















Senior Center Activities

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Senior Center Hours: M-F 9:00am-12:30pm Stanford Settlement Neighborhood Center 450 W. El Camino Ave. Sacramento, CA 95833 Contact Yanet at 916-927-1303 or yanet@stanfordsettlement.org			1 9:30AM SHOPPING TRIP SMART & FINAL 10:00AM BINGO	2 9:45 AM TRIVIA 10:00AM WORD GAME	3 CLOSED
4 CLOSED	5 9:45 AM SENIORCISE 10:00AM BINGO	6 HICAP 9:30AM SHOPPING TRIP FOODSCO 10:00 AM JEOPARDY	7 9:45 AM SENIORCISE 10:00AM WORD GAME	8 9:30AM SHOPPING TRIP WALMART (REED) 10:00AM BINGO	9 9:45 AM TRIVIA 10:00AM WORD GAME	10 CLOSED
11 CLOSED	12 CLOSED	13 CLOSED	14 CLOSED	15 CLOSED	16 CLOSED	17 CLOSED
18 CLOSED	19 9:45 AM SENIORCISE 10:00AM BINGO	20 HICAP 9:45 AM SENIORCISE 10:00AM WORD GAME	21 9:30AM SHOPPING TRIP GOODWILL 10:00 AM COLORING	22 9:30AM SHOPPING TRIP WALMART (TRUXEL) 10:00AM BINGO	23 10:00 AM  KARAOKE 11:15 AM BIRTHDAY CELEBRATION	24 CLOSED
25 CLOSED	26 9:45 AM SENIORCISE 10:00AM BINGO	27 HICAP 9:30AM SHOPPING TRIP ROSS 10:00 AM ROCK PAINTING *Grocery Bags	28 9:45 AM SENIORCISE 10:00AM WORD GAME *Steering Committee	29 9:30AM SHOPPING TRIP HOBBY LOBBY 10:00AM BINGO	30 10:30 AM LABOR DAY BBQ POTLUCK	31 CLOSED

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	
For menu translations & nutritional information, visit our website at www.mowsac.org		 - Vegetarian  - Contains Shellfish  - Contains Fish Oil				Minestrone Soup with Beans, Cabbage, & Carrots Whole Grain Pasta Applesauce Oyster Crackers 1% Milk 		Beef Stroganoff with Whole Grain Pasta Steamed Peas & Carrots Fresh Bartlett Pear 1% Milk 	
Broccoli Beef Brown Rice Peas & Carrots Fresh Bartlett Pear 1% Milk 	5	Southwest Chicken Bowl with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch	6	BBQ Chicken with Yellow Corn Sweet Potatoes Whole Grain Bread Slice & Butter Fresh Orange 1% Milk	7	Creamy Mushroom Chicken with Brown Rice Green Beans Applesauce 1% Milk	8	Vegetable Pasta Whole Grain Pasta with Beans, Broccoli, Mushrooms & Squash Mandarin Oranges Chocolate Pudding 1% Milk 	9
3 Bean Chili with Beans, Corn & Green Chilies Cornbread Applesauce 1% Milk 	12	Country Fried Steak with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch	13	Shrimp Stir Fry with Whole Wheat Noodles, Bell Peppers & Green Beans Mandarin Oranges 1% Milk 	14	Beef Taquitos with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk	15	Chicken Marsala with Whole Grain Orzo Mixed Vegetables Fresh Bartlett Pear 1% Milk	16
Chicken Enchilada with Brown Rice Beans & Corn Fresh Orange 1% Milk	19	Cheese Quesadilla with Wild Rice Beans & Corn Fruit Punch	20	Spaghetti & Meatballs with Whole Grain Pasta & Marinara Sauce Mixed Vegetables Fresh Bartlett Pear 1% Milk 	21	Fish Sticks with Brown Rice & Carrots Steamed Broccoli Mandarin Oranges Tartar Sauce 1% Milk 	22	Corned Beef and Cabbage with Potatoes Steamed Carrots Oatmeal Raisin Cluster Applesauce 1% Milk	23
Teriyaki Chicken with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk 	26	Chicken Cheese Tamale with Brown Rice Beans & Corn Fruit Punch	27	Cheeseburger Slider with a Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk	28	Minestrone Soup with Beans, Cabbage, & Carrots Whole Grain Pasta Applesauce Oyster Crackers 1% Milk 	29	Beef Stroganoff with Whole Grain Pasta Steamed Peas & Carrots Fresh Bartlett Pear 1% Milk 	30

Contribute

TO **MEALS on WHEELS** SACRAMENTO COUNTY

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!

