



Piute County Senior Citizens Newsletter

January 2023

**Piute County Community Dinner January 19, 2023
Community Events Center, Junction, UT @ 5:30 p.m.**

Menu

**Chili w/Corn Bread Muffins, Honey Butter, Potato Salad and
Fruit Cobbler w/Ice Cream**

You may bring your own plates and utensils; we will have some available for those who need them. Everyone is invited, please bring your friends for good food and fun. Dinner is \$ 7.00 per person. BINGO will follow dinner 1 Bingo card included with dinner other cards may be bought for \$ 1.00 each. Please **RSVP** by January 16th to one of the following numbers: Senior Center (435) 577-2183, Ruth Privitt (801)661-0244 or Beverly Hoover (435)326-2083. If you need transportation to the dinner, please let us know when you RSPV. Please leave a message if we are not able to take your call.

JANUARY BIRTHDAYS

Charlene Mitchell-1, T.J. Moore-6, Henry Blevins-7, Thomas Crockett-8, Janis Nalwalker-9, Tanya Clark-9, Russell Brindley-10, Mikki Harper-15, Leesa Tenney-16, Sue Ann Swalberg-17, Kathleen Waddington-18, Robbie Anderton-20, Michael Wilbur-22, Irva Sudweeks(104)-24, Deann Heitman-31.

MEALS ON WHEELS

The Senior Nutrition Program provides a balanced noontime meal for Seniors and Individuals with disabilities. Questions about this program call Glenda Burton at (435)577-2183. She will be happy to help you. You may also gburton.piuteseniors@gmail.com

PIUTE COUNTY FOOD SHARING

The date will always be the first Thursday of every month. Please call first @ (435)896-5225. Hours are 11:00 am to 2:00 pm this service is found at the Piute Events Center, 180 W. 500 N. Junction, Utah.

FOOD BOX FOR SENIORS

Sign up for the Food Box for seniors is now open. Utah CSFP is a free food box for seniors age 60+ on a limited income. Each month participants will receive a box filled with canned fruit, vegetables, meat, cheese, cereal, milk, and grain products. Applications can be picked up at the Senior Center in Junction, Utah from 10:00 am to 2:00 pm Monday thru Thursday. (Bring State issued ID and proof of residency if ID list out of county residence.)

SENIOR CITIZENS BOARD MEETING

December 31st @ 12:30 pm Piute County Events Center, everyone is invited to attend.

VETERANS VAN

Veterans can schedule transportation through their VA Primary Care Provider or by calling the DAV/VTS officers at the toll-free number (800) 613-4012 ext. 2003 or 2017

TRAVEL EVENTS

The Piute Public Transit Bus will be traveling to Cedar City 1/10/23 and to St. George on 1/14/23 for a DAV meeting that starts at 10:00 am and to St. George on 1/26/23 for medical and shopping. If you are interested in these trips, please call the Senior Center @ (435)577-2183 or Beverly Hoover @ (435)326-2083. If we are unable to take your call, please leave a message and we will call you back. Those with medical needs, namely. appointments and no transportation can be transported with **72 hours (about 3 days)** notice. Call Glenda Burton @ 435-577-2183. All trips are weather permitting.

GET WELL WISHES TO:

Deanna Higgins, Keith Barben, Sandy Julander , Betty Azevedo, Zina Wiltshire, Bruce Julander, Laura Fullmer, Gary James, Charlene Mitchell, Ginny Tyree, and Susan Burr.

CONDOLENCES TO THE FRIENDS AND FAMILIES OF

Bradyen Lewis, Joyce Feder (sister of Judie Curtis), Bruce E. Smith, Calvin Gleave, Marilyn G. Holm, Beverly Haycock Pendleton, George Morgan, and Crystal Simkins.

CONTACT NUMBERS

Senior Center (435)577-2183, Ruth Privitt (801) 661-0244, Beverly Hoover (435)326-2083. Please leave a message if we are unable to take your call. Facebook @ Piute Senior Citizens

If you have suggestions for activities, please contact a Board member.

| Senior Nutrition Program | | January 2023 | |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| 2 | 3 WE'RE BACK!!!! Chicken Cordon Bleu Broccoli seasons noodles California blend Tropical fruit 2% milk | 4 Chicken Fried Steaks Mashed Potatoes w/ Gravy Peas and Carrots Mandarin Oranges 2% Milk | 5 Chicken Enchilada soup Crackers / cheese stick Mixed fruit Cinnamon Roll 2% Milk |
| 9 Cooks Choice | 10 Chicken Fajitas w/ peppers/onions Key Largo Refried Beans Fruit & jello 2% milk | 11 Pot Roast w/ potato, carrot, onion Fruit Salad Dinner Roll w/ margarine 2% milk | 12 Meat & cheese pizza Tossed Green Salad Hot Cinnamon Apples Cake w/ frosting 2% milk |
| 16 Closed Martin Luther King | 17 Pork Chop Scalloped potato peas Apple sauce 2% Milk | 18 Lasagna Corn Fruit Cocktail Garlic Bread 2% Milk | 19 Baked Fish Rice pilaf Green beans Pineapple Jell o Salad Oatmeal raisin cookie 2 % Milk |
| 23 Beef Stroganoff over noodles Green Beans Pear's w/ cottage cheese Homemade bread w/ margarine 2% milk | 24 Chicken and Rice Casserole Mixed Vegetable Peach Cobbler Wheat Bread w/ Margarine 2% milk | 25 Minestrone Soup Saltine crackers Cheese stick Tropical fruit Ginger snap cookie 2% milk | 26 Ham & Mac and cheese Mandarin orange and pineapple with sour cream salad Bread stick 2% milk |
| 30 Chicken Enchilada Mexican Corn Spanish Rice Peach Parfait Milk 2% | 31 Pork Roast Mashed potato w gravy Broccoli Applesauce Roll w/ margarine 2% Milk | | Suggested Donation Seniors 60 & older \$3.00 Under 60 COST \$6.00 |

**Please make your reservation by 9:00 a.m.
on the day you plan to eat at the
THANK YOU!!!

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS