



# Senior Center Activities

## APRIL 2026

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 10:00 AM EASTER ACTIVITIES 10:30 AM EASTER EGG HUNT	2 10:00 AM POOL TOURNAMENT SENIOR CENTER VS TEEN CENTER	3 *NO VAN RIDES <b style="background-color: yellow;">CLOSED</b> AGENCY-WIDE OPEN HOUSE 11 AM - 2PM	4 <b>CLOSED</b>
5 <b>CLOSED</b>	6 9:45 AM SENIORCISE 10:00 AM BINGO	7 9:45 AM SHOPPING TRIP FOODS CO 10:00 AM BINGO	8 9:45 AM SENIORCISE 10:00 AM SIP AND PAINT  <i style="background-color: yellow;">*Steering Committee</i>	9 9:45 AM TRIVIA 10:00 AM MAKING CUSHIONS	10 9:45 AM TRIVIA 10:00 AM WORD GAME  <i>*Breakfast provided by            Sac. Vineyard Church</i>	11 <b>CLOSED</b>
12 <b>CLOSED</b>	13 9:45 AM SENIORCISE 10:00 AM BINGO	14 9:45 AM TRIVIA 10:00 AM WORD GAME	15 9:45 AM STANFORD STEPPERS 10:00 AM SOCIAL SECURITY PRESENTATION BY LSNC  <i style="background-color: yellow;">*Mini grocery bags</i>	16 9:30 AM SHOPPING TRIP BURLINGTON 10:00 AM BINGO	17  10:00 AM SENIOR BALL CLASS OF 2026	18 <b>CLOSED</b>
19 <b>CLOSED</b>	20 9:45 AM SENIORCISE 10:00 AM BINGO	21 HICAP 9:45 AM TRIVIA 10:00 AM WORD GAME	22 9:45 AM STANFORD STEPPERS 10:00 AM BOARD GAMES	23 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM BINGO	24 10:00 AM KARAOKE 11:15 AM APRIL BIRTHDAY CELEBRATIONS	25 <b>CLOSED</b>
26 <b>CLOSED</b>	27 9:45 AM SENIORCISE 10:00 AM BINGO	28 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM PAINTING COASTERS  <i style="background-color: yellow;">Grocery Bags</i>	29 9:45 AM STANFORD STEPPERS 10:00 AM WORD GAME  <i style="background-color: yellow;">*Steering Committee</i>	30 9:30 AM SHOPPING TRIP DOLLAR TREE/ GOODWILL (WATT) 10:00 AM BINGO		

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

# APRIL 2026

## MEALS on WHEELS<sup>®</sup> SACRAMENTO COUNTY

Menu subject to change without notice. For menu translations and nutritional information, visit [www.mowsac.org](http://www.mowsac.org)

QUESTIONS? PLEASE CALL:  
**(916) 444-9533**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Whole Wheat Pancake</b> <b>1</b> with Syrup, Hash browns Turkey Link Mandarin Oranges 1% Milk	<b>Cheese Quesadilla</b> <b>2</b> Wild Rice Black & White Beans, Corn & Onion 100% fruit juice	<b>Spaghetti &amp; Meatballs</b> <b>3</b> Marinara Vegetable Blend Fresh Pear 1% Milk
<b>Philly Cheese Steak Sliders</b> <b>6</b> on Whole Wheat Bun with Bell Peppers, Onions & Cheese Mandarin Oranges 1% Milk	<b>Shrimp Fried Rice</b> <b>7</b> with Brown Rice, Celery, Peas & Carrots Fresh Pear 1% Milk	<b>Curry Chicken</b> <b>8</b> with Brown Rice, Green Beans Applesauce 1% Milk	<b>Cheese Ravioli</b> <b>9</b> with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice 100% fruit juice	<b>English Muffin Sandwich</b> <b>10</b> Whole Wheat English Muffin With Egg & Turkey Patty Hash browns Fresh Orange 1% Milk
<b>Vegetable Frittata</b> <b>13</b> Eggs with Spinach, Onion, & Red Potatoes Whole Grain Bread Slice Applesauce 1% Milk	<b>Beef Stroganoff</b> <b>14</b> With Whole Wheat Pasta Steamed Peas & Carrots Fresh Pear 1% Milk	<b>Teriyaki Chicken</b> <b>15</b> With Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk	<b>Chicken Cheese Tamale</b> <b>16</b> With Brown Rice Beans & Corn 100 % fruit juice	<b>Cheeseburger Slider</b> <b>17</b> Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk
<b>Creamy Mushroom Chicken</b> <b>20</b> with Brown Rice Green Beans Applesauce 1% Milk	<b>Veggie &amp; Cheese Omelet</b> <b>21</b> with Bell Peppers & Onions Oat Cluster Hash browns Mandarin Oranges 1% Milk	<b>Broccoli Beef</b> <b>22</b> Brown Rice, Peas & Carrots Fresh Pear 1% Milk	<b>Southwest Chicken Bowl</b> <b>23</b> with Wild Rice, Beans, Corn & Green Chilies Provolone & Mozzarella Cheese Salsa 100% fruit juice	<b>BBQ Chicken</b> <b>24</b> with Yellow Corn Sweet Potatoes Whole Grain Bread Slice Fresh Orange 1% Milk
<b>Fish Sticks</b> <b>27</b> with Brown Rice, Broccoli & Carrots Mandarin Oranges 1% Milk	<b>Corned Beef</b> <b>28</b> with Cabbage, Potatoes Carrots and Oat Cluster Applesauce 1% Milk	<b>Whole Wheat Pancake</b> <b>29</b> with Syrup, Hash browns Turkey Link Mandarin Oranges 1% Milk	<b>Cheese Quesadilla</b> <b>30</b> Wild Rice Black & White Beans, Corn & Onion 100% fruit juice	

**ALLERGEN NOTICE:** Prepared in a facility that processes common allergens. Please check ingredient list on meal for details.

VEGETARIAN : 

SHELLFISH: 

FISH OIL: 

WHEAT: 