

# Senior Wellness Program

## December 2023

60 and older = Free  
 59 and under = \$5.00 or  
 Assist with clean up

Children 12 and younger = \$3.00

	Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Main: Side: Side: Side:						<b>1</b> <b>Smoked Sausage</b> corn and potato Chowder ww dinner roll	
Main: Side: Side: Side:		<b>4</b> <b>Chicken Cacciatori</b> spagetti squash garlic bread fresh fruit	<b>5</b> <b>Vegetable Turk.</b> Soup  ww dinner roll fresh fruit	<b>6</b> <b>Baked Halibut</b> fresh green beans brown rice  canned fruit	<b>7</b> <b>Chicken Verde</b> w/ dried corn <b>blue corn chips</b>  fresh fruit	<b>8</b> <b>Quarterly Breakfast</b>  730am to 930am	
Main: Side: Side: Side:		<b>11</b> <b>Turkey Pesto</b> Cranberry Melt roasted veggies  fresh fruit	<b>12</b> <b>Minnestrone</b> Soup ww dinner roll Green salad canned fruit	<b>13</b> <b>Cubed Roast Beef</b> Mash Potatoes Snow Peas Blueberry Coleslaw fresh fruit	<b>14</b> <b>Twiced Baked Potato</b> roasted veggies canned fruit <b>MDT meeting</b>	<b>15</b> <b>Salmon Chowder</b> fresh bread <b>oyster crackers</b>  canned fruit	<b>13</b>
Main: Side: Side: Side:		<b>18</b> <b>Chicken and Sausage Gumbo</b> w/ brown rice  fresh fruit	<b>19</b> <b>Hillbilly Dinner</b> w/ salad and condiments  fresh fruit	<b>20</b> <b>Ham and Veggie</b> Soup Hard Tacks Green Salad cannedfruit	<b>21</b> <b>Preparing For Christmas Luncheon At Agency Longhouse</b> <b>Closed</b>	<b>22</b> <b>Christmas Day At Agency Long House</b> <b>Closed</b>	
Main: Side: Side: Side:		<b>25</b> <b>Holiday no work</b>  <b>Merry Christmas!</b>	<b>26</b> <b>Baked Salmon</b> Garlic Cream WW Pasta Sauteed vegetables Green Salad canned fruit	<b>27</b> <b>Beef and Tomato</b> Macaroni Soup "non" fry bread Green Salad fresh fruit	<b>28</b> <b>WaterCress</b> Proscuitto, goat cheese <b>and lingiuni</b>  fresh fruit	<b>29</b> <b>Menudo</b> w/ cabbage and avocados refried beans birthday's	

Approved by Kacey Conyers, RD 12/1/15

**Tuesday, Wednesday and Friday are meal days from 12 pm to 1 pm**  
**Mondays and Thursdays are exercise days from 10:45am to 11:45 am for participants.**