



March 2023

Piute County Senior Citizens Prime Time Newsletter

Community Dinner March 16, 2023

Piute County Events Building @ 5:30 pm

Menu

**Corn beef, streamed cabbage and carrots, red potatoes,
green salad, rolls, poke cake**

You may bring your own plates and utensils; we will have some available for those who want them. Everyone is invited, please bring your friends for good food and fun. Dinner is \$ 7.00 per person. BINGO will follow dinner 1 Bingo card included with dinner other cards may be purchased for \$ 1.00 each. Please **RSVP** by Monday March 13, to one of the following numbers: Senior Center (435) 577-2183, Valeen Brown (435)577-2898, Ruth Privitt (435) 326-4359, or Beverly Hoover (435)326-2083. If you need transportation to the dinner, please let us know when you RSVP. Please leave a message if we are not available to take your call.

MARCH BIRTHDAYS

Carol Roundy and Tracy Newby Crockett 2, Afton Morgan 3, Brenda Allan and Gay Anderson 9, Elsie Hussey and Jerry Stewart 14, Carlos Thomas 20, Marie Olson 21, Ron Ackerman and Ben Anderson 22, Anne Blinn and Veldon Mitchell 23, Brett Esplin 24, Dennis Garmann 25, Toni Thompson and Pauline Bird 27, Jonathan Edwards 29, Bonnie Archer and Mollie Blackwell and Jeff Knowles

MEALS ON WHEELS

The Senior Nutrition Program provides a balanced noontime meal for Seniors and Individuals with disabilities. Questions regarding this program call Glenda Burton at (435)577-2183. She will be happy to assist you. You may also gburton.piuteseniors@gmail.com

PIUTE COUNTY FOOD SHARING

The date will always be the first Thursday of every month. Please call first @ (435)896-5225. Hours are 11:00 am to 2:00 pm this service is located at the Piute Events Center, 180 W. 500 N. Junction, Utah.

FOOD BOX FOR SENIORS

Sign up for the Food Box for seniors is now open. Utah CSFP is a free food box for seniors age 60+ on a limited income. Each month participants will receive a box filled with canned fruit, vegetables, meat, cheese, cereal, milk, and grain products. Applications can be picked up at the Senior Center in Junction, Utah from 10:00 am to 2:00 pm Monday thru Thursday. (Bring State issued ID and proof of residency if ID list out of county residence.)

VITA

Free tax preparation, for more information please contact: Shara Bastian (435) 893-0728.

H.E.A.T. PROGRAM

Call Maureen Allred for more information. (435) 893-0744.

VETERANS VAN

Veterans can schedule transportation through their VA Primary Care Provider or by calling the DAV/VTS officers at the toll-free number (800) 613-4012 ext. 2003 or 2017.

TRAVEL EVENTS

The Piute Public Transit Bus will be traveling to St. George 3/9/23 and 3/11/23 for the DAV and Cedar City 3/21/23 for medical and shopping trips. If you are interested in these trips, please call any of the listed contact numbers in the newsletter. We are looking into a trip to Monroe 3/29/23 to view the Tabernacle display if there is enough interest. Those with medical needs, namely appointments and no transportation cannot be transported without **72 hours'** notice. Call Glenda Burton @ 435-577-2183

GET WELL WISHES TO:

Deanna Higgins, Keith Barben, Betty Azevedo, Zina Wiltshire, Kent Coates, Eric Bolen, Pauline Bird, Steve Bird, Ginny Tyree, Laura Fullmer. Gary James, Terry Higgins, and Susan Burr.

CONDOLENCES TO THE FRIENDS AND FAMILIES OF

Dana Bradley, Valeria King, and Dee Barlow Hatch.

CONTACT NUMBERS

Senior Center (435)577-2183, Beverly Hoover (435)326-2083 Ruth Privitt (801) 661-0244, Elsie Hussey (435) 896-3942, Valeen Brown (435)577-2898. Please leave a message if we are unable to take your call. Facebook @ Piute Senior Citizens. Board Meeting: March 28th @ 12:30 pm Piute County Events Center, everyone is invited to attend. If you have suggestions for activities, please contact a Board member.

Senior Nutrition Program		March 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Suggested Donation Seniors 60 & older \$3.00 Under 60 full cost of meal is \$6.00</p>		<p>1 BBQ Pork Baked Potato w/ sour cream Broccoli Mandarin orange Dinner Roll w/ margarine 2% Milk</p>	<p>2 Hamburger w/ trimmings Potato chips Macaroni salad Mixed Fruit Rice Crispy treat 2% Milk</p>
<p>6 Fish Fillet w/ tartar sauce Brown rice pilaf Veggie Blend Tropical fruit 2% Milk</p>	<p>7 Hamburger Veggie & barley Soup Peaches Sugar Cookie Bar 2% Milk</p>	<p>8 Pork Chop Au gratin potatoes Calif Blend Banana Bread Applesauce 2% Milk</p>	<p>9 Philly cheese Sandwich w/ grilled onions and green peppers 3 bean Salad Potato chips Hot Apples 2% Milk</p>
<p>13 Cooks Choice</p>	<p>14 Chicken Sandwich w/ trimmings Fruit salad Carrot & raisin salad Chips Pickle spear 2% Milk</p>	<p>15 Meatloaf Scalloped Potatoes Green beans pineapple Bread & margarine 2% milk</p>	<p>16 Beef Pot Roast ^{Beef} Pot Roast w/ cabbage, carrots, potato Green Jell o w/ pears Pistachio cake Buttermilk Biscuit 2% Milk</p>
<p>20 Chicken Noodle Soup w veggie Peaches crackers 2% Milk</p>	<p>21 Hamburger Casserole Mixed Veggies Orange jell O w/ mandarin orange Peanut butter bar Breadstick 2 % Milk</p>	<p>22 Pulled pork Baked Beans Cole Slaw Fruit cocktail Corn bread 2% Milk</p>	<p>23 Swiss Steak Yummy Potatoes ½ of a Fresh Banana Choc Mousse Pudding 2% Milk</p>
<p>27 Ham Scalloped Potatoes Peas Tropical Fruit 2% Milk</p>	<p>28 Chicken Pillows w/ gravy Carrots w/ fresh parsley Fruit cup Gingerbread w/ lemon sauce 2% Milk</p>	<p>29 Hot Dog w/ Trimmings Macaroni Salad Chip & pickle spear Pears Monster cookie 2% Milk</p>	<p>30 Chicken Cordon Bleu Casserole Green Beans Pineapple/mandarin orange salad Bread w/ margarine Milk 2%</p>

Senior Nutrition Program
District IV
PO Box 820

MENU SUBJECT TO CHANGE

**Please make your reservation by 9:00 a.m.
on the day you plan to eat at the center.