



# Senior Center Activities

## JANUARY 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				2 9:30AM SENIORCISE 10:00 AM BINGO	3 9:30AM TRIVIA 10:00 AM WORD GAME	4 <b>CLOSED</b>
5 <b>CLOSED</b>	6 9:30AM SENIORCISE 10:00 AM BINGO	7 9:30AM SHOPPING TRIP FOODSCO 10:00 AM ROCK PAINTING	8 9:30AM TRIVIA 10:00 AM WORD GAME	9 9:30AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO	10 9:30AM TRIVIA 10:00 AM WORD GAME	11 <b>CLOSED</b>
12 <b>CLOSED</b>	13 9:30AM SENIORCISE 10:00 AM BINGO	14 9:30AM SHOPPING TRIP WALMART (REED) 10:00 AM PAINTING	15 9:30 AM SENIORCISE 10:00 AM BINGO	16 9:30AM SHOPPING TRIP DOLLAR TREE 10:00 AM BINGO	17 9:30AM MLK TRIVIA 10:00 AM WORD GAME	18 <b>CLOSED</b>
19 <b>CLOSED</b>	20 <b>CLOSED</b>	21 9:30AM SHOPPING TRIP GOODWILL 10:00 AM COLORING	22 9:30AM TRIVIA 10:00 AM WORD GAME	23 9:30AM SHOPPING TRIP DESERET THRIFT STORE 10:00 AM BINGO	24 9:30AM TRIVIA 10:00 AM WORD GAME	25 <b>CLOSED</b>
26 <b>CLOSED</b>	27 9:30AM SENIORCISE 10:00 AM BINGO	28 9:30AM SHOPPING TRIP ROSS 10:00 AM ROCK PAINTING  <i>*Grocery Bags</i>	29 9:30 AM SENIORCISE 10:00 AM BINGO  <i>*Steering Committee</i>	30 9:30AM SHOPPING TRIP MICHAELS 10:00 AM BINGO	31 10:00 AM KARAOKE 🍰 11:15 AM JANUARY BIRTHDAY CELEBRATION	

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

# January 2025

Community Cafe

Menu Subject to Change Without Notice

Main Office: (916) 444-9533

Monday	Tuesday	Wednesday	Thursday	Friday
For menu translations & nutritional information, visit our website at		1 NO MEAL SERVICE  MOW Offices Closed	2 Chicken Marsala with Whole Grain Orzo Mixed Vegetables Fresh Bartlett Pear 1% Milk	3 3 Bean Chili with Beans, Corn & Green Chilies Cornbread Applesauce 1% Milk
6 Spaghetti & Meatballs with Whole Grain Pasta & Marinara Sauce Mixed Vegetables Fresh Bartlett Pear 1% Milk	7 Fish Sticks with Brown Rice & Carrots Steamed Broccoli Mandarin Oranges Tartar Sauce 1% Milk	8 Corned Beef and Cabbage with Potatoes Steamed Carrots Oatmeal Raisin Cluster Applesauce 1% Milk	9 Whole Wheat Pancakes With Maple Syrup Turkey Sausage Link Hashbrowns Fresh Orange 1% Milk	10 Cheese Quesadilla with Wild Rice Beans & Corn Fruit Punch
13 English Muffin Sandwich Whole Wheat English Muffin With Egg and Turkey Patty Hashbrowns & Fresh Orange 1% Milk	14 Barbacoa Stew with Brown Rice, Beans, Corn & Peppers Mandarin Oranges Oatmeal Raisin Cluster 1% Milk	15 Shrimp Fried Rice with Brown Rice, Celery, Peas & Carrots Fresh Bartlett Pear 1% Milk	16 Curry Chicken with Brown Rice Green Beans Applesauce 1% Milk	17 Cheese Ravioli with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice Fruit Punch
20 NO MEAL SERVICE  MOW Offices Closed	21 Vegetable Fritata Eggs with Spinach, Onion, and Red Potatoes Whole Wheat Bread Slice Applesauce 1% Milk	22 Beef Stroganoff with Whole Grain Pasta Steamed Peas & Carrots Fresh Bartlett Pear 1% Milk	23 Teriyaki Chicken with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk	24 Chicken Cheese Tamale with Brown Rice Beans & Corn Fruit Punch
27 Shrimp Stir Fry with Whole Wheat Noodles, Bell Peppers & Green Beans Mandarin Oranges 1% Milk	28 Beef Taquitos with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk	29 Biscuits & Gravy Whole Wheat Biscuit With Beef Gravy Hashbrowns Fresh Bartlett Pear 1% Milk	30 3 Bean Chili with Beans, Corn & Green Chilies Cornbread Applesauce 1% Milk	31 Country Fried Steak with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch

Vegetarian Meal:



Contains Wheat:



Contains Shellfish:



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!**

