

Senior Nutrition Program				September 2023				Senior Activities 524-3401	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY			
4 Labor Day - Closed		5 Lasagna Corn Hot cinnamon apples Garlic bread 2% milk		6 Fish Fillet Rice Pilaf Mixed veggie Fruit Peanut butter oatmeal cake 2% milk		7 Shepherd's pie Carrots Cottage cheese w/ pineapple Roll w/ margarine cookie 2% milk		Bingo September 14 th from 7 to 9 at the Community Center. Closed Labor Day Sept 4 th Dances Will be canceled until further notice	
11 Cook's choice		12 Sloppy Joe 3 bean salad Fresh fruit Chips No Bake Cookie 2% milk		13 Beef Stroganoff Green Beans Jell-O with fruit Cheesy biscuit Chocolate cake 2% milk		14 Turkey Roast Mashed Potatoes w/ gravy Beets Peaches Wheat dinner roll/ margarine 2% milk		Senior bus goes to Richfield every Thursday for Shopping and medical appts. Call the center if you would like a ride!	
18 Hawaiian Chicken w peppers, onions & pineapple Chinese Noodles Vegetables Mandarin oranges 2% milk		19 Beef stew/ veggies Cheese stick Fruit cocktail Chocolate chip cookie Bread stick 2% milk		20 Pork Chop Stuffing & Gravy Broccoli Applesauce Wheat roll w/ margarine 2% milk		21 Roast Beef Mashed potatoes & gravy Peas & carrots Peach pie Roll w/ margarine 2% milk		Blood pressure clinic Sept 14 th and 21 st & Noon. Information Booth CLOSED Sept 1 st	
25 Breaded Chicken Sandwich Chips Peas Tropical Fruit 2% Milk		26 Corn Chowder w/ Bacon Cheese stick Oatmeal raisin cookie Pineapple Muffin 2% milk		27 Turkey Broccoli casserole Side of veggies Red potatoes Pears Corn bread 2% milk		28 Tuna Casserole Corn Bread Glazed Carrots Fruit Gingerbread/ sauce		Low impact will resume on Sept 5 th . It will be Tues and Thurs @ 11 am Drumfit Mondays & Wednesday @ 11 am FREE for both.	
								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!!!

SEPTEMBER NEWSLETTER 2023
SENIOR CENTER PHONE #529-3901

The North Sevier Senior Center and Nutrition program will be closed on Monday September 4th for Labor Day.

The low impact exercise class will start up again on Sept 5th at 11 am. Tuesdays & Thursdays. Drumfit will be on Mondays & Wednesdays also at 11 am this is free to all seniors

Bingo will be held on Thursday Sept 14th from 7 to 9 upstairs at the NSCC. The cards are 3 for \$5 and we provide free treats and drinks!

Friday night dance will be canceled until further notice. We do not have a band. If you know of any country western bands who would like to play for the seniors give us a call.

We would like to thank our volunteers who helped out this year in our information booth and made it a success! The information booth will close for the year Sep 1, 2023

We would like to see you at lunch. We serve lunch at 12 am mon-thurs please be kind and let us know by 9 am on the day you would like to eat so we can make sure to serve you the best we can.

