

Senior Nutrition Program		January 2023		Senior Activities
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	529-3901
	<b>3</b> <b>We're Back</b> Chicken Cordon Bleu Seasoned noodles California Blend veggie Tropical Fruit 2% milk	<b>4</b> Chicken Fried Steak Mashed potatoes & gravy Peas & Carrots Mandarin Oranges 2% milk	<b>6</b> Chicken Enchilada soup Crackers Cheese stick Mixed fruit Cinnamon roll 2% milk	<b>Bingo Jan 12<sup>th</sup> @ North Sevier Community Center 7 to 9 p.m.</b>
<b>9</b> Cook's Choice	<b>10</b> Chicken Fajitas w peepers & onions Key largo veggies Refried beans Fruit in Jell-O 2% milk	<b>11</b> Pot Roast w/ potato. Carrot & onion Fruit Salad Dinner Roll w/ mar 2% milk	<b>12</b> Meat & Cheese Pizza Tossed Green Salad Hot Cinnamon Apples Cake w/ Frosting 2% milk	<b>Senior Dance every 2<sup>nd</sup> &amp; 4<sup>th</sup> Friday night 7p.m. \$3.00 per Person to get in</b>
<b>16</b> <b>Closed</b> Martin Luther King Jr.'s B-day	<b>17</b> Pork Chop Scalloped potatoes Peas Applesauce 2% Milk	<b>18</b> Lasagna Corn Fruit Cocktail Garlic Bread 2% Milk	<b>19</b> Baked Fish Rice Pilaf Green beans Pineapple Jell-O salad Oatmeal raisin cookie 2% milk	<b>Blood pressure clinic Jan 12<sup>th</sup> &amp; 19<sup>th</sup> 11:30 to Noon</b>
<b>23</b> Beef stroganoff over noodles Green beans Pear's w/ cottage cheese Homemade Bread w/ mar 2% milk	<b>24</b> Chicken and Rice Casserole Mixed Vegetable Peach Cobbler Wheat Bread w/ Mar 2% milk	<b>25</b> Minestrone soup Saltine crackers Cheese stick Tropical fruit Ginger snap cookie 2% milk	<b>26</b> Ham Mac & Cheese Mandarin orange & pineapple sour cream salad Bread stick 2% milk	<b>Senior Bus goes to Richfield For shopping &amp; medical apt Every Thursday. Call the Center if you would like a Ride!</b>
<b>30</b> Chicken Enchilada Mexican Corn Spanish Rice Peach Parfait Milk 2%	<b>31</b> Pork Roast Mashed potatoes W/ gravy Broccoli Applesauce Roll w/ margarine 2% milk			<b>Suggested Donation Seniors 60 and over \$3.00</b>  <b>Under 60 cost of Meal is \$6.00</b>

Senior Nutrition Program  
 District IV  
 PO Box 820  
 Richfield, UT 84701

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

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

**JANUARY NEWSLETTER 2023**  
**SENIOR CENTER PHONE #529-3901**

We hope you all had a very merry Christmas and a Happy New Year! The Nutrition program and Senior Center will open on January 3rd! We really hope you will come in, sit down and eat with us.

We had about 30 people come to our Christmas bingo! The senior center provided snacks, drinks, and door prizes! We had a really fun evening! Come out and join us on January 12<sup>th</sup> from 7 to 9 at the North Sevier community Center! The Cards are 3 for \$5 dollars with free drinks and popcorn!

We have nice pool room that needs used! We have a couple pool players that would like others to come and play! If you are interested, please call the center!

The North Sevier senior center is looking for a volunteer bus driver to bring people to lunch and take seniors to run errands a couple times a week! If you would be interested in this call Sharon at the Center!

The Senior center is still collecting clean egg cartons for the food bank and pop tabs to donate to the Ronald McDonald house!

