
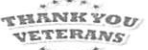



Senior Nutrition Program		November 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>1 Teriyaki Chicken Fried Rice w/ peas &amp; carrots Stir Fry Veggies Cottage cheese w/ Pineapple 2% Milk</p>	<p>2 Hot Hamburger w/ grilled onion Mashed Potato &amp; gravy Green Beans Mandarin Orange Buttermilk salad Hot roll 2% Milk</p>	<p>3 Chicken Alfredo Egg Noodles Calif Blend Fruit Pumpkin choc chip cookie 2 % milk</p>
<p>7 Stuffed Green Peppers Vegetable Blend Tropical blend Bread O Henry Bar 2% Milk</p>	<p>8 Chicken noodle soup w/ carrot, celery Cheese stick Crackers Fruit cup 2% Milk</p>	<p>9 Thanksgiving Dinner Turkey Cranberries, Candied Yams Mashed Potato/ Gravy, Dressing Cranberry salad, Green Beans Pumpkin Pie Dinner Roll/ Margarine 2% Milk</p>	<p>10 Veterans Day <b>CENTER CLOSED</b> </p>
<p>14 Baked Ham Scalloped Potatoes Peas Mixed Fruit Corn Bread 2% milk</p>	<p>15 Roast Beef Mashed potato w/ gravy Green beans Frog Eye Salad Wheat Bread w/ margarine Birthday Cake 2% Milk</p>	<p>16 Baked Fish Rice Pilaf Cinnamon Applesauce Broccoli 2% Milk</p>	<p>17 Swedish Meatballs over Noodles Normandy Blend Jell- w/ Mandarin oranges Bread pudding w/ lemon sauce 2% Milk</p>
<p>21 Beef barley &amp; vegetable Soup Cheese stick Crackers Mixed Fruit Apple Cake w sauce 2% milk</p>	<p>22 <b>*COOKS CHOICE</b> Lemon Pepper Chicken Mashed potatoes w/gravy Capri veggies Peach crisp Rolls 2% Milk</p>	<p>23 <b>CENTER CLOSED</b></p>	<p>24 Thanksgiving <b>CENTER CLOSED</b> </p>
<p>28 Country Fried Steak Mashed potato/ gravy Corn Pears Rolls/Margarine cookie 2% Milk</p>	<p>29 Tamale Pie Glazed Carrots Fruit Salad Cheddar Biscuit Brownie 2% Milk</p>	<p>30 Honey BBQ Chicken Baked Potato /sour cream Peas Dinner Roll w/ Margarine Tropical fruit 2% milk</p>	<p>60 + suggested donation \$3.00 Under 60 Cost \$6.00  Please make your reservation by 9:00 am on the day you plan to eat at the center.</p>



**Manti Senior Center**  
**435-835-2041**

Happiness can be found  
even in the darkest  
of times  
if only one remembers  
to turn on the light.

## **Monthly Newsletter** **November 2022**

### **Bingo Monthly Drawing Winner:**

The winner for October's monthly Bingo drawing was DeRell Jones! Congratulations DeRell, and thank you for being our awesome Bingo Caller! Come join us for Bingo every Tuesday immediately after lunch, and win prizes and be entered for a larger monthly prize drawing!

### **Holidays and Days Off:**

Through the remainder of the year, the Center will have several closures. Please make note of them and make sure you have other arrangements for your lunches. We know this will be especially difficult for our homebound seniors receiving delivery. We apologize for the inconvenience and hope that you will have family to help feed you during these closures, especially during the Christmas break. In previous years we have sent meals to cover the 2 weeks we were closed for Christmas; however, this year due to budget concerns, we will not be able to provide meals over Christmas. Please let us know if you need us to find options for you during this time. We will do our best to help with anything we can.

### **November and December Closures:**

November we will be closed the 10<sup>th</sup> for Veterans Day, and the 23<sup>rd</sup> and 24<sup>th</sup> for Thanksgiving.

December we will be closed from the 20<sup>th</sup> through and including January 2<sup>nd</sup>; returning Tuesday January 3<sup>rd</sup>.

### **Monthly Birthday Celebration:**

This month we will celebrate November birthdays on Tuesday, November 15<sup>th</sup>. Stop by and celebrate with us

and have a piece of cake! Feel free to join us for lunch, and wish everyone born in November a very Happy Birthday!

### **Blood Pressure Clinic:**

Don't forget the blood pressure clinic on Tuesday, November 22<sup>nd</sup>. Stop by on the 4<sup>th</sup> Tuesday of each month to get your blood pressure, blood sugar and oxygen checked, and feel free to stay for lunch and Bingo!

### **November Birthdays:**



We would like to wish a very happy birthday, and many many more, to our following seniors born in the month of November and apologize if we have missed any...

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 <sup>st</sup> – Richard Larsen | 11 <sup>th</sup> – Wayne Jones      |
| 2 <sup>nd</sup> – Faatupu Faavae | 15 <sup>th</sup> – Stacy Spens      |
| 2 <sup>nd</sup> – Kevin Conover  | 15 <sup>th</sup> – Terry Dunigan    |
| 2 <sup>nd</sup> – Sandra James   | 17 <sup>th</sup> – Mary K Mickelsen |
| 3 <sup>rd</sup> – Ron Jensen     | 19 <sup>th</sup> – Jean Dutton      |
| 4 <sup>th</sup> – Allan Colby    | 20 <sup>th</sup> – Cameron Conner   |
| 4 <sup>th</sup> – Gloria Lopez   | 20 <sup>th</sup> – Sam James        |
| 4 <sup>th</sup> – Vivian Larsen  | 21 <sup>st</sup> – Judy Ivie        |
| 7 <sup>th</sup> – Lana Blackham  | 22 <sup>nd</sup> – Judy Anderson    |
| 9 <sup>th</sup> – Jenny Payne    | 23 <sup>rd</sup> – Nathalie Wilson  |
| 9 <sup>th</sup> – Jesse Birch    | 25 <sup>th</sup> – Claudia Church   |
| 11 <sup>th</sup> – Sandra Bown   | 25 <sup>th</sup> – Ted Hodapp       |
| 11 <sup>th</sup> – Susan Squire  | 30 <sup>th</sup> – Marilyn Miller   |