

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

Bingo will be on April 13th from 7 to 9 pm upstairs at the North Sevier Community Center! Come join us this month!

We have a new Tia Chi exercise class that is on Monday and Wednesdays @ 11:45. This class is offered for free! We also have a low impact exercise class on Tuesday and Thursday @ 11am that is also free. Come give them a try!

If you like to quilt you can come and join the quilting group on Mondays & Thursday mornings from 8 to 12!

We have pool players coming to the senior center on Mondays at 10am if anyone is interested in playing pool we would love to have you

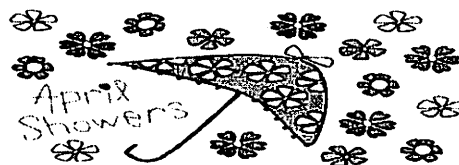
We are still collecting egg cartons and soda pop tabs at the senior center.

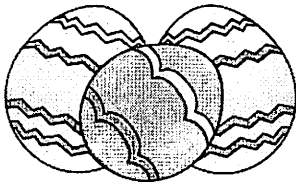
The dances this month will be on the 14th and 28th. It is \$3.00 to get into the dance.

We would like to congratulate Marcy the cook on being with us for one year. We also have a new meals on wheels driver named John Martindale. We are glad to have him on our team.

We are cutting down our mailing list of the newsletter. If you don't receive a mailing next month and you would like to be added back on the list please call the center and let us know! Thanks

Easter Sunday will be on Apr 9, 2023 this year. HAPPY EASTER.



Senior Nutrition Program				April 2023	Senior Activities 529-3901
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
<b>Suggested Donation Seniors 60 &amp; Older \$3.00 Under 60 full cost of Meal is \$6.00</b>					Free Tia Chi exercise Class every Monday & Wednesday @ 11:00 am
3 County Fried Steak Mashed potatoes w/gravy Mixed veggies Tropical Fruit Bread w/ margarine 2% Milk	4 Taco Salad Chips & Salsa Peaches Carrot Cake 2% milk	5 Lasagna Corn Hot cinnamon apples Garlic Bread 2% Milk	6 Turkey and Stuffing Bake & gravy Cranberry Sauce Seasoned Green Beans Roll w/ margarine Pear crisp Easter Treat 2% milk		Bingo will be April 13 7-9 pm at NSCC
10  Cook's Choice	11 Tuna wrap Cole slaw Potato Chips Peaches Brownie W choc frosting 2% Milk	12 Chicken Cordon Bleu Rice pilaf Normandy blend veggie Fruit salad 2% milk	13 Meatloaf Mashed Potato w/ gravy Carrots Applesauce Roll w/ Margarine Oh henry Bar 2% milk		Senior Bus goes to Richfield every Thursday for Shopping & Medical Appts. Call the center if you need a ride!
17 Beef stroganoff over mashed potatoes Green Beans Fruit Dinner roll w/ margarine 2% milk	18 Ham & Bean soup Cheese stick Fruit cup Crackers Choc crinkle cookie 2% milk	19 Lemon pepper chicken Au gratin potatoes Beets Dinner roll w/ margarine Fruit 2% milk	20 Chef salad w/ turkey, ham & cheese Pear's w/ cottage cheese Bread stick Peanut butter Cookie 2% milk		Low impact fitness class every Tues & Thurs at 11 a.m.
24 Fish fillet w/ tartar sauce Alfredo noodles Cali blend Fruit cocktail Bread w/ margarine 2% milk	25 French Dip w /au jus Chips Macaroni salad w/ veggies peaches Jell-o poke cookie 2% milk	26 Chicken ala king over rice Peas & carrots Mandarin orange Biscuits 2% milk	27 Shepherd's pie Side of green beans Tapioca pudding fruit Raisin filled cookie 2% milk		