

Senior Nutrition Program				August 2023				Senior Activities 529-3901	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY			
		1 Beef Enchilada Mexican Rice Refried Beans Peach & Pear blend Monster cookies 2% milk		2 Cranberry Russian Chicken Mashed potato & gravy Peas & Carrots Apple slices Bread w/ margarine 2% milk		3 Stuffed Cabbage Side of Vegetable Pears Bread Pudding & Sauce  2% milk		Senior day @ the fair August 9 <sup>th</sup> 10:00 a.m. to 1:00 p.m. Bingo starts @ 10 a.m. and lunch served at noon Free	
7 Chicken Alfredo W/ Noodles Spring Mix Veggie Fruit Blend Bread W/ Margarine 2% milk		8 Salisbury Steak Mashed potatoes & gravy Carrots Mandarin oranges Roll W/ Margarine 2% Milk		9 <b>Home bound &amp; Pickups. Only</b> Chicken pillows Mixed veggie Peach parfait Apple Crisp 2% milk		10 Philly cheese w/ grilled onions & peppers Marinated garden salad Potato chip Fruit Blonde Brownies 2% milk		On August 9 <sup>th</sup> there will be no congregate meals at the center if you pick up, please be hear by 10:45a.m.	
14 Cook's Choice		15 Pork Roast Mashed potatoes & gravy Corn Fruit cup Bread w/ margarine Tapioca pudding 2% milk		16 Turkey w/stuffing & cranberry Beets Pears 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		Senior bus goes to Richfield every Thursday for shopping and medical appts. Call 48 hours in advance to schedule a ride	
21 Chicken cordon bleu Scalloped potatoes Broccoli Fruit cocktail Roll w/ margarine 2% milk		22 Pot Roast w/ carrots, potato, onion Vegetable blend Peaches Whole wheat bread w/ mar Choc Mousse Pie 2% milk		23 Tater Tot Casserole Green Beans Mandarin oranges/ pineapple Salad 2% Milk		24 Egg Salad Sandwich Marinated Vegetable Fruit Salad White cake with raspberry whipped cream frosting 2% milk		Come and join us in the dinning room for lunch we miss you and would like to see you!	
28 Soft shell ground Beef Taco w/ tomato onion & cheese Refried beans Chips & Salsa Mandarin Oranges 2% milk		29 Chicken Pot Pie W/ Veg Side of Peas & 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				Low impact exercise classes will resume in August on Tuesday & Thursday @ 11 a.m.	

**August Newsletter 2023**  
**Senior Center phone #529-3901**

August 9th is Senior day at the fair! **THIS WILL BE A SENIOR ONLY EVENT!** Bingo will start at 10:00 a.m. You can buy cards for \$3 a piece or 2 for \$5. This is a transportation fundraiser for our senior buses and seniors (anyone 60 & older) can enjoy a free lunch served at noon. If there is any left over you can purchase one For anyone under 60 . There will be no congregate lunch served at the senior center on August 9th. If you pick up a meal at the center please be here by 10:45 a.m. please let the cooks know the day before if you will be picking up a meal that day due to senior day at the fair. Come out and have a good time at the fair with us!

Community Bingo that is held at the North Sevier Community Center will be canceled this month. We will resume bingo on Sept 7<sup>th</sup> @ 7 with free drinks and popcorn!

We would like to encourage all the seniors to come and have lunch in the dining room with us! This helps you get out and socialize with each other! We serve lunch Monday thru Thursday at noon!

The dances will resume in August also on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month. \$3 a person to get in!

We hope you all are enjoying summer! It's been really hot, so please remember that when you drink your soda's that we are still collecting the tabs for the Ronald McDonald house! Just bring them into the center or to the Meals on Wheels driver and we will get them where they need to be! We are also collecting egg cartons for the food bank. They shipp the eggs in bulk and need the cartons to separate the eggs for families in need .Thanks for your help!

