



Senior Center Activities

FEBRUARY 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--|--|--|---|---|---------------------|
| 1 CLOSED | 2 9:30 AM SENIORCISE 10:00 AM BINGO | 3 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM VALENTINE'S DAY CRAFTS | 4 9:45 AM SENIORCISE 10:00 AM MAKING SEAT CUSHIONS <i>*Steering Committee</i> | 5 9:30 AM SHOPPING TRIP GROCERY OUTLET 10:00 AM BINGO | 6 9:45 AM SUPERBOWL FORECAST 10:00 AM VALENTINE'S DAY CARDS <i>*Wear Sports Jersey Day</i> | 7 CLOSED |
| 8 CLOSED | 9 9:30 AM SENIORCISE 10:00 AM BINGO | 10 HICAP 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM MARDI GRAS MASKS | 11 9:45 AM BLACK HISTORY TRIVIA 10:00 AM WORD GAME <i>*Mini Grocery Bags</i> | 12 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO | 13 10:00 AM VALENTINES DAY CELEBRATION <i>*Breakfast provided by Sac Vineyard Church</i> | 14 CLOSED |
| 15 CLOSED | 16 CLOSED | 17 HICAP 10:00 AM MARDI GRAS CELEBRATION POTLUCK | 18 9:45 AM TRIVIA 10:00 AM WORD GAME <i>*Steering Committee</i> | 19 9:30 AM SHOPPING TRIP VIVA 10:00 AM BINGO | 20 9:45 AM SENIORCISE 10:00 AM WORD GAME | 21 CLOSED |
| 22 CLOSED | 23 9:30 AM SENIORCISE 10:00 AM BINGO | 24 HICAP 9:30 AM SHOPPING TRIP GOODWILL / DOLLAR TREE (WATT AVE) 10:00 AM WORD GAME <i>*Grocery Bags</i> | 25 10:00 AM IHSS PRESENTATION BY LSNC 11:45 AM MINI BINGO | 26 10:00 AM BLACK HISTORY MONTH RECOGNITION POTLUCK | 27 10:00 AM KARAOKE 11:15 AM FEBRUARY BIRTHDAY CELEBRATION | 28 CLOSED |

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

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

FEBRUARY 2026

MEALS on WHEELS[®] SACRAMENTO COUNTY

Menu subject to change without notice. For menu translations and nutritional information, visit www.mowsac.org

QUESTIONS? PLEASE CALL:
(916) 444-9533

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| Fish Sticks with Brown Rice, Broccoli & Carrots Mandarin Oranges 1% Milk   | 2 Corned Beef with Cabbage, Potatoes Carrots and Oat Cluster Applesauce 1% Milk  | 3 Whole Wheat Pancake with Syrup, Hash browns Turkey Link Oranges 1% Milk  | 4 Cheese Quesadilla Wild Rice Black & White Beans, Corn & Onion 100% Fruit Juice  | 5 Spaghetti & Meatballs Marinara Vegetable Blend Fresh Pear 1% Milk   |
| Philly Cheese Steak Sliders on Whole Wheat Bun with Bell Peppers, Onions & Cheese Mandarin Oranges 1% Milk  | 9 Shrimp Fried Rice with Brown Rice, Celery, Peas & Carrots Fresh Pear 1% Milk  | 10 Curry Chicken with Brown Rice, Green Beans Applesauce 1% Milk  | 11 Cheese Ravioli with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice 100% Fruit Juice   | 12 English Muffin Sandwich Whole Wheat English Muffin with Egg & Turkey Patty Hash browns Fresh Orange 1% Milk  |
| <i>Meals on Wheels Cafés and Offices Closed</i> | 16 Beef Stroganoff with Whole Wheat Pasta Steamed Peas & Carrots Fresh Pear 1% Milk   | 17 Teriyaki Chicken with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk  | 18 Chicken Cheese Tamale with Brown Rice Beans & Corn 100% fruit juice | 19 Cheeseburger Slider Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk  |
| Creamy Mushroom Chicken with Brown Rice Green Beans Applesauce 1% Milk 23 | Veggie Rice & Lentil Bowl with Cauliflower, Red Bell Peppers Brown Rice Sliced Mandarins 1% Milk  | 24 Broccoli Beef Brown Rice, Peas & Carrots Fresh Pear 1% Milk  | 25 Southwest Chicken Bowl with Wild Rice, Beans, Corn & Green Chilies Provolone & Mozzarella Cheese Salsa 100% Fruit Juice  | 26 BBQ Chicken with Yellow Corn Sweet Potatoes Whole Grain Bread Slice Fresh Orange 1% Milk  |
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ALLERGEN NOTICE: Prepared in a facility that processes common allergens. Please check ingredient list on meal for details.

VEGETARIAN : 

SHELLFISH: 

FISH OIL: 

WHEAT: 