













Senior Center Activities

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>					<p>1 9:45AM TRIVIA 10:00 AM WORD GAME</p>	<p>2 CLOSED</p>
<p>3 CLOSED</p>	<p>4 9:50 AM SHOPPING TRIP WALMART (REED) 10:15 AM BINGO</p>	<p>5 9:45 AM TRIVIA 10:00 AM WORD GAME</p>	<p>6 9:45 AM ROCK PAINTING 10:00 AM PAINTING *Steering Committee</p>	<p>7 9:45 AM SENIORCISE 10:00 AM BINGO</p>	<p>8 10:00 AM VETERANS DAY CELEBRATION</p>	<p>9 CLOSED</p>
<p>10 CLOSED</p>	<p>11 10:00 AM FLAG CEREMONY PRESENTED BY BOY SCOUTS 10:30 AM BINGO</p>	<p>12 9:45 AM ROCK PAINTING 10:00 AM PAINTING</p>	<p>13 9:45 AM TRIVIA 10:00 AM WORD GAME</p>	<p>14 9:45 AM SENIORCISE 10:00 AM BINGO</p>	<p>15 9:45 AM TRIVIA 10:00 AM WORD GAME</p>	<p>16 CLOSED</p>
<p>17 CLOSED</p>	<p>18 9:45 AM THANKSGIVING CENTERPIECES 10:00 AM BINGO</p>	<p>19 9:45 AM TRIVIA 10:00 AM WORD GAME</p>	<p>20 9:45 AM ROCK PAINTING 10:00 AM PAINTING *Steering Committee</p>	<p>21 9:30 AM SHOPPING TRIP HOBBY LOBBY 10:00 AM BINGO</p>	<p>22 10:00 AM KARAOKE 11:15 AM NOVEMBER BIRTHDAY CELEBRATION 🎂</p>	<p>23 CLOSED</p>
<p>24 CLOSED</p>	<p>25 9:45 AM SENIORCISE 10:00 AM BINGO</p>	<p>26 9:45 AM TRIVIA 10:00 AM WORD GAME *Grocery Bags</p>	<p>27 10:00 AM THANKSGIVING LUNCHEON</p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>	<p>30 CLOSED</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>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!</p>				Broccoli Beef Brown Rice, Peas & Carrots Fresh Bartlett Pear 1% Milk  1
Country Fried Steak with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch 4	Shrimp Stir Fry with Whole Wheat Noodles, Bell Peppers & Green Beans Mandarin Oranges 1% Milk  5	Beef Taquitos with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk 6	Chicken Marsala with Whole Grain Orzo Mixed Vegetables Fresh Bartlett Pear 1% Milk 7	3 Bean Chili with Beans, Corn & Green Chilies Cornbread Applesauce 1% Milk  8
Cheese Quesadilla with Wild Rice Beans & Corn Fruit Punch  11	Spaghetti & Meatballs with Whole Grain Pasta & Marinara Sauce Mixed Vegetables Fresh Bartlett Pear 1% Milk  12	Fish Sticks with Brown Rice & Carrots Steamed Broccoli Mandarin Oranges Tartar Sauce 1% Milk  13	Corned Beef and Cabbage with Potatoes Steamed Carrots Oatmeal Raisin Cluster Applesauce 1% Milk 14	Chicken Enchilada with Brown Rice Beans & Corn Fresh Orange 1% Milk 15
Cheese Ravioli with Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice Fruit Punch  18	Grilled Chicken Parmesan with Whole Grain Orzo & Marinara Sauce Broccoli & Carrots Fresh Orange 1% Milk 19	Barbacoa Stew with Brown Rice, Beans, Corn & Peppers Mandarin Oranges Oatmeal Raisin Cluster 1% Milk  20	Shrimp Fried Rice with Brown Rice, Celery, Peas & Carrots Fresh Bartlett Pear 1% Milk  21	Curry Chicken with Brown Rice Green Beans Applesauce 1% Milk 22
Southwest Chicken Bowl with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch 25	BBQ Chicken with Yellow Corn Sweet Potatoes Whole Grain Bread Slice & Butter Fresh Orange 1% Milk 26	Creamy Mushroom Chicken with Brown Rice Green Beans Applesauce 1% Milk 27	28 NO MEAL SERVICE MOW Offices closed	29 NO MEAL SERVICE MOW Offices closed

Vegetarian Meal: 

Contains Shellfish: 

Contains Fish Oil: 

For menu translations & nutritional information, visit our website at www.mowsac.org