

SEPT CENTER SCHEDULE

SENIOR NUTRITION LUNCHESES – MONDAY thru THURSDAY @ NOON

Line dancing 10:45- noon Tues,Thurs 1,6,8,13,15,20,22,27,29

Lunch bingo during lunch Tuesday 6,13,20,27

Bingo after lunch – 12:45-1:30 Thursday 1,8,15,22,29

Blood pressure 11:20 till noon - 14th & 28th Wednesday

QUILTERS NEEDED (Any Day)

Pool playing--- Monday-Thursday

Monthly lunch birthday Party Wednesday 28th

Doug Jensen singing and Bereavement Wednesday 28th

Wednesday 14th and 28th - *Richfield Stake Singles Lunch*

SEPT PARTY-- Wednesday 14th

Tai Chi – will start again in October

New Chair Zomba (from Delta) 3 Days a week

Mon 10:30-11:30 Wed 4pm-5 pm Thurs 10:30-11:30

SENIOR TRANSPORTATION- MONDAY-THURSDAY for a ride call 896-6807

AT LEAST 24 HOUR NOTICE IS NEED TO SCHEDULE A RIDE

Volunteer drivers needed..... PLEASE call georgette 896-6807

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