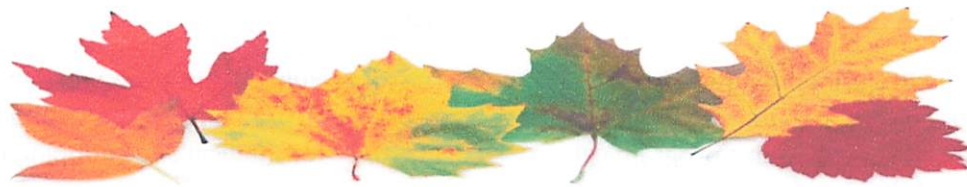


Senior Nutrition Program		November 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Teriyaki Chicken Fried Rice w/ peas & carrots Stir Fry Veggies Cottage cheese w/ Pineapple 2% Milk	2 Hot Hamburger w/ grilled onion Mashed Potato & gravy Green Beans Mandarin Orange Buttermilk salad Hot roll 2% Milk	3 Chicken Alfredo Egg Noodles Calif Blend Fruit Pumpkin choc chip cookie 2 % milk
7 Stuffed Green Peppers Vegetable Blend Tropical blend Bread O Henry Bar 2% Milk	8 Chicken noodle soup w/ carrot, celery Cheese stick Crackers Fruit cup 2% Milk	9 Thanksgiving Dinner Turkey Cranberries, Candied Yams Mashed Potato/ Gravy, Dressing Cranberry salad, Green Beans Pumpkin Pie Dinner Roll/ Margarine 2% Milk	10 Veterans Day CENTER CLOSED
14 Baked Ham Scalloped Potatoes Peas Mixed Fruit Corn Bread 2% milk	15 Roast Beef Mashed potato w/ gravy Green beans Frog Eye Salad Wheat Bread w/ margarine 2% Milk	16 Baked Fish Rice Pilaf Cinnamon Applesauce Broccoli 2% Milk	17 Swedish Meatballs over Noodles Normandy Blend Jell- w/ Mandarin oranges Bread pudding w/ lemon sauce 2% Milk
21 Beef barley & vegetable Soup Cheese stick Crackers Mixed Fruit Apple Cake w sauce 2% milk	22 COOKS CHOICE	23 Center Closed	24 Thanksgiving Center Closed
28 Country Fried Steak Mashed potato/ gravy Corn Pears Rolls/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	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.



Piute County Senior Citizens

Prime Time Newsletter November 2022

Piute County Community Dinner November 17, 2022

Community Events Center, Junction, UT @ 5:30 p.m.

Menu

Turkey, potatoes & gravy, dressing, holiday yams, mixed vegetables, Jell-O, cranberries, rolls w/butter, and pumpkin pie

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 **November 15th** to one of the following numbers: Senior Center (435) 577-2183 or Valeen Brown (435) 577-2898. 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.

A representative of Six Counties will be at the dinner to assist those who would like to make sure that they are on the best Medicare part D plan for them, please bring a list of your medications if you would like him to review your options.

NOVEMBER BIRTHDAYS

Dina Branham 1, LaRee Daugherty, Chrissa Edwards 2, Stephen Adams 3, Brian Stull, Les Nielsen 5, Barbara Adams, Jerry Baker 7, Dell Nielsen 8, Cathy Woods 10, Kathy Riddle 12, Jacque Liddiard, Gary Deleeuw, Raymond Henrie 13, Dean Fredrick 18, Debra Thompson 16, Weldon Pierson, Judy Pierson, Brad Millett 19, Loyal Miller 20, Lorna Lay, Lowell Young, Kerry Dalton 21, Beverly Hoover, Dyann Westwood, Andre Millett 24, Beverly Westwood, Claudia Simpson 27, and Marvin Slechta 28.

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.

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

November 29th @ 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 11/10/22 and 12/1/22, and Cedar City 11/16/22 for medical and shopping trips. If you are interested in these trips, please call the Senior Center @ (435)577-2183 or Valeen Brown @ (435)577-2898. If we are unable to take your call please leave a message and we will call you back.. 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, Keith Barben, Sandy Julander , Betty Azevedo, Zina Wiltshire, Bruce Julander, Laura Fullmer and Susan Burr.

CONDOLENCES TO THE FRIENDS AND FAMILIES OF

Marie Anderton, Kent and Karen Coates, Linda Upchurch, Marian Turner, James Brown, Weldo Don Woolsey, Sandra Eldredge, Deborah Elder Christensen, McVoy Barben, and Robert Garn Barnson

CONTACT NUMBERS

Senior Center (435)577-2183, Ruth Privitt (801) 661-0244, 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 a Board member.