

MAY CENTER SCHEDULE

SENIOR NUTRITION LUNCHESES – MONDAY thru THURSDAY @ NOON

Line dancing 10:45- noon Tuesday 3,10,17,24,31

Thursday 5,12,19,26

Lunch bingo during lunch Tuesday 3,10,17,24,31

Bingo after lunch – 12:45-1:30 Thursday 5,12,19,26

Blood pressure 11:20 till noon - 11th & 25th Wednesday

QUILTERS NEEDED (Any Day)

Pool playing--- Monday-Thursday

Monthly lunch birthday Party Wednesday 25th

Doug Jensen singing and Bereavement Wednesday 25th

Wednesday 11th and 25th - *Richfield Stake Singles Lunch*

MAY party Wednesday 11th

NEW Tai Chi Monday & Wednesday 11:15-11-45

New Chair Zomba (from Delta)- Monday's 10:30-11:15

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

AT LEAST 24 HOUR NOTICE IS NEED TO SCHEDULE A RIDE

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

Senior Nutrition Program		May 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Beef Enchiladas Refried Beans Corn Peach cobbler 2% milk	3 Stuffed Green Peppers Carrot & Raisin Salad Fruit Cocktail Bread w /Margarine 2% Milk	4 Turkey & Cheese Hoagie w/ veggies Pickle Spear Macaroni salad Jell-O Salad with fruit 2% Milk	5 Honey BBQ Chicken Baked Potato w/sour cream Spring Mix Veggies Dinner roll w/ Margarine Banana Cream Pie 2% Milk HAPPY MOTHERS DAY
9 Cooks choice	10 Hot Hamburger over mashed potato / mushroom gravy Sunshine Carrots Wheat Roll Frog eye salad Ginger Snap Cookies 2% Milk	11 Hawaiian Haystack w/ chicken & rice Fresh veggie Chow Mein noodles Pineapple upside down cake 2% Milk	12 Pork chops Rice pilaf Mixed Vegetable Applesauce Dinner Roll w/Margarine 2% milk
16 Chicken Strips w/ Chick Fila Sauce Red Potato with parsley Cole slaw Mandarin orange 2% milk	17 Swiss Steak au gratin Potato green beans Tropical Fruit 2% milk	18 Chicken Tortilla Soup w/ Sour Cream, Cheese Frito's Fruit cup Cinnamon Roll 2% Milk	19 Cheeseburger w/ trimmings Broccoli or potato salad Chips Strawberry short cake 2% Milk
23 Sweet/Sour chicken w pepper and pineapple Fried rice & stir fry vegetables Fruit cup Fortune cookie 2% Milk	24 Fish Sandwich shredded lettuce ,cheese, pickles chips Fruit Salad 2% milk	25 Roast Beef Mashed Potatoes & Gravy Normandy blend veggie Hot Apple crisp Potato Roll w/ Margarine 2% Milk	26 Baked Spaghetti Tossed Green Salad Peaches Garlic Bread sticks Snickerdoodle cookie 2% Milk
30 Memorial Day Closed	31 Biscuit & sausage gravy Scrambled eggs /hashbrowns Orange/pineapple w/sour cream cookie 2% Milk		Suggested Donation Seniors 60 & Older \$2.50 Under 60 full cost of Meal is \$5.50

Senior Nutrition Program
District IV
PO Box 820
Richfield, UT 84701

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

**Please make your reservation by 9:00 a.m.
on the day you plan to eat at the center.
THANK YOU!!!1/11-ehk