

MARCH NEWSLETTER 2022
SENIOR CENTER PHONE #529-3901

Bingo will be on March 9th From 7-9 Hopefully we can get a good crowd out to come and play!

The North Sevier Senior Center offers a low impact exercise class on Tuesdays and Thursdays at 11 am. There is no cost.

If you like to quilt you can come and join the quilting group on Mondays & Thursday morning's They Desperately need help.

We Have a new cook in the kitchen her name is Amie we would like to welcome her to our center. AnnaLyn transferred to Gunnison she will be missed.

Community dances are held the 2nd and 4th Fridays of the month. Come enjoy live music and have some fun! \$3 a person to get in

If anyone has information, they want in the newsletter please let us know and we will try to get it in! If you are receiving the new letter and wish not to please call the center @ 435-529-3901 to cancel.

Thank You all that have donated egg cartons and pull tabs keep them coming.

Have A Happy St. Patrick's Day. Reminder Daylight Savings Time is March 12 don't forget to spring ahead.



Senior Nutrition Program

March 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**Suggested
Donation Seniors 60 &
older \$3.00
Under 60 full cost of
meal is \$6.00**

6
Fish Fillet w/ tartar sauce
Brown rice pilaf
Veggie Blend
Tropical fruit
2% Milk

7
Hamburger Veggie & barley Soup
Peaches
Sugar Cookie Bar
2% Milk

8
Pork Chop
Au gratin potatoes
Calif Blend
Banana Bread
Applesauce
2% Milk

9
Philly cheese Sandwich w/ grilled
onions and green peppers
3 bean Salad
Potato chips
Hot Apples
2% Milk

13

Cooks Choice

14
Chicken Sandwich w/ trimmings
Fruit salad
Carrot & raisin salad
Chips
Pickle spear
2% Milk

15
Meatloaf
Scalloped Potatoes
Green beans
pineapple
Bread & margarine
2% milk

16
Corned Beef or Pot Roast
w/ cabbage, carrots, potato
Green Jell o w/ pears
Pistachio cake
Buttermilk Biscuit
2% Milk

20
Chicken Noodle Soup w veggie
Peaches
crackers
2% Milk

21
Hamburger Casserole
Mixed Veggies
Orange jell O w/ mandarin orange
Peanut butter bar
Breadstick
2% Milk

22
Pulled pork
Baked Beans
Cole Slaw
Fruit cocktail
Corn bread
2% Milk

23
Swiss Steak
Yummy Potatoes
½ of a Fresh Banana
Choc Mousse Pudding
2% Milk

27
Ham
Scalloped Potatoes
Peas
Tropical Fruit
2% Milk

28
Chicken Pillows w/ gravy
Carrots w/ fresh parsley
Fruit cup
Gingerbread w/ lemon sauce
2% Milk

29
Hot Dog w/ Trimmings
Macaroni Salad
Chip & pickle spear
Pears
Monster cookie
2% Milk

30
Chicken Cordon Bleu Casserole
Green Beans
Pineapple/mandarin orange salad
Bread w/ margarine
Milk 2%