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MARCH 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						¹ CLOSED
² CLOSED	³ 9:30 AM WALKING GROUP 10:00 AM BINGO	⁴ HICAP 10:00AM MARDIGRAS CELEBRATION POTLUCK	⁵ 9:30 AM SHOPPING TRIP FOODSCO 10:00AM ROCK PAINTING	⁶ 10:00 AM BINGO 10:30 AM "SLAM THE SCAM" PRESENTATION (*Activities Building)	⁷ 9:45 AM TRIVIA 10:00AM WORD GAME	⁸ CLOSED
⁹ CLOSED	¹⁰ 9:30 AM WALKING GROUP 10:00 AM BINGO	¹¹ HICAP 10:00AM ST. PATRICK'S DAY CRAFTS	¹² 9:45 AM TRIVIA 10:00AM WORD GAME *Steering Committee	¹³ 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM BINGO	¹⁴ 10:00AM ST. PATRICK'S DAY CELEBRATION POTLUCK	¹⁵ CLOSED
¹⁶ CLOSED	¹⁷ 9:30 AM WALKING GROUP 10:00 AM BINGO	¹⁸ HICAP 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00AM MARCH CRAFTS	¹⁹ 10:00 AM BINGOCIZE 11:00 AM ROCK PAINTING	²⁰ 9:45AM SENIORCISE 10:00 AM BINGO	²¹ 10:00 AM AAA4 CAL FRESH PRESENTATION	²² CLOSED
²³ CLOSED	²⁴ 9:30 AM WALKING GROUP 10:00 AM BINGOCIZE	²⁵ HICAP 9:30 AM SHOPPING TRIP DOLLAR TREE 10:00 AM ROCK PAINTING *Grocery Bags	²⁶ 10:00 AM BINGOCIZE 11:00 AM MARCH CRAFTS *Steering Committee	²⁷ 10:00 AM ESTATE AND ADVANCE PLANNING PRESENTATION	²⁸ 10:00AM 🎂 KARAOKE 11:15 AM MARCH BIRTHDAY CELEBRATION	²⁹ CLOSED
³⁰ CLOSED	³¹ 9:30 AM WALKING GROUP 10:00 AM BINGOCIZE	For Meals on Wheels lunch reservations, please call Yanet at 916-927-1303. Lunch is served daily at 11:30 a.m.				

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

MON	TUE	WED	THU	FRI	
Spaghetti & Meatballs 3 whole wheat noodles with marinara mixed vegetables fresh pear, 1% milk  	Fish Sticks 4 w/ brown rice & carrots steamed broccoli tartar sauce mandarin oranges, 1% milk  	Corned Beef & Cabbage 5 with potatoes steamed carrots oatmeal raisin cluster applesauce, 1% milk 	Whole Wheat Pancakes 6 with maple syrup turkey sausage link hashbrown potatoes fresh orange, 1% milk 	Cheese Quesadilla 7 with wild rice beans & corn 100 % fruit juice 	
English Muffin Sandwich 10 whole wheat English Muffin with egg & turkey patty hashbrown potatoes fresh orange, 1% milk 	Barbacoa Stew 11 with brown rice, beans, corn & bell peppers oatmeal raisin cluster mandarin oranges, 1% Milk  	Shrimp Fried Rice 12 with brown rice celery, peas, and carrots fresh pear 1% Milk 	Curry Chicken 13 with brown rice green beans applesauce 1% milk	Cheese Ravioli w/ Pesto 14 w/ beans, carrots, olives & peppers whole grain bread slice 100 % fruit juice  	
Cheeseburger Slider 17 on whole wheat bun sweet potatoes fresh orange 1% milk 	Vegetable Frittata 18 eggs w/ spinach, onions, and red potatoes whole wheat bread slice applesauce 1% Milk  	Beef Stroganoff 19 w/ whole wheat pasta steamed peas & carrots fresh pear 1% Milk  	Teriyaki Chicken 20 with brown rice steamed broccoli & carrots mandarin oranges 1% milk	Chicken & Cheese Tamale 21 with brown rice beans & corn 100 % fruit juice	
Shrimp Stir Fry 24 with whole wheat noodles bell peppers & green beans mandarin oranges 1% milk  	Beef Taquitos 25 with brown rice beans & corn sour cream fresh oranges 1% Milk	Whole Wheat Biscuit & Beef Gravy 26 hashbrown potatoes fresh pear 1% Milk 	3 Bean Chili 27 with cornbread mixed beans w/ corn & green beans applesauce 1% milk 	Country Fried Steak 28 with mashed potatoes and mozzarella cheese steamed carrots whole grain bread slice 100 % fruit juice 	
Spaghetti & Meatballs 31 whole wheat noodles with marinara mixed vegetables fresh pear, 1% milk  	<p>YOUR CONTRIBUTION CAN MAKE A WORLD OF DIFFERENCE. Please consider a heartfelt contribution of \$6 per meal to help support the program. The grants we get do not cover all of the costs. Ask any of our staff members for a contribution envelope or scan the QR code to make your contribution online today!</p>				

For information on all our services, visit our website at www.mowsac.org or call (916) 444-9533

