

You are enough!!!

Manti Senior Center
435-835-2041

August 2023

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:

We have had so many wonderful donations of bingo prizes!! Thank you to all who have donated!! If you have little odds and ends laying around your house taking up space, or small gifts people have given you that you just don't need, 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 appreciate everyone's generosity and contributions that make bingo such a fun success!

Fundraising Ideas/Suggestions:

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!

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!

Monthly Birthday Celebration:

This month we will celebrate August birthdays on Tuesday, August 15th. 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 August a very Happy Birthday!

Blood Pressure Clinic:

We were missed in July, but hopefully will be back on track in August! Don't forget the blood pressure clinic on Tuesday, August 22nd. 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 and Bingo!





August 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 August! We apologize if we have missed any...

3 rd – Janice Cox	17 th – Alan Justesen
7 th – DeRell Jones	22 nd – Janet Garbe
12 th – Sharon Jackman	22 nd – Merlene Anderson
12 th – Sheila Godfrey	24 th – Lanny Olsen
16 th – Dixie Sorensen	27 th – Carol Duron
16 th – Marcia Christiansen	29 th – Leonard McCosh
16 th – Scott Layton	30 th – Dick Fillmore

Make checks payable to: Six County Senior Nutrition

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August 2023			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Beef Enchilada Mexican rice Refried beans Peach and pear blend Monster Cookies 2% milk	2 Cranberry Russian Chicken Mashed potato w/ gravy Peas and carrots Apple slices Bread w/ margarine 2% milk	3 Stuffed Cabbage Sliced Carrots Pears Bread pudding & sauce 2% Milk
7 Chicken Alfredo w/ noodles Spring Mix Veg Fruit blend Bread w/marg 2% Milk	8 Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar 2% Milk	9 Chicken Pillows Mixed veggie Peach Crisp 2% milk	10 Philly Cheese w/grilled onion, peppers Marinated garden salad Potato Chips Fruit Blonde Brownies 2% Milk
14 <u>*Cook's Choice</u> Chicken Enchilada Soup w/sour crm, cheese & tort strps Frito's Fruit	15 Pork roast Mashed potatoes & gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding 2% milk 	16 Turkey w/ stuffing & cranberry sauce Beets Pear's w/ cottage cheese Jell O poke Cake Bread w/ margarine 2% Milk	17 Chicken strip salad w/ croutons Mandarin orange/ pineapple tidbits Cinnamon Roll 2% milk
21 Chicken Cordon Bleu Scalloped potatoes Broccoli Fruit cocktail Bread w/Mar 2% milk	22 Pot Roast w/ carrots, potato, onion Vegetable Blend Peaches Whole wheat bread w/margarine Choc mousse pie 2% Milk	23 Tater tot Casserole Green Beans Pineapple & orange Salad 2% milk	24 Egg Salad Sandwich Marinated vegetable Fruit salad White cake with raspberry whipped cream 2% milk
28 Soft Shell Ground Beef Taco w/ lettuce, tomato, onion, cheese Refried Beans Chips & Salsa Mandarin oranges 2% Milk	29 Chicken pot Pie w vegetables Side of peas and carrots Bread Stick Pineapple upside down cake 2% Milk	30 Roast Beef Mashed potato & gravy Green Beans Cottage cheese Jell O salad Cookies 2% milk	31 Hawaiian haystacks w/ rice & veg Chow mein noodles Tropical fruit Drop sugar cookies 2% Milk

Please call by 9:00 a.m. on the day you plan to eat thank-you

SUGGESTED DONATION SENIORS 60 AND OVER \$3.00
 UNDER 60 COST OF MEAL IS \$6.00

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS