







Senior Center Activities



March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Contact Yanet at 916-927-1303 or yanet@stanfordsettlement.org Senior Center at Stanford Settlement Neighborhood Center 450 W. El Camino Ave. Sacramento, CA 95833				¹ 9:30 AM SENIORCISE 10:00 AM WORD GAME	² CLOSED
³ CLOSED	⁴ 9:30AM SENIORCISE 10:00 AM BINGO	⁵ HICAP 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM CARD GAMES	⁶ 10:00AM FALL PREVENTION 11:45 AM STICK MAN	⁷ 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO	⁸ 10:00 AM KARAOKE  11:00 AM MARCH BIRTHDAY PARTY	⁹ CLOSED
¹⁰ CLOSED	¹¹ 9:30 AM SENIORCISE 10:00 AM BINGO	¹² HICAP 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM ST. PATRICK'S DAY CRAFT	¹³ 9:30 AM SENIORCISE 10:00 AM WORD GAME	¹⁴ 9:30 AM SHOPPING TRIP 99 CENTS STORE 10:00 AM BINGO	¹⁵ 10:00 AM ST. PATRICK'S DAY POTLUCK 	¹⁶ CLOSED
¹⁷ CLOSED	¹⁸ 9:30 AM SENIORCISE 10:00 AM BINGO	¹⁹ 9:30 AM SHOPPING TRIP ROSS/ TRADER JOES 10:00 AM EASTER CRAFT	²⁰ 9:30 AM SENIORCISE 10:00 AM WORD GAME	²¹ 9:30 AM SHOPPING TRIP VIVA 10:00 AM BINGO	²² 10:00 AM JEOPARDY 11:00 AM CARD GAMES <i>*Steering Committee @10:30</i>	²³ CLOSED
²⁴ CLOSED	²⁵ 9:30 AM SENIORCISE 10:00 AM BINGO	²⁶ 9:30 AM SENIORCISE 10:00 AM POOL TOURNAMENT VS. TEEN CENTER <i>*Grocery bag</i>	²⁷ 9:30 AM SHOPPING TRIP GOODWILL 10:00 AM WORD GAME	²⁸ 10:30 AM EASTER EGG HUNT  11:00 AM OUTDOOR GAMES	²⁹ CLOSED	³⁰ CLOSED

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







Home Delivered
and
All Seasons Café




Menu Subject to Change Without Notice

2024

meals on
wheels
by acc

Monday		Tuesday		Wednesday		Thursday		Friday	
For menu translations & nutritional information, visit our website at www.mowsac.org		 SCAN ME		Contribute \$6 per meal to support yourself, friends, family, and neighbors and stay healthy, happy, and independent! Get an envelope from our team or volunteers, or scan the QR code to contribute online now!				Southwest Chicken Bowl 1 with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch	
Fish Sticks 4 with Brown Rice & Carrots Steamed Broccoli Mandarin Oranges Tartar Sauce 1% Milk		Corned Beef and Cabbage 5 with Potatoes Steamed Carrots Kiwi Oatmeal Raisin Cluster 1% Milk		Chicken Enchilada 6 with Brown Rice Beans, Corn & Peppers Orange 1% Milk		Cheese Quesadilla 7 with Wild Rice Beans & Corn Fruit Punch 		Spaghetti & Meatballs 8 with Whole Grain Pasta & Marinara Sauce Mixed Vegetables Granny Smith Apple 1% Milk	
Barbacoa Stew 11 with Brown Rice, Beans, Corn & Peppers Fruit Cocktail Oatmeal Raisin Cluster 1% Milk		Shrimp Fried Rice 12 with Brown Rice, Celery, Peas & Carrots Bartlett Pear 1% Milk 		Mushroom Curry Chicken & Rice 13 Green Beans Applesauce 1% Milk		Cheese Ravioli 14 with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice Fruit Punch 		Grilled Chicken Parmesan 15 with Whole Grain Orzo & Marinara Sauce Broccoli & Carrots Granny Smith Apple 1% Milk	
Minestrone Soup 18 with Beans, Cabbage, Carrots & Celery Whole Grain Pasta Fruit Cocktail Oyster Crackers 1% Milk 		Beef Stroganoff 19 with Whole Grain Pasta, Peas & Carrots Raisins 1% Milk		Tuna Casserole 20 with Whole Grain Pasta, Celery, Peas & Carrots Steamed Broccoli Vanilla Pudding Granny Smith Apple 1% Milk		Chicken Cheese Tamale 21 with Brown Rice Beans & Corn Fruit Punch		Cheeseburger Slider 22 with a Whole Wheat Bun Sweet Potatoes Orange 1% Milk	
Creamy Mushroom Chicken 25 with Brown Rice & Mushrooms Green Beans Applesauce 1% Milk		Vegetable Pasta 26 with Whole Grain Pasta, Marinara, Beans, Broccoli, Mushrooms & Squash Fruit Cocktail Chocolate Pudding 1% Milk 		Broccoli Beef 27 with Brown Rice Peas & Carrots Bartlett Pear 1% Milk		Southwest Chicken Bowl 28 with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch		BBQ Chicken 29 Corn & Sweet Potatoes Whole Grain Bread Slice & Butter Orange 1% Milk	

Vegetarian Meal: 

Contains Shellfish: 