

November 2024

GUNNISON VALLEY SENIOR CITIZENS CENTER

PHONE# 435-528-3781 Come Join Us!!!!

*Lunch is served at Gunnison City Hall Community Center, Monday-Thursdays at 11:30am And we are here till 1:00pm if you would like to pick a meal up!

*Keith Reber from My Hearing center will be at the center for your hearing needs. He will be here every Wednesday of the month: call for a appointment #801-377-2281.

*Nov 11th -Shopping trip to Richfield: The bus will leave from city hall in Gunnison. #Leaving at 8:00 am. Please call the center on the day before to secure a spot on the Fun Bus. If you need to be picked up at your home, please call the center to let us know. #435-528-3781

*Nov18th- Senior Dinner, Turkey Dinner @ 6:00 , !!

*Nov 25th -Shopping trip to Richfield: The bus will leave from the Gunnison city hall, Leaving at 8:00 am. Please call the center on the day before to secure a spot on the Fun Bus. If you need to be picked up at your home, please call the center to let us know #435-528-3781

*Quilting Every Tuesday & Thursday *if Interested in buying A quit

Kathy Brown #435-851-3016/ Elaine Jensen #435-340-1271. Thank you!

Senior Nutrition Program

November 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Menu Subject to Change
60 + suggested donation \$3.00
Under 60 Cost \$6.00
Please make your reservation
by 9:00 am on the day you plan
to eat at the center.

4
Baked Fish
Rice Pilaf
Applesauce
Broccoli
2% Milk

5
Roast Beef
Mashed potato w/ gravy
Mixed Veggies
Wheat Bread w/ margarine
2% Milk

6
Baked Ham
Scalloped Potatoes
Peas
Mixed Fruit
2% milk

7
Hot Hamburger w/ grilled onion
Mashed Potato & gravy
Green Beans
Mandarin Orange
Hot roll
2% Milk

11
Centers Closed
Happy Veteran's Day

12
Chicken noodle soup
w/ carrot, celery
Cheese stick
Crackers
Fruit cup
2% Milk

13
Swedish Meatballs over
Noodles
Normandy Blend
Mandarin oranges
2% Milk

14
Chicken Strips w/ chick fil a sauce
Baked potato w/ sour cream
Mixed veggies
Pineapple
2 % milk

18
Soft shell ground beef taco W/
lettuce
Refried Beans
Chips & Salsa
Mediterranean Oranges
2% milk

19
Pork Chop
Baked sweet potato
Broccoli
Applesauce
2% milk

20
Pulled pork sandwich
Potato chips
Fruit
2% milk

21
Thanksgiving Dinner
Turkey Cranberries, Candied Yams
Mashed Potato/ Gravy, Dressing
Cranberry salad, Green Beans
Pumpkin Pie
Dinner Roll/ Margarine
2% Milk

25
Turkey Broccoli Casserole
Red Potatoes w/ fresh parsley
Pears
cookie
2% milk

26
Teriyaki Chicken
Fried Rice w/ peas & carrots
Stir Fry Veggies
Pineapple
2% Milk

27
Hamburger Barley & vegetable soup
Cheese stick
Crackers
Mixed Fruit
2% Milk

28
Closed – Happy Thanksgiving