

May Newsletter 2022
Senior Center phone #529-3901

Come in and socialize and enjoy your meal with us! We would love to see you!

Tai Chi will be going on again this month. Its every Wednesday form 11 to 11:45 and it's free! Come join us!

Bingo will be on May 12th from 7-9 upstairs in the big conference room!

Our community Friday night dances will be on the 2nd and 4th Fridays from 7to 9. \$3 a person

The information booth will open on May 27th. We are looking for volunteers for the summer! If interested please Call the Sharon Helms at 435-287-6211 or Vickie Phoenix at 435-287-5565

The Volunteer program is looking for volunteers for a new program called Foster Grandparent! We have enclosed a flyer with more information and meeting about becoming a volunteer! You can also contact Maradee Peterson, volunteer manager at Six county 435-893-0735 for more information



Senior Nutrition Program				May 2022				Seniors 529-3901	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY			
2 Beef Enchiladas Refried beans Corn Fruit cup 2% milk		3 Stuffed Green peppers Carrot & Raisin Salad Fruit Cocktail Bread w/ margarine 2% milk		4 Ham & Cheese Hoagie Pickle spear Macaroni Salad Jell-O Fruit Salad 2% milk		5 Honey BBQ Chicken Baked potato w/ Sour cream Spring mix veggies Banana Cream pie Dinner roll w/ margarine 2% milk Happy Mothers Day!		Senior Bus goes to Richfield every Thursday for shopping & medical appointments. Call the center if you need a ride	
9 Cook' choice		10 Hot hamburger w/ mashed potatoes Sunshine Carrots Wheat roll Frog Eye Salad Ginger snap cookie 2% milk		11 Hawaiian haystacks w/ chicken & rice Vegetable Chow Mein noodles Pineapple upside down cake 2% milk		12 Pork Chops Rice Pilaf Mixed veggies Applesauce Dinner roll w/ margarine 2% milk		Bingo May 12 th 7 p.m. at the North Sevier Community center	
16 Chicken Strips w/ chick fil a sauce Red potato w/ parsley Coleslaw Mandarin oranges 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 Cheese burger w/ trimmings Broccoli or potato salad Chips Strawberry shortcake 2% milk		Senior Dance every 2 nd and 4 th Fridays \$3.00 per person.	
23 Sweet & Sour Chicken w/ peppers & pineapple Fried Rice Stir Fry Veggies Fruit cup Fortune Cookies 2% milk		24 Fish Sandwich w/ shredded lettuce, cheese, pickles Chips Fruit salad 2% milk		25 Roast Beef Mashed potatoes & Gravy Normandy blend veggies Hot Apple crisp Potato roll w/mar 2% milk		26 Baked Spaghetti Tossed green salad Peaches Garlic breadsticks Snicker doodle cookie 2% milk		Free Tia Chi exercise Class every Wed from 11 to 11:45	
30 Closed - Memorial Day		31 Biscuit & Sausage gravy Scrambled eggs/ hashbrowns Orange pineapple salad Cookie 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!!!3/11-ehk