green Beans 1/2 c. Mixed Fruit 1/2 c. Garlic Bread Stix- 2 oz Skim Milk - 8 oz</p>
<p>15 Egg Salad Cold Plate- 3oz Fixings: Lettuce, tomato, pickle, onion 1/2 c. (4 oz) Canned Peaches 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>16 Broccoli Chicken Divan- 3oz Tomato wedges 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>17 Homemade Meatloaf - 3oz Mashed Potatoes 1/2 c. & gravy Canned Pears 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>18 Parmesan Crusted Tilapia- 3oz Mixed Vegetables 1/2 c. Fresh Cut Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>19 BBQ Pulled Pork Sliders- 3oz Potato Salad 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>
<p>22 Roast Beef w/gravy - 3oz Cooked Carrots 1/2 c. Sliced Peaches 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>23 Ham Salad Cold Plate 3oz Fixings: Lettuce, tomato, pickle, onion 1/2 c. (4 oz) Chef's Choice Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>24 Pancakes- 3oz Sausage Patty or links 2-3 oz Hash brown Patty 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>25 Chicken Nuggets - 3-4oz Broccoli & Cauliflower 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>26 Baked Pork Chop- 3oz Sweet Potatoes 1/2 c. Applesauce 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>
<p>29 Hamburger/Cheeseburger 3 oz On a Bun 2 oz with Pickles & Onions Oven Baked Tater Tots 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>30 BBQ Pulled Pork Sliders- 3oz Potato Salad 1/2 c. Canned Peaches 1/2 c. W/W Bread/Rolls- 2 oz Skim Milk - 8 oz</p>	<p>31 Sloppy Joe's 3 oz. on a Bun 2 oz Baked Beans 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	 <p style="text-align: center;">*Offered vs served is an option for seniors at lunch time. *</p>	