

August 2023 CENTER SCHEDULE

SENIOR NUTRITION LUNCHESES – MONDAY thru THURSDAY @
NOON

Line Dancing	10:45-Noon	Tuesday & Thursday
Lunch Bingo		Tuesday- Aug 1,8,15,22 Wednesday Aug 30
Bingo BEFORE Lunch	11:00-Noon	Thursday Aug 3,10,17,24,31
Blood Pressure	11:20- Noon	Wednesday Aug 23

Senior Day at the Fair

Wednesday August 9, 2023

Bingo- 10:00 AM

Lunch- 12:00 PM

Pool Playing	Monday- Thursday
Richfield Stake Singles Lunch	Wednesday 23
August Birthday Party With Doug Jenkins	TUESDAY August 29

New Chair Zumba

Monday & Thursday 10:30-11:30

Senior Transportation: Monday-Thursday Please call Jana at 896.6807
at least **24 hours** in advance when scheduling a ride.

Senior Nutrition Program ***Please Make Your Reservations
District IV by 9:00 a.m. on the Day You Plan to
PO Box 820 Eat at the Center *****
Richfield, Utah 84701 ***** !!Thank You !! *****

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 Side of vegetable Pears Bread pudding & sauce 2% Milk
7 Chicken Alfredo w/ noodles Spring Mix Veg Fruit blend Bread/mar 2% Milk	8 Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar 2% Milk	9 SENIOR DAY AT THE FAIR!!!! BINGO STARTS AT 10:00 AM LUNCH BEGINS AT NOON	10 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Fruit Blonde Brownies 2% Milk
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 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 mien noodles Tropical fruit Drop sugar cookies 2% Milk

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

Please call Jana at 435.896.6807 by 9:00 a.m. on the day you plan to eat thank-you
 Menu Subject to change and Substitutions