

SEPTEMBER NEWSLETTER 2022
SENIOR CENTER PHONE #529-3901

The North Sevier Senior Center and Nutrition program will be closed on Monday September 5th for Labor Day and we will also be closed on Thursday Sept 8th for congregate meals due to no staff. Thanks for your understanding!

The low impact exercise class will start up again on Sept 6th at 11 am. \$2 for seniors or included if you have a monthly pass!

On Sept 6th we will have Dr Kirk an ophthalmologist in the senior center to do a short presentation at lunch and a free eye screening after lunch for those who are interested!

Bingo will be held on Thursday Sept 8th from 7 to 9 upstairs at the NSCC. The cards are 3 for \$5 and we provide free treats and drinks!

The Sevier County Senior Transportation is looking for a paid part time bus driver if you or know anybody who would be interested, please contact Georgette Harvey at 435-896-6807 for more information or to apply.

We would like to thank our volunteers who helped out this year in our information booth and made it a success!



Senior Nutrition Program				September 2022				Senior Activities 529-3901
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		
						1 Baked Ham Sweet potatoes Green Beans Applesauce Roll w/ margarine 2% milk		Bingo September 8 th from 7 to 9 at the Community Center.
5 Labor Day - Closed		6 Lasagna Corn Hot cinnamon apples Garlic bread 2% milk		7 Fish Fillet Rice Pilaf Mixed veggie Fruit Peanut butter oatmeal cake 2% milk		8 Shepherd's pie Carrots Cottage cheese w/ pineapple Roll w/ margarine cookie 2% milk		Senior bus goes to Richfield every Thursday for shopping and medical appts. Call the center if you would like a ride!
12 Cook's choice		13 Sloppy Joe 3 bean salad Fresh fruit Chips No Bake Cookie 2% milk		14 Beef Stroganoff Green Beans Jell-O with fruit Cheesy biscuit Chocolate cake 2% milk		15 Turkey Roast Mashed Potatoes w/ gravy Beets Peaches Wheat dinner roll/ margarine 2% milk		Blood pressure clinic Sept 15 th 11:30 to Noon
19 Hawaiian Chicken w peppers, onions & pineapple Chinese Noodles Vegetables Mandarin oranges Fortune cookie 2% milk		20 Beef stew/ veggies Cheese stick Fruit cocktail Chocolate chip cookie Bread stick 2% milk		21 Turkey Broccoli casserole Side of veggies Red potatoes Pears Corn bread 2% milk		22 Roast Beef Mashed potatoes & gravy Peas & carrots Peach pie Roll w/ margarine 2% milk		Low impact will resume on Sept 6 th . It will be Tues and Thurs @ 11 am \$2 for seniors or included in your monthly pass
26 Breaded Chicken sandwich Chips Peas Tropical fruit Choc mousse pudding 2% milk		27 Corn Chowder w/ Bacon Cheese stick Oatmeal raisin cookie Pineapple mandarin orange salad Muffin 2% milk		28 Pork Chop Stuffing & Gravy Broccoli Applesauce Wheat roll w/ margarine 2% milk		29 Tamale Pie Corn Bread muffin Glazed Carrots Fruit Gingerbread w/ sauce 2% milk		SUGGESTED DONATION SENIORS 60 AND OVER \$3.00 UNDER 60 COST OF MEAL IS \$6.00

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!!!