

# November 2022

## GUNNISON VALLEY SENIOR CITIZENS

**P.O. BOX 605 Phone: 528-3781 (Lorna)**

**Gunnison, Utah 84034**

### Gunnison Valley Senior Citizens

**Lunch is served at the Gunnison City Hall, Monday thru Thursday at 11:30 AM “come and join us.”**

Keith Reber from My Hearing Centers will be at the Center for your hearing needs. **He will be here every Wednesday of the month. Call for appointment 801-341-2193.**

### Nov 9<sup>th</sup>.

**Shopping & Dr. Trip to Richfield:** please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

### Nov 21<sup>st</sup>.

**Thanksgiving Dinner at 6 pm. Please bring your own dishes and silverware.**

### Nov 22<sup>nd</sup>.

**Shopping & Dr. Trip to Richfield:** please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

**There are hand quilted Tricot baby quilts and Tricot queen quilts, and pre-stamped or “Cheater” quilts for sale.**

**We are quilting Tuesdays & Thursdays at the New City Hall, please come and join us. Call Kathy Brown 528-3654 or Elaine Jensen 435-340-1271**

**If you need a quilt, hand quilted call, Kathy Brown 528-3654 or Elaine Jensen 435-340-1271**

## 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  <b>Thanksgiving Center Closed</b>
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.