




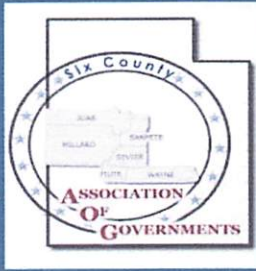


Make checks payable to: Six County Senior Nutrition 435-835-2041

Senior Nutrition Program		February 2024	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Suggested Donation Seniors 60& up \$3.00 Under 60 COST is \$6.00			1 Fish Rice Pilaf veggie Fruit Oatmeal Cake 2% milk
5 BBQ Pork Ribblet sandwich Chips Pickled beet Mandarin orange Cookie 2% milk	6 Swedish Meatballs/ Noodles Green Beans Fruit Biscuit/ Margarine Cake w/ Frosting 2% milk	7 Curry Chicken Baked Sweet Potato California Blend Mixed Fruit Bread w/ margarine 2% milk	8 <u>*Cook's Choice</u> Surprise Meal 😊 (Variety of excess food we are clearing out. You might not get the same meal as your spouse or neighbor!)
12 Chicken Alfredo w/ noodle Peas & Carrots Mandarin Oranges Garlic Bread 2% milk	13 Vegetable beef stew Cheese stick Crackers Tropical fruit Breadsticks 2% milk	14 Turkey w/ cranberry sauce Mashed potatoes & gravy Mixed veggie Red Jell-O with fruit Wheat Bread w/ margarine Valentine Sugar Cookie 2% milk 	15 Chicken Enchilada Soup w/ sour cream and cheese Crackers Mixed Fruit 2% milk
19 <b style="color: red;">Closed <b style="color: red;">Presidents' day 	20 Sloppy Joe 3 bean salad Chips Pear's w/ Cottage Cheese Birthday Cake 2% milk 	21 Roast Beef Mashed Potatoes & gravy Glazed Carrots Frog eye Salad Roll w/ margarine 2% milk	22 Chicken noodle Casserole Veggie Fruit Bread w/ margarine 2% milk
26 Chili w/ cheese and onion Peaches and pears Fritos 2% milk	27 Chicken Tacos w/ lettuce, tomato, onion, cheese Chips & Salsa Fruit Pudding 2% milk	28 Hamburger w/ trimmings Potato chips Macaroni Salad Mixed Fruit Rice Crispy Treat 2% milk	29 Baked Chicken Mashed Potato & gravy veggie fruit Roll w/ Margarine 2% milk 



In youth we learn;
In age we understand.

Manti Senior Center
435-835-2041

February 2024

Fundraising Ideas/Suggestions:

We need to boost our funds!! We are frighteningly low in our budget. In the past we have rented out the senior center and it has kept us floating. We are no longer able to rent out the center, so we need to find another way to make money to pay the bills! It's time to get creative!!! If you have any ideas for fundraising or even any fun activities you would like to see happen at the Senior Center, please let us know! One idea is a big yard sale here at the Senior Center. So if you have any items you would like to get rid of and donate to us, we can start collecting items to sell in a yard sale sometime in the near future! Please help with any other ideas or suggestions you may have!

Bingo Tuesdays:

Please join us for Bingo on Tuesdays, immediately after lunch. Come in for lunch, or just come for the fun!

Bingo Prizes/Donations:

Thank you again for all of the bingo prizes and monetary donations we have been receiving to continue playing Bingo every week! Please continue and feel free to donate lightly used items that you think someone else might enjoy! We would love to take them off your hands for Bingo prizes! We cannot tell you how much we appreciate everyone's generosity and contributions that make bingo such a fun success!

Ride Schedule

Rides to doctor's appointments or grocery shopping are available on Tuesdays from 1:00pm-3:00pm. Please provide 24 hours' notice if you need a ride!

February Closure:

This month we will closed on Monday, February 19th in honor of Presidents' Day. Please make other arrangements for lunch on that day!

Monthly Birthday Celebration:

This month we will celebrate February birthdays on Tuesday, February 20th. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch and bingo, and wish everyone born in February a very Happy Birthday!

Blood Pressure Clinic:

This month Gunnison Home Health will be coming to check blood pressure, blood sugar and oxygen levels on Tuesday, February 27th. Come and get your vitals checked and join us for lunch and bingo! We also have a blood pressure cuff in the dining area of the senior center. Feel free to stop by and use it any time during lunch hours.

February Birthdays:

We would like to wish a very happy birthday, and many many more, to our following seniors and staff born in the month of

February! **And an extra extra special Happy 100th Birthday to our sweet Macy Burgin!!**



We apologize if we have missed any others...

1st – Kathy Thompson
8th – JoAnn Wathen
10th – Gayle Nilsson
10th – John Cox
11th – Edgar Guymon
13th – Ember Olsen
16th – Francis Lightner
17th – Macy Burgin

22nd – Jerry Blankenship
22nd – Morris Sorensen
25th – Jerry Bradley
26th – Linda Pledger
28th – Darlene Blackham
28th – Debra Hulet
28th – Scott Mickelson