



Manti Senior Center
435-835-2041

A season of loneliness and isolation is when the caterpillar gets its wings. Remember that next time you feel alone.
- Mandy Hale

Monthly Newsletter **May 2022**

Bingo Monthly Drawing Winner:

The winner for last month's monthly Bingo drawing was Cathi Call! Congratulations Cathi! Come join us for Bingo every Tuesday immediately after lunch, and win prizes and be entered for a larger monthly prize drawing!

Rides to Bingo on Tuesdays:

Please call the Center if you would like a ride to lunch and Bingo on Tuesdays! 435-835-2041

Monthly Birthday Celebration:

We would like to go back to celebrating birthdays each month, and have chosen the 3rd Tuesday of every month to have birthday cake and acknowledge everyone celebrating a birthday for the month. Stop by and celebrate with us! Feel free to join us for lunch, and wish everyone born in May a very Happy Birthday!

Blood Pressure Clinic:

Don't forget the blood pressure clinic on Tuesday, May 24th. It has been going great so far, and we have had some great turnouts! Stop by on the 4th Tuesday of each month to get your blood pressure, blood sugar and oxygen checked, and feel free to stay for lunch!

Upcoming Center Closures:

Please make a note that the Center will be closed on Monday May 30th in honor of Memorial Day. We will also be closed on Thursday June 2nd for our annual training. Please make other arrangements for lunch on those days.

May Birthdays:




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

1st – Simone Bean
6th – Dale Dennis
10th – Ann Kelson
11th – Sam Blatter
11th – Ed Stilson
13th – Jane Colby
13th – Joyce Alder
14th – Kelly Poulsen

18th – Paula Madsen
22nd – Carla Severs
22nd – Joyce Hilliar
23rd – Randy Cox
24th – Patricia Clark
29th – Steve Brandt
31st – Ann Schmid

We apologize if we have missed any birthdays, and wish you all a very happy birthday!!

Senior Nutrition Program		May 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Beef Enchiladas Refried Beans Corn Peach cobbler 2% milk	3 Stuffed Green Peppers Carrot & Raisin Salad Fruit Cocktail Bread w /Margarine 2% Milk	4 Turkey & Cheese Hoagie w/ veggies Pickle Spear Macaroni salad Jell-O Salad with fruit 2% Milk	5 Honey BBQ Chicken Baked Potato w/sour cream Spring Mix Veggies Dinner roll w/ Margarine Banana Cream Pie 2% Milk HAPPY MOTHERS DAY
9 <u>*Cooks choice</u> Chicken Alfredo Peas & Carrots Tropical Fruit Breadstick Chocolate chip cookie 2% Milk	10 Hot Hamburger over mashed potato / mushroom gravy Sunshine Carrots Wheat Roll Frog eye salad Ginger Snap Cookies 2% Milk	11 Hawaiian Haystack w/ chicken & rice Fresh veggie Chow Mein noodles Pineapple upside down cake 2% Milk	12 Pork chops Rice pilaf Mixed Vegetable Applesauce Dinner Roll w/Margarine 2% milk
16 Chicken Strips w/ Chick Fila Sauce Red Potato with parsley Cole slaw Mandarin orange 2% milk	17 Swiss Hamburger 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 Cheeseburger w/ trimmings Broccoli or potato salad Chips Strawberry short cake 2% Milk
23 Sweet/Sour chicken w pepper and pineapple Fried rice & stir fry vegetables Fruit cup Fortune cookie 2% Milk	24 Fish Sandwich shredded lettuce ,cheese, pickles chips Fruit Salad 2% milk	25 Roast Beef Mashed Potatoes & Gravy Normandy blend veggie Hot Apple crisp Potato Roll w/ Margarine 2% Milk	26 Baked Spaghetti Tossed Green Salad Peaches Garlic Bread sticks Snickerdoodle cookie 2% Milk
30 Memorial Day Closed	31 Biscuit & sausage gravy Scrambled eggs /hashbrowns Orange/pineapple w/sour cream cookie 2% Milk		Suggested Donation Seniors 60 & Older \$2.50 Under 60 full cost of Meal is \$5.50

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!!!1/11-ehk