














Senior Center Activities

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						¹ CLOSED
² CLOSED	³ CLOSED	⁴ HICAP 9:30 AM SHOPPING TRIP FOODSCO 10:00AM CARD GAMES	⁵ 9:30 AM SENIORCISE 10:00 AM WORD GAME	⁶ 9:30 AM SENIORCISE 10:00 AM BINGO	⁷ CLOSED	⁸ CLOSED
⁹ CLOSED	¹⁰ 9:30 AM SENIORCISE 10:00 AM BINGO	¹¹ HICAP 9:30 AM TRIVIA 10:00AM WORD GAME	¹² 9:30 AM SENIORCISE 10:00AM WORD GAME	¹³ 9:30 AM SHOPPING TRIP FOODMAXX 10:00 AM BINGO	¹⁴ 10:00AM FATHERS DAY LUAU CELEBRATION	¹⁵ CLOSED
¹⁶ CLOSED	¹⁷ 9:30 AM SENIORCISE 10:00 AM BINGO	¹⁸ HICAP 9:30AM DOMINOES 10:00AM WORD GAME	¹⁹ 9:30 AM SENIORCISE 10:00AM SENIOR CENTER POOL TOURNAMENT	²⁰ 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM BINGO	²¹ 9:30 AM CARD GAMES 10:00 AM WORD GAME	²² CLOSED
²³ CLOSED	²⁴ 9:30 AM SENIORCISE 10:00 AM BINGO	²⁵ 9:30 AM TRIVIA 10:00AM WORD GAME <i>*Grocery Bags</i>	²⁶ 9:30 AM SENIORCISE 10:00AM CARD GAMES <i>*Steering Committee</i>	²⁷ 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO	²⁸ 10:00 AM KARAOKE 🍰 11:00 AM BIRTHDAY CELEBRATION	²⁹ CLOSED
³⁰ 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
Beef Stroganoff with Whole Grain Pasta Steamed Carrots Raisins 1% Milk 	Teriyaki Chicken with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk 	Chicken Cheese Tamale with Brown Rice Beans & Corn Fruit Punch	Cheeseburger Slider with a Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk	Minestrone Soup with Beans, Cabbage, & Carrots Whole Grain Pasta Fruit Cocktail Oyster Crackers 1% Milk 
Vegetable Pasta Whole Grain Pasta with Beans, Broccoli, Mushrooms & Squash Fruit Cocktail Chocolate Pudding 1% Milk 	Broccoli Beef Brown Rice Peas & Carrots Fresh Bartlett Pear 1% Milk 	Southwest Chicken Bowl with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch	BBQ Chicken with Yellow Corn Sweet Potatoes Whole Grain Bread Slice & Butter Fresh Orange 1% Milk	Creamy Mushroom Chicken with Brown Rice Green Beans Applesauce 1% Milk
Chicken Marsala with Whole Grain Orzo Mixed Vegetables Fresh Granny Smith Apple 1% Milk	3 Bean Chili with Beans, Corn & Green Chilies Cornbread Peaches 1% Milk 	Country Fried Steak with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch	Shrimp Stir Fry with Whole Wheat Noodles, Bell Peppers & Green Beans Mandarin Oranges 1% Milk 	Beef Taquitos with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk
Shrimp Fried Rice with Brown Rice, Celery, Peas & Carrots Fresh Bartlett Pear 1% Milk 	Curry Chicken with Brown Rice Green Beans Applesauce 1% Milk	Cheese Ravioli with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice Fruit Punch 	Grilled Chicken Parmesan with Whole Grain Orzo & Marinara Sauce Broccoli & Carrots Fresh Granny Smith Apple 1% Milk	Barbacoa Stew with Brown Rice, Beans, Corn & Peppers Fruit Cocktail Oatmeal Raisin Cluster 1% Milk 
For menu translations & nutritional information, visit our website at www.mowsac.org	 - Vegetarian  - Contains Shellfish  - Contains Fish Oil			

Contribute
TO **meals on wheels**
by acc

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!

