



Senior Center Activities

December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 9:30 AM SENIORCISE 10:00 AM BINGO	3 HICAP 10:00 AM TREE DECORATING WITH TREATS	4 9:45 AM TRIVIA 10:00 AM WORD GAME <i>*Steering Committee</i>	5 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM BINGO	6 9:45 AM SENIORCISE 10:00 AM CHRISTMAS CENTERPIECES	7 CLOSED
8 CLOSED	9 9:30 AM SENIORCISE 10:00 AM BINGO	10 9:45 AM CHRISTMAS COLORING 10:00 AM CHRISTMAS CRAFT <i>*Grocery Bags</i>	11 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO	12 9:30 AM SENIORCISE 10:00 AM BINGO	13 10:00 AM KARAOKE 🍰 11:15 AM DECEMBER BIRTHDAY CELEBRATION	14 CLOSED
15 CLOSED	16 9:30 AM SENIORCISE 10:00 AM BINGO	17 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM CHRISTMAS CRAFT	18 9:45 AM TRIVIA 10:00 AM WORD GAME <i>*Steering Committee</i>	19 10:00 AM CHRISTMAS CELEBRATION	20 9:30 AM SHOPPING TRIP DD'S DISCOUNT 10:00 AM CHRISTMAS SPECIAL	21 CLOSED
22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED	Senior Center at Stanford Settlement Neighborhood Center 450 W. El Camino Ave. Sacramento, CA 95833 Hours: 9am-12:30pm Contact Yanet at 916-927-1303 or yanet@stanfordsettlement.org			

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

Monday	Tuesday	Wednesday	Thursday	Friday
Country Fried Steak 2 with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch	Shrimp Stir Fry 3 with Whole Wheat Noodles, Bell Peppers & Green Beans Mandarin Oranges 1% Milk	Beef Taquitos 4 with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk	Chicken Marsala 5 with Whole Grain Orzo Mixed Vegetables Fresh Bartlett Pear 1% Milk	3 Bean Chili 6 with Beans, Corn & Green Chilies Cornbread Applesauce 1% Milk
Cheese Quesadilla 9 with Wild Rice Beans & Corn Fruit Punch	Spaghetti & Meatballs 10 with Whole Grain Pasta & Marinara Sauce Mixed Vegetables Fresh Bartlett Pear 1% Milk	Fish Sticks 11 with Brown Rice & Carrots Steamed Broccoli Mandarin Oranges Tartar Sauce 1% Milk	Corned Beef and Cabbage 12 with Potatoes Steamed Carrots Oatmeal Raisin Cluster Applesauce 1% Milk	Chicken Enchilada 13 with Brown Rice Beans & Corn Fresh Orange 1% Milk
Cheese Ravioli 16 with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice Fruit Punch	Grilled Chicken Parmesan 17 with Whole Grain Orzo & Marinara Sauce Broccoli & Carrots Fresh Orange 1% Milk	Barbacoa Stew 18 with Brown Rice, Beans, Corn & Peppers Mandarin Oranges Oatmeal Raisin Cluster 1% Milk	Shrimp Fried Rice 19 with Brown Rice, Celery, Peas & Carrots Fresh Bartlett Pear 1% Milk	Special Holiday Meal 20 Eye of Round Roast Beef Red Potatoes Green Beans & Bell Peppers Cherry Cobbler 1% Milk
Southwest Chicken Bowl 23 with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch	NO MEAL SERVICE 24	NO MEAL SERVICE 25	NO MEAL SERVICE 26	NO MEAL SERVICE 27
NO MEAL SERVICE 30 MOW Offices Closed	NO MEAL SERVICE 31 MOW Offices Closed	<p align="center">YOUR CONTRIBUTION CAN MAKE A WORLD OF DIFFERENCE. Please consider a heartfelt contribution of \$6 support the program. The grants we get do not cover all the costs. Ask any of our staff members for a contribution envelope or scan the QR code to make your donation online today!</p>		

Vegetarian Meal:



Contains Shellfish:



Contains Fish Oil:



For menu translations & nutritional information, visit our website at

Contains Wheat:

