

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Nautilus: 1st nuclear powered sub to cross North Pole under water 1958</p> <p>Lunch: Salisbury Steak</p>	<p>4 Champagne is invented by Dom Perignon (1693)</p> <p>Lunch: Chicken Breast</p>	<p>5 <i>Little Orphan Annie</i> comic strip debuts. (1924)</p> <p>no delivery</p>	<p>6 First person to be executed by electric chair: John Hart (1890)</p> <p>Lunch: BBQ Chicken</p>	<p>7 Pitching Legend Cy Young wins his first pitched game (1890)</p> <p>Lunch: Lasagna</p>
<p>10 Village of Chicago is incorporated (1833)</p> <p>Lunch: Chicken Cordon Bleu</p>	<p>11 The Beatles begin their last US concert tour (1966)</p> <p>Lunch: American Chop Suey</p>	<p>12 U.S. annexes Hawaii (1898)</p> <p>no delivery</p>	<p>13 The Spanish defeat the Aztecs and conquer Mexico City (1521)</p> <p>Lunch: Beef Stir Fry</p>	<p>14 Japan surrenders, ending World War II (1945).</p> <p>Lunch: Caprese Chicken</p>
<p>17 Construction of Berlin Wall starts (1961)</p> <p>Lunch: Sweet &amp; Sour Pork Loin</p>	<p>18 The 1,000 Island Bridge connecting US and Canada dedicated by FDR (1938)</p> <p>Lunch: Chicken Picatta</p>	<p>19 Indianapolis Speedway holds first auto race (1909)</p> <p>no delivery</p>	<p>20 Andrew Johnson declares Civil War over (1866)</p> <p>Lunch: Turkey Sandwich</p>	<p>21 Hawaii becomes the 50th state (1959)</p> <p>Lunch: Stuffed Pepper</p>
<p>24 The eruption of Mount Vesuvius buries the Roman city of Pompeii (79 AD)</p> <p>Lunch: Hot Dog</p>	<p>25 Amelia Earhart completes her trans-continental flight (1932)</p> <p>Lunch: Chicken Parmesan</p>	<p>26 Congress passes the 19th Amendment to the Constitution, granting women right to vote (1920)</p> <p>no delivery</p>	<p>27 Volcano Krakatoa erupts, largest natural disaster recorded (1886) Heard 3,000 miles away!</p> <p>Lunch: Pulled Pork</p>	<p>28 Martin Luther King Jr. makes his "I Have a Dream" speech. (1963)</p> <p>Lunch: Lemon Chicken</p>
<p>31 Heavyweight Champ Rocky Marciano dies in plane crash near Newton, Iowa. (1964)</p> <p>Lunch: Chicken Teriyaki</p>	 <p>August</p>		<p><i>Meals on Wheels / Grab &amp; Go Lunch Entrees and some notable events from August history.</i></p>	

*Less Stress and More Stretch. Don't stop moving. It's easy!*

*Participate with Linda Wilkes for Nia / Yoga classes*

*Studio 1623—Channel 12 9:30—10:30 a.m.*

*Every week....Tuesday.....Friday and Sunday*