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APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>		<p>1 9:45 AM 2 TRUTHS, 1 LIE 10:30 AM PRESENTATION BY SOUTH NATOMAS LIBRARY</p>	<p>2 10:00 AM BINGOCIZE 11:00 AM ROCK PAINTING</p>	<p>3 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM BINGO</p>	<p>4 9:45 AM TRIVIA 10:00 AM WORD GAME</p>	<p>5 CLOSED</p>
<p>6 CLOSED</p>	<p>7 9:30 AM WALKING GROUP 10:00 AM BINGOCIZE</p>	<p>8 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM WORD GAME</p>	<p>9 10:00 AM BINGOCIZE 11:00 AM EASTER CRAFTS</p>	<p>10 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO</p>	<p>11 10:00 AM  KARAOKE 11:15 AM APRIL BIRTHAY PARTY</p>	<p>12 CLOSED</p>
<p>13 CLOSED</p>	<p>14 9:30 AM WALKING GROUP 10:00 AM BINGOCIZE</p>	<p>15 HICAP 10:00 AM POOL TOURNAMENT SENIOR CENTER VS. TEEN CENTER</p>	<p>16 10:00 AM BINGOCIZE 11:00 AM EASTER COLORING <i>*Steering Committee</i></p>	<p>17 10:00 AM EASTER CELEBRATION</p>	<p>18 CLOSED</p>	<p>19 CLOSED</p>
<p>20 CLOSED</p>	<p>21 9:45 AM TRIVIA 10:00 AM BINGOCIZE</p>	<p>22 HICAP 9:30 AM SHOPPING TRIP THRIFT TOWN 10:00 AM GARDENING DAY</p>	<p>23 10:00 AM BINGOCIZE 11:00 AM WORD GAME <i>*Steering Committee</i></p>	<p>24 9:45 AM TRIVIA 10:00 AM BINGO</p>	<p>25 10:00 AM SENIOR BALL 2025</p>	<p>26 CLOSED</p>
<p>27 CLOSED</p>	<p>28 9:30 AM WALKING GROUP 10:00 AM BINGOCIZE</p>	<p>29 HICAP 9:30 AM SHOPPING TRIP GOODWILL 10:00 AM WORD GAME <i>*Grocery bags</i></p>	<p>30 10:00 AM BINGOCIZE 11:00 AM ROCK PAINTING</p>			<p>CLOSED</p>
<p>CLOSED</p>		<p>For Meals on Wheels lunch reservations, please call Yanet at 916-927-1303. Lunch is served daily at 11:30 a.m.</p>				

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

MON	TUE	WED	THU	FRI
	Fish Sticks 1 w/ brown rice & carrots steamed broccoli tartar sauce mandarin oranges, 1% milk  	Corned Beef & Cabbage 2 with potatoes steamed carrots oatmeal raisin cluster applesauce, 1% milk 	Whole Wheat Pancakes 3 with maple syrup turkey sausage link hashbrown potatoes fresh orange, 1% milk 	Cheese Quesadilla 4 with wild rice beans & corn 100 % fruit juice 
Barbacoa Stew 7 with brown rice, beans, corn & bell peppers oatmeal raisin cluster mandarin oranges, 1% Milk  	Shrimp Fried Rice 8 with brown rice celery, peas, and carrots fresh pear 1% Milk 	Curry Chicken 9 with brown rice green beans applesauce 1% milk	Cheese Ravioli w/ Pesto 10 w/ beans, carrots, olives & peppers whole grain bread slice 100 % fruit juice  	English Muffin Sandwich 11 whole wheat English Muffin with egg & turkey patty hashbrown potatoes fresh orange, 1% milk 
Vegetable Frittata 14 eggs w/ spinach, onions, and red potatoes whole wheat bread slice applesauce 1% Milk  	Beef Stroganoff 15 w/ whole wheat pasta steamed peas & carrots fresh pear 1% Milk  	Teriyaki Chicken 16 with brown rice steamed broccoli & carrots mandarin oranges 1% milk	Chicken & Cheese Tamale 17 with brown rice beans & corn 100 % fruit juice	Cheeseburger Slider 18 on whole wheat bun sweet potatoes fresh orange 1% milk 
Creamy Mushroom Chicken 21 with Brown Rice Green Beans Applesauce 1% Milk	Bread Pudding 22 Whole Grain Bread Egg Washed with Cinnamon & Brown Sugar, Diced Peaches, Breakfast hash with Potatoes & Onions 1% Milk NEW! 	Broccoli Beef 23 Brown Rice, Peas & Carrots Fresh Bartlett Pear 1% Milk 	Southwest Chicken Bowl 24 with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa 100% fruit juice	BBQ Chicken 25 with Yellow Corn Sweet Potatoes Whole Grain Bread Slice & Butter Fresh Orange 1% Milk 
Fish Sticks 28 w/ brown rice & carrots steamed broccoli tartar sauce mandarin oranges, 1% milk  	Corned Beef & Cabbage 29 with potatoes steamed carrots oatmeal raisin cluster applesauce, 1% milk 	Whole Wheat Pancakes 30 with maple syrup turkey sausage link hashbrown potatoes fresh orange, 1% milk 	YOUR CONTRIBUTION CAN MAKE A WORLD OF DIFFERENCE. Please consider a heartfelt contribution of \$6 per meal to help support the program. The grants we get do not cover all of the costs. Ask any of our staff members for a contribution envelope or scan the QR code to make your contribution online today!	

For information on all our services, visit our website at www.mowsac.org or call (916) 444-9533

