

to

August 2022			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Chicken & Rice Casserole Spring Mix Veg Mandarin orange Fruit blend 2% Milk	2 Ham sandwich w/ lettuce, tomato Pickle Spear Potato Chips Peach and pear blend Monster Cookies 2% milk	3 Roasted Lemon Pepper Chicken Mashed potato w/ gravy Peas and carrots Apple slice w/ dip Bread w/ margarine 2% milk	4 Hot Dog & toppings Potato salad cottage cheese Jell O salad Fritos Cookies 2% milk
10 Hawaiian haystacks w/ rice & veg Chow mien noodles Tropical fruit Fortune Cookie 2% Milk	11 Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar 2% Milk	12 Chicken Pillows Mixed veggie Peaches parfait Choc Crinkle Cookie 2% milk	13 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Apple Cobblers 2% Milk
15 Cook's Choice	16 Pork roast Mashed potatoes & gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding 2% milk	17 Turkey w/ stuffing & cranberry Beets Pear's w/ cottage cheese Oatmeal Cake Bread w/ margarine 2% Milk	18 Chicken strips w/ chick filet sauce Tater tots Green Beans Pineapple & orange Salad Choc mousse pie 2% milk
22 Chicken Cordon Bleu Scalloped potatoes Broccoli Fruit cocktail Roll w/Mar 2% milk	23 Pot Roast w/ carrots, potato, onion Vegetable Blend Peaches Whole wheat bread w/margarine Drop Sugar cookie 2% Milk	24 Chicken strip salad w/ croutons Mandarin orange/ pineapple tidbits Cinnamon Roll 2% milk	25 Sweet and Sour Chicken w/ pepper and pineapple Fried Rice Stir Fry Vegetables Fruit salad White cake with raspberry whipped cream 2% milk
29 Soft Shell Ground Beef Taco w/ lettuce Tomato, onion, cheese Refried Beans Chips & Salsa Mandarin oranges 2% Milk	30 Chicken Alfredo w/ noodles Vegetable Blend Bread Stick Pineapple upside down cake 2% Milk	31 Chicken Pot Pie w/ vegetables Side of peas & carrots Pears Bread pudding & sauce 2% Milk	

**SUGGESTED DONATION SENIORS 60 AND OVER \$3.00
 UNDER 60 COST OF MEAL IS \$6.00**

Please call by 9:00 a.m. on the day you plan to eat thank-you

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

Senior Nutrition Program ***Please Make Your Reservations
 District IV by 9:00 a.m. on the Day You Plan to
 PO Box 820 Eat at the Center *****
 Richfield, Utah 84701 ***** !!Thank You !! *****



August 2022

Primetime Newsletter

Piute County Senior Citizens

Piute County Community Dinner August 18, 2022

Community Events Center, Junction Utah @5:30 pm

Menu

BBQ Ribs, Dutch Oven Potatoes, Baked Beans, Green Salad,
Corn on the Cob (if available)

& Ice Cream Bar

You may bring your own plates and utensils; we will have some available for those who need 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 August 16 to one of the following numbers: Senior Center (435) 577-2183, Ruth Privitt (801) 661-0244, Valeen Brown (435) 577-2898 or Beverly Hoover (435)326-2083. If you need transportation to the dinner, please let us when you RSPV. Please leave a message if we are not able to take your call.

AUGUST BIRTHDAYS:

Jewel Jensen 1, Phillip Wright 2, Marian Turner 3, Claude Long 4, Gary Dalton and Clement Robello 5, Glenda Reitz and Wendy Steed 6, Keith Anderton and JoAnn Thompson 7, Margaret Allen 9, Charleen Dalton and Karen McManus 10, Dave Thompson 11, Gary Allen 12, Jackie Mitchell and Patty Sercu 13, Rita Lott 14, Cloys Seegmiller 15, Janet Fautin 16, Craig Reed 17, Evan Sudweeks 18, Becky Robinson 19, Shawn Thompson and Connie Buell 20, Valerie Sewell 21, Nancy Gray 23, Vicki D Barton 24, Terry Brown and Bruce Gregerson 25, Fred Bredthauer 29, Mary Lee 31

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. **There will be no open shopping during this time. The food will be boxed and ready for pickup at your appointed time.**

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.)

SENIOR CITIZENS BOARD MEETING

August 30th @ 1:00 pm Piute County Events Center, everyone is invited to attend.

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 August 10th and a Cedar City trip will be announced on the Facebook page for medical and shopping if you are interested in these trips, please call any of the listed contact numbers in the newsletter. Those with medical needs, namely appointments and no transportation can be transported with **72 hours'** notice. Call Glenda Burton @ 435-577-2183

GET WELL WISHES TO:

Deanna Higgins, JoAnne Thompson, Keith Barben, McVoy Barben, Marie Anderton, Sandy Julander, Marian Turner, Betty Azevedo, Carol Ann Garmann

CONDOLENCES TO THE FRIENDS AND FAMILIES OF:

Roger Kiger and Eric Sawyer

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

If you have suggestions for activities, please contact the Board members