

Be there for
others,
But never leave
yourself behind.

Manti Senior Center
435-835-2041

Monthly Newsletter **March 2023**

Bingo Tuesdays:

Please join us for Bingo on Tuesdays, immediately after lunch. Come in for lunch, or just come for the fun! Thank you to all who have donated money or prizes to keep Bingo going weekly!

Fundraising Ideas/Suggestions:

If you have any ideas for fundraising or even any fun activities you would like to see happen at the Senior Center, please let us know!

Ride Schedule

Rides to doctor's appointments or grocery shopping are available on Tuesdays from 1:00pm-3:00pm. Please provide 24 hours' notice if you need a ride!

Monthly Birthday Celebration:

This month we will celebrate March birthdays on Tuesday, March 21st. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch and bingo, and wish everyone born in March a very Happy Birthday!

Blood Pressure Clinic:

Don't forget the blood pressure clinic on Tuesday, March 28th. Stop by on the 4th Tuesday of each month to get your blood pressure, blood sugar and oxygen checked, and feel free to stay for lunch and Bingo!

March Birthdays:



We would like to wish a very happy birthday, and many many more, to our following seniors born in the month of March and apologize if we have missed any...

3rd – Jean Wheeler

3rd – Toni Quinn

6th – Doris Cox

6th – Pete Mickelson

7th – Jim Sorensen

10th – Doug Sorensen

10th – Dean Hammer

11th – George Chapin

12th – Bridget Funk

14th – Gary Peterson

14th – Joann McCosh

16th – Collette Dennis

18th – Ethel Thomson





19th – Lynn Walk

20th – LaRee Nielson

26th – Larry Thompson

28th – Norma Lingwall

28th – Dawn Lakes

Senior Nutrition Program		March 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Suggested Donation Seniors 60 & older \$3.00 Under 60 full cost of meal is \$6.00</p>	 	<p>1 BBQ Pork Baked Potato w/ sour cream Broccoli Mandarin orange Dinner Roll w/ margarine 2% Milk</p>	<p>2 Hamburger w/ trimmings Potato chips Macaroni salad Mixed Fruit Rice Crispy treat 2% Milk</p>
<p>6 Fish Filet w/ tartar sauce Brown rice pilaf Veggie Blend Tropical fruit 2% Milk</p>	<p>7 Hamburger Veggie & Barley Soup Peaches Sugar Cookie Bar 2% Milk</p>	<p>8 Pork Chop Au gratin potatoes Calif Blend Banana Bread Applesauce 2% Milk</p>	<p>9 Philly Cheese Sandwich w/ grilled onions and green peppers 3 bean Salad Potato chips Hot Apples 2% Milk</p>
<p>13 **Cooks Choice** Cranberry Chicken Yummy Potatoes Peas Mandarin Oranges Dinner Roll w/Margarine 2% Milk</p>	<p>14 Chicken Sandwich w/ trimmings Fruit salad Carrot & raisin salad Chips Pickle spear 2% Milk</p>	<p>15 Meatloaf Scalloped Potatoes Green beans pineapple Bread & margarine 2% milk</p>	<p>16 Pot Roast w/ cabbage, carrots, potato Green Jell o w/ pears Pistachio cake Buttermilk Biscuit 2% Milk</p> 
<p>20 Chicken Noodle Soup w veggie Peaches Crackers Peanut Butter Bar 2% Milk</p>	<p>21 Hamburger Casserole Mixed Veggies Orange JellO w/ oranges Breadstick Birthday Cake 2 % Milk</p> 	<p>22 Pulled pork Baked Beans Cole Slaw Fruit cocktail Corn bread 2% Milk</p>	<p>23 Hamburger Swiss Steak Yummy Potatoes ½ of a Fresh Banana Choc Mousse Pudding 2% Milk</p>
<p>27 Ham Scalloped Potatoes Peas Tropical Fruit 2% Milk</p>	<p>28 Chicken Pillows w/ gravy Carrots w/ fresh parsley Fruit cup Gingerbread w/ lemon sauce 2% Milk</p>	<p>29 Hot Dog w/ Trimmings Macaroni Salad Chip & pickle spear Pears Monster cookie 2% Milk</p>	<p>30 Chicken Cordon Bleu Casserole Green Beans Pineapple/mandarin orange salad Bread w/ margarine Milk 2%</p>