









# Senior Center Activities











## April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>CLOSED</b>	<b>1</b> 9:30 AM SENIORCISE 10:00 AM BINGO	<b>2</b> HICAP 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM TRIVIA & STICKMAN	<b>3</b> 9:30 AM SENIORCISE 10:00 AM WORD GAME	<b>4</b> 9:30 AM SHOPPING TRIP GROCERY OUTLET 10:00 AM BINGO	<b>5</b> 9:30 AM SENIORCISE 10:00 AM JEOPARDY	<b>6</b> <b>CLOSED</b>
<b>7</b> <b>CLOSED</b>	<b>8</b> 9:30 AM SENIORCISE 10:00 AM BINGO	<b>9</b> HICAP 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM CARD GAMES	<b>10</b> 9:30 AM SENIORCISE 10:00 AM WORD GAME	<b>11</b> 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO	<b>12</b> 9:30 AM TRIVIA 10:00 AM WORD GAME	<b>13</b> <b>CLOSED</b>
<b>14</b> <b>CLOSED</b>	<b>15</b> 9:30 AM SENIORCISE 10:00 AM BINGO	<b>16</b> HICAP 9:30 AM SHOPPING TRIP 99 CENTS STORE 10:00 AM JEOPARDY	<b>17</b> 9:30 AM SENIORCISE 10:00 AM FOODSMARTS	<b>18</b> 9:30 AM SHOPPING TRIP GOODWILL 10:00 AM BINGO	<b>19</b> 10:00 AM KARAOKE 11:00 AM BIRTHDAY CELEBRATION 	<b>20</b> <b>CLOSED</b>
<b>21</b> <b>CLOSED</b>	<b>22</b> 10:00 AM EARTH DAY PICNIC 	<b>23</b> 9:30 AM SHOPPING TRIP ROSS 10:00 AM WORD GAME	<b>24</b> 9:30 AM SENIORCISE 10:00 AM FOODSMARTS	<b>25</b> 9:30 AM SHOPPING TRIP TJ MAXX/ BURLINGTON 10:00 AM BINGO	<b>26</b> 10:00 AM SENIOR BALL CLASS OF 2024   	<b>27</b> <b>CLOSED</b>
<b>28</b> <b>CLOSED</b>	<b>29</b> 9:30 AM SENIORCISE 10:00 AM BINGO	<b>30</b> HICAP 9:30 AM SHOPPING TRIP THE DISCOUNT STORE 10:00 AM CARD GAMES	Contact Yanet at 916-927-1303 or <a href="mailto:yanet@stanfordsettlement.org">yanet@stanfordsettlement.org</a> Senior Center at Stanford Settlement Neighborhood Center 450 W. El Camino Ave. Sacramento, CA 95833			

For Meals on Wheels lunch reservations, please call Yanet at 916-927-1303.  
 Lunch is served daily at 11:30 a.m.



MON		TUE		WED		THU		FRI	
<b>Shrimp Fried Rice</b> with Brown Rice, Celery, Peas & Carrots Fresh Bartlett Pear 1% Milk 	1	<b>Mushroom Curry Chicken &amp; Rice</b> Green Beans Applesauce 1% Milk	2	<b>Cheese Ravioli</b> with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice Fruit Punch 	3	<b>Grilled Chicken Parmesan</b> with Whole Grain Orzo & Marinara Broccoli & Carrots Fresh Granny Smith Apple 1% Milk	4	<b>Barbacoa Stew</b> with Brown Rice, Beans, Corn & Peppers Fruit Cocktail Oatmeal Raisin Cluster 1% Milk	5
<b>Beef Stroganoff</b> with Whole Grain Pasta, Steamed Carrots Raisins 1% Milk	8	<b>Tuna Casserole</b> with Whole Grain Pasta, Steamed Broccoli Vanilla Pudding Fresh Granny Smith Apple 1% Milk	9	<b>Chicken Cheese Tamale</b> with Brown Rice Beans & Corn Fruit Punch	10	<b>Cheeseburger Slider</b> with a Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk	11	<b>Minestrone Soup</b> with Beans, Cabbage, & Carrots Whole Grain Pasta Fruit Cocktail Oyster Crackers 1% Milk 	12
<b>Vegetable Pasta</b> Whole Grain Pasta with Beans, Broccoli, Mushrooms & Squash Fruit Cocktail Chocolate Pudding 1% Milk 	15	<b>Broccoli Beef</b> with Brown Rice Peas & Carrots Fresh Bartlett Pear 1% Milk	16	<b>Southwest Chicken Bowl</b> with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch	17	<b>BBQ Chicken</b> with Corn Sweet Potatoes Whole Grain Bread Slice & Butter Fresh Orange 1% Milk	18	<b>Creamy Mushroom Chicken</b> with Brown Rice Green Beans Applesauce 1% Milk	19
<b>Chicken Marsala</b> with Whole Grain Orzo Mixed Vegetables Fresh Granny Smith Apple 1% Milk	22	<b>3 Bean Chili</b> with Beans, Corn & Green Chilies Cornbread Peaches 1% Milk 	23	<b>Country Fried Steak</b> with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch	24	<b>Pescatori Soup</b> with Shrimp, Fish, & Vegetables Whole Grain Pasta Chocolate Pudding Fresh Bartlett Pear & Crackers 1% Milk 	25	<b>Beef Taquitos</b> with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk	26
<b>Shrimp Fried Rice</b> with Brown Rice, Celery, Peas & Carrots Fresh Bartlett Pear 1% Milk 	29	<b>Mushroom Curry Chicken &amp; Rice</b> Green Beans Applesauce 1% Milk	30			 - Vegetarian  - Contains Shellfish		<b>For menu translations &amp; nutritional information, visit our website at <a href="http://www.mowsac.org">www.mowsac.org</a></b>	

*Contribute*  
TO **meals** on **wheels**  
by acc

Your kindness can make a world of difference. Please consider a heartfelt contribution of \$6 to ensure no senior goes hungry in Sacramento County!

**Ask any of our staff members for a contribution envelope or scan the QR code to make your donation online today!**

