



# Senior Center Activities

## FEBRUARY 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						<sup>1</sup> <b>CLOSED</b>
<sup>2</sup> <b>CLOSED</b>	<sup>3</sup> 9:45 AM SENIORCISE 10:00 AM BINGO  <i>*Walking Group</i>	<sup>4</sup> HICAP  9:30 AM SHOPPING TRIP FOODSCO 10:00 AM ROCK PAINTING	<sup>5</sup> 9:30 AM VALENTINE'S DAY CRAFTS 10:00 AM VALENTINE'S DAY COLORING	<sup>6</sup> 9:45 AM SENIORCISE 10:00 AM BINGO	<sup>7</sup> 9:45 AM TRIVIA 10:00 AM WORD GAME	<sup>8</sup> <b>CLOSED</b>
<sup>9</sup> <b>CLOSED</b>	<sup>10</sup> 9:45 AM SENIORCISE 10:00 AM BINGO  <i>*Walking Group</i>	<sup>11</sup> 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM VALENTINES CRAFTS	<sup>12</sup> 9:45 AM TRIVIA 10:00 AM WORD GAME  <i>*Steering Committee</i>	<sup>13</sup> 9:45 AM SENIORCISE 10:00 AM BINGO	<sup>14</sup> 10:00 VALENTINE'S DAY CELEBRATION	<sup>15</sup> <b>CLOSED</b>
<sup>16</sup> <b>CLOSED</b>	<sup>17</sup> <b>CLOSED</b>	<sup>18</sup> 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM MARDI GRAS MASKS	<sup>19</sup> 9:45 AM SENIORCISE 10:00 AM BINGO	<sup>20</sup> 9:45 AM SENIORCISE 10:00 AM BINGO	<sup>21</sup> 9:45 AM TRIVIA 10:00 AM WORD GAME	<sup>22</sup> <b>CLOSED</b>
<sup>23</sup> <b>CLOSED</b>	<sup>24</sup> 9:45 AM SENIORCISE 10:00 AM BINGO  <i>*Walking Group</i>	<sup>25</sup> HICAP  10:00 AM BLACK HISTORY SHOW & TELL  <i>*Grocery Bags</i>	<sup>26</sup> 9:45 AM TRIVIA 10:00 AM WORD GAME  <i>*Steering Committee</i>	<sup>27</sup> 10:00 AM LEGAL SERVICES OF NORTHERN CA PRESENTATION	<sup>28</sup> 10:00 AM 🍰 KARAOKE 11:15 AM FEBRUARY BIRTHDAY CELEBRATION	

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



# February 2025

Community Café

For menu translations & nutritional information, visit our website at [www.mowsac.org](http://www.mowsac.org)

Main Office: (916) 444-9533

Menu Subject to Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spaghetti &amp; Meatballs</b> with Whole Grain Pasta & Marinara Sauce Mixed Vegetables Fresh Bartlett Pear 1% Milk 3	<b>Fish Sticks</b> with Brown Rice & Carrots Steamed Broccoli Mandarin Oranges Tartar Sauce 1% Milk 4	<b>Corned Beef and Cabbage</b> with Potatoes Steamed Carrots Oatmeal Raisin Cluster Applesauce 1% Milk 5	<b>Whole Wheat Pancakes</b> With Maple Syrup Turkey Sausage Link Hashbrowns Fresh Orange 1% Milk 6	<b>Cheese Quesadilla</b> with Wild Rice Beans & Corn Fruit Punch 7
<b>English Muffin Sandwich</b> Whole Wheat English Muffin With Egg and Turkey Patty Hashbrowns & Fresh Orange 1% Milk 10	<b>Barbacoa Stew</b> with Brown Rice, Beans, Corn & Peppers Mandarin Oranges Oatmeal Raisin Cluster 1% Milk 11	<b>Shrimp Fried Rice</b> with Brown Rice, Celery, Peas & Carrots Fresh Bartlett Pear 1% Milk 12	<b>Curry Chicken</b> with Brown Rice Green Beans Applesauce 1% Milk 13	<b>Cheese Ravioli</b> with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice Fruit Punch 14
<b>NO MEAL SERVICE</b> 17 MOW Offices Closed	<b>Vegetable Fritata</b> Eggs with Spinach, Onion, and Red Potatoes Whole Wheat Bread Slice Applesauce 1% Milk 18 NEW	<b>Beef Stroganoff</b> with Whole Grain Pasta Steamed Peas & Carrots Fresh Bartlett Pear 1% Milk 19	<b>Teriyaki Chicken</b> with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk 20	<b>Chicken Cheese Tamale</b> with Brown Rice Beans & Corn Fruit Punch 21
<b>Shrimp Stir Fry</b> with Whole Wheat Noodles, Bell Peppers & Green Beans Mandarin Oranges 1% Milk 24	<b>Beef Taquitos</b> with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk 25	<b>Biscuits &amp; Gravy</b> Whole Wheat Biscuit With Beef Gravy Hashbrowns Fresh Bartlett Pear 1% Milk 26	<b>3 Bean Chili</b> with Beans, Corn & Green Chilies Cornbread Applesauce 1% Milk 27	<b>Country Fried Steak</b> with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch 28

Vegetarian Meal:

Contains Shellfish:

Contains Wheat:

Contains Fish Oil:

**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!**

