

Senior Nutrition Program				September 2022			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
						1	Baked Ham Sweet Potatoes Green Beans Applesauce Roll w/ margarine 2% Milk
5	LABOR DAY CLOSED	6	Lasagna Corn Hot cinnamon Apples Garlic Bread 2% Milk	7	Fish Fillet Rice pilaf Mix Vegetable Fruit Peanut butter oatmeal cake 2% milk	8	Shepherd's Pie Carrots Cottage Cheese w/ Pineapple Roll w/ mar Cookie 2% Milk
12	Cooks Choice	13	Sloppy Joe 3 bean salad Fresh Fruit Chips No Bake Cookie 2% milk	14	Beef Stroganoff Green Beans Fruit w/ jell O Cheesy biscuit Choc Cake 2% Milk	15	Turkey Roast Mashed Potatoes w/ Gravy Beets Peaches Wheat Dinner Roll/ Margarine 2% Milk
19	Hawaiian Chicken w pepper, onion and pineapple Chinese noodles Vegetables Mandarin oranges Fortune Cookie 2% milk	20	Beef stew with veggies Cheese stick Fruit Cocktail Choc chip cookie Bread Stick 2% Milk	21	Turkey Broccoli Casserole Side of a veggie Red Potatoes Pears Corn Bread 2% Milk	22	Roast Beef Mashed potatoes & gravy Peas & Carrot Peach pie Roll w/ margarine 2% milk
26	Breaded Chicken Sandwich chips Peas Tropical Fruit Chocolate Mousse pudding 2% Milk	27	Corn Chowder with Bacon Cheese Stick Oatmeal Raisin Cookie Pineapple/mandarin Muffin 2% Milk	28	Pork Chop Stuffing & gravy Broccoli Applesauce Wheat roll w/ margarine 2% Milk	29	Tamale Pie Corn Bread Glazed Carrots Fruit Gingerbread/ sauce

Please call on the day you plan to eat at the center by 9a.m. Thanks
MENU SUBJECT TO CHANGE AND SUBSTITUTIONS THANK YOU

SUGGESTED DONATION SENIORS 60 AND OVER \$2.50
UNDER 60 COST OF MEAL IS \$5.50



Piute County Senior Citizen's Newsletter 2022

Community Dinner September 15th

Community Events Center, Junction Utah @5:30 pm

Menu:

Spaghetti and meat sauce, Garlic bread Caesar salad
jello salad and fruit 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 **SEPTEMBER 12** 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.

SEPTEMBER BIRTHDAYS: Michael Gayler 2, Layne Blood, Fenella Wright and Maggie Larson 5, Wayne Anderson and Paul Garvey 6, Parley Roundy 7, Mary Pratz and Marilyn Morgan 8, Alcea Bagley 9, Bill Felton and Patti Tralongo 10, Tina Sudweeks Terri Lewis 12, Phyllis Jarrett and Scott Simpson 13, Greg Pearson, Brent Christensen, Randall Falls and Paul Jenkins 15, Deanna Mills 17, Terry Higgins 18, Laree Nay and Garrett Clark 19, Tom Smith, Gary James and Natalie Outzen 20, Kay Finch 23, Fran Goble, Marilyn Budge, Stanton Gleave, Lawrence Rasmus and Jim Peyton 24, Roger Westwood and Bonnie Rasmus 25, Donald Gravett 26, Michael King 29, Evelyn Nielson, Linda Jenkins and Susan Burr 30.

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

September 27th @ 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 9/12/22 and Cedar City 9/22/22 for medical and shopping trips. There are special events trips planned for Fillmore Days 9/10/22 and Escalante 9/24/22 the cost for these two trips is \$ 10 each, 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 , Betty Azevedo, Carol Ann Garmann, Keith Anderton, and Susan Burr.

CONDOLENCES TO THE FRIENDS AND FAMILIES OF:

Regina Sponauge, Laszlo Endrody, Bruce Gregersen, Gavin Nielson, and Sharon Glenn

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 a Board member.