


Senior Activities 529-3901	Senior Nutrition Program November 2022			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Bingo Nov 10th 7-9 pm @ North Sevier Community Center		1 Teriyaki Chicken Fried Rice w/ peas & carrots Stir fry veggies Cottage cheese/ pineapple 2% Milk	2 Hot Hamburger w/ grilled onions potato & gravy Green beans Orange buttermilk salad Hot roll 2% milk	3 Chicken Alfredo Egg noodles Cali Blend veggies Peaches Pumpkin chocolate chip cookie 2% milk
Senior bus goes to Richfield for shopping and doctor appts. Every Thursday!	7 Stuffed green peppers Vegetable Blend Tropical Fruit Bread O Henry Bar 2% milk	8 Chicken Noodle soup w/ carrots & celery Cheese Stick Crackers Fruit Cup 2% milk	9 Thanksgiving Dinner Turkey, candied yams Mashed Potatoes& gravy Dressing & Cranberry salad green beans Pumpkin pie Dinner roll/margarine 2% milk	10 Closed Veteran's Day
Blood pressure clinic Nov 17 th 11:30 to noon	14 Baked Ham Scalloped Potatoes Peas Mixed fruit Corn Bread 2% milk	15 Roast Beef Mashed potatoes & gravy Green Beans Frog eye salad Wheat roll w/ margarine 2% milk	16 Baked Fish Rice Pilaf Cinnamon Applesauce Broccoli 2% milk	17 Swedish Meatballs over noodles Normandy blend veggies Jell-O w/ mandarin oranges Bread pudding w/ lemon sauce 2% Milk
Wellness presentation by Wayne County Clinic & partners Nov 17 th during lunch	21 Beef barley& vegetable soup Cheese stick Mixed fruit cup Crackers Apple cake w/ sauce 2% milk	22 Cook's Choice	23 Center Closed Happy Thanksgiving	24 Center closed Happy Thanksgiving
	28 Country Fried steak Mashed potato w/ gravy Corn Pears Rolls w/ margarine Cookie 2% milk	29 Tamale pie Glazed carrots Fruit salad Cheddar biscuit Brownie 2% milk	30 Honey BBQ Chicken Baked potato/ sour cream Peas Dinner roll w/ margarine Tropical fruit 2% Milk	

November Newsletter 2021
Senior Center phone #529-3901

This year Thanksgiving dinner will be on **November 9th**. Please call the center by **November 7th** to reserve your spot so we know how much food to prepare! Please make every effort to come into the center and eat. We really need to build our congregate meal program inside the center and we enjoy seeing you!

Come join us for Bingo On the evening of **November 10th**! It's 7 to 9 p.m. The cost is \$5 for 3 cards with free treats and drinks! Come out and have a great time with us

Heat Assistance will be at the Senior center on **Tuesday Nov 15th** from 10 to 1 to fill out applications. It will be upstairs and on a first come first serve basis. If you are **homebound** you can set up an appointment by calling 435-893-0445 and leave a message, they will call you back to schedule an appt.

Wayne County Clinic and their partners here on **Nov 17th** to do a wellness presentation during lunch and answer questions about their services in our area.

If you enjoy quilting, we need your help! The quilters meet every Monday and Thursday from 8am to Noon if your interested.

The Senior Center and lunch program will be closed on November 10th for Veterans Day, & November 23 & 24 for Thanksgiving!

Thought for the month: **Life doesn't have to be perfect to be Wonderful!**

