


# Senior Center Activities

## September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 <b>CLOSED</b>	2 <b>CLOSED</b>	3 HICAP  9:45 AM SENIORCISE 10:00 AM WORD GAME	4  9:30 AM SHOPPING TRIP FOODSCO 10:00 AM ROCK PAINTING	5  9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM BINGO	6  9:45 AM TRIVIA 10:00 AM WORD GAME	7 <b>CLOSED</b>	
8 <b>CLOSED</b>	9  9:45 AM SENIORCISE 10:00 AM BINGO	10 HICAP  9:45 AM TRIVIA 10:00 AM WORD GAME	11  9:45 AM SENIORCISE 10:00AM PAINTING  <i>*Steering Committee</i>	12  9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM BINGO	13  9:30 AM SENIOR HEALTH & INFORMATION FAIR	14 <b>CLOSED</b>	
15 <b>CLOSED</b>	16  9:45 AM SENIORCISE 10:00 AM BINGO	17  10:00AM PAINTING 10:30 AM WORD GAME	18  10:00 AM MEXICAN INDEPENDENCE DAY CELEBRATION	19  9:30 AM SHOPPING TRIP DESERET THRIFT STORE 10:00 AM BINGO	20  9:45 AM TRIVIA 10:00 AM WORD GAME	21 <b>CLOSED</b>	
22 <b>CLOSED</b>	23  9:45 AM SENIORCISE 10:00 AM BINGO	24 HICAP  9:45 AM TRIVIA 10:00 AM WORD GAME  <i>*Grocery Bags</i>	25  9:45 AM SENIORCISE 10:00 AM BEADING  <i>*Steering Committee</i>	26  9:30 AM SHOPPING TRIP BURLINGTON 10:00 AM BINGO	27  10:00AM KARAOKE 🍰 11:15 AM BIRTHDAY CELEBRATION	28 <b>CLOSED</b>	
29 <b>CLOSED</b>	30  9:45 AM SENIORCISE 10:00 AM BINGO	<b>Senior Center Hours: M-F 9:00am-12:30pm</b> Stanford Settlement Neighborhood Center 450 W. El Camino Ave. Sacramento, CA 95833 Contact Yanet at 916-927-1303 or <a href="mailto:yanet@stanfordsettlement.org">yanet@stanfordsettlement.org</a>					

# September 2024

Community Cafe

Menu Subject to Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NO MEAL SERVICE</b> <b>2</b></p> <p>MOW Offices Closed</p>	<p><b>Southwest Chicken Bowl</b> <b>3</b> with Wild Rice, Beans, Corn &amp; Green Chilis Provolone &amp; Mozzarella Cheese Salsa Fruit Punch</p>	<p><b>BBQ Chicken</b> <b>4</b> with Yellow Corn Sweet Potatoes Whole Grain Bread Slice &amp; Butter Fresh Orange 1% Milk</p>	<p><b>Creamy Mushroom Chicken</b> <b>5</b> with Brown Rice Green Beans Applesauce 1% Milk</p>	<p><b>Vegetable Pasta</b> <b>6</b> Whole Grain Pasta with Beans, Broccoli, Mushrooms &amp; Squash Mandarin Oranges Chocolate Pudding 1% Milk </p>
<p><b>3 Bean Chili</b> <b>9</b> with Beans, Corn &amp; Green Chilies Cornbread  Applesauce 1% Milk</p>	<p><b>Country Fried Steak</b> <b>10</b> with Mashed Potatoes &amp; Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch</p>	<p><b>Shrimp Stir Fry</b> <b>11</b> with Whole Wheat Noodles, Bell Peppers &amp; Green Beans Mandarin Oranges 1% Milk </p>	<p><b>Beef Taquitos</b> <b>12</b> with Brown Rice Beans &amp; Corn Sour Cream Fresh Orange 1% Milk</p>	<p><b>Chicken Marsala</b> <b>13</b> with Whole Grain Orzo Mixed Vegetables Fresh Bartlett Pear 1% Milk</p>
<p><b>Chicken Enchilada</b> <b>16</b> with Brown Rice Beans &amp; Corn Fresh Orange 1% Milk</p>	<p><b>Cheese Quesadilla</b> <b>17</b> with Wild Rice Beans &amp; Corn Fruit Punch </p>	<p><b>Spaghetti &amp; Meatballs</b> <b>18</b> with Whole Grain Pasta &amp; Marinara Sauce  Mixed Vegetables Fresh Bartlett Pear 1% Milk</p>	<p><b>Fish Sticks</b> <b>19</b> with Brown Rice &amp; Carrots Steamed Broccoli Mandarin Oranges Tartar Sauce 1% Milk</p>	<p><b>Corned Beef and Cabbage</b> <b>20</b> with Potatoes Steamed Carrots Oatmeal Raisin Cluster Applesauce 1% Milk</p>
<p><b>Teriyaki Chicken</b> <b>23</b> with Brown Rice Steamed Broccoli &amp; Carrots Mandarin Oranges 1% Milk </p>	<p><b>Chicken Cheese Tamale</b> <b>24</b> with Brown Rice Beans &amp; Corn Fruit Punch</p>	<p><b>Cheeseburger Slider</b> <b>25</b> with a Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk</p>	<p><b>Minestrone Soup</b> <b>26</b> with Beans, Cabbage, &amp; Carrots Whole Grain Pasta Applesauce  Oyster Crackers 1% Milk</p>	<p><b>Beef Stroganoff</b> <b>27</b> with Whole Grain Pasta Steamed Peas &amp; Carrots Fresh Bartlett Pear  1% Milk</p>
<p><b>Broccoli Beef</b> <b>30</b> Brown Rice, Peas &amp; Carrots Fresh Bartlett Pear 1% Milk </p>	<p>For menu translations &amp; nutritional information, visit our website at <a href="http://www.mowsac.org">www.mowsac.org</a></p>  <p><b>YOUR CONTRIBUTION CAN MAKE A WORLD OF DIFFERENCE.</b> 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</p>			

Vegetarian Meal: 

Contains Shellfish: 

Contains Fish Oil: 