

Senior Wellness Center

Free for 60 and over
\$5.00 for 59 and younger

September 2023

Senior Wellness Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meat Loaf Garlic Sweet Potato M roots n veggies dinner roll canned fruit	
	4 Labor Day no work	5 Ghoulash Green Salad varies dressings canned fruit	6 Baked Salmon califlower mash steamed mix veggies ww bread fresh fruit	7 Turkey Club Sandwiches Fresh Veggies fresh fruit	8 Pork Ribs steamed veggies mac cheese fresh peaches	
	11 Closed for Nutrition Training	12 Closed for Nutrition Training	13 Closed for Nutrition Training	14 BLT sandwich pasta salad ww. bread MDT	15 Senior Breakfast 730am to 930am takeout available fresh fruit	
	18 Cream of Brocc Ham n' Cheese sand. canned fruit	19 Chicken n' Broccoli Stir Fry Wild Rice Canned Fruit	20 Salsbury Steaks mash potato mixed vegetables ww bread fresh fruit	21 Vegetable Beef Stew ww dinner rolls sub-crackers Fresh Fruit	22 Senior Cookout Grilled Chicken, Kabobs com cobb, potato salad chips and juices fresh fruit	
	25 Closed for Trainings	26 Closed for Trainings	27 Closed for Trainings	28 Closed for Trainings	29 Closed for Trainings	

Tuesday, Wednesday and Friday are Meal days from 12 noon to 1 pm
Monday and Thursdays are Exercise Days from 10:45am to 11:45am, a healthy meals is provided