

APRIL MENU		GLADSTONE SENIOR CENTER		
Mon	Tue	Wed	Thu	Fri

<b>2</b> Turkey Ala King over Mashed Potatoes Mixed Vegetables Pineapple Tidbits	<b>3</b> Beef Stroganoff Noodles Broccoli Coleslaw Fruit	<b>4</b> Baked Chicken Mashed Potatoes & Gravy California Blend Vegetables Apple Crisp	<b>5</b> Stuffed Green Peppers Carrots Fruit	<b>6</b> Chef's Salad Muffin Tropical Fruit Banana Crème Pie
<b>9</b> Swiss Steak Mashed Potatoes Peas Fruit	<b>10</b> BBQ Ham Balls Baked Potato Squash Peaches	<b>11</b> Tahitian Chicken Coconut Rice Monte Carlo Veggies Pineapple Upside Down Cake Mandarin Oranges	<b>12</b> <b>Boiled Dinner:</b> Ham Potatoes Carrots Cabbage Biscuit Fruit Salad	<b>13</b> Lasagna Italian Blend Veggies Garden Salad Garlic Bread Fruit
<b>16</b> Potato Crusted Pollack Sour Cream & Chive Potatoes Green Beans Fruit	<b>17</b> Chicken Cranberry Wrap Broccoli Salad Fruited Jello	<b>18</b> Breakfast Egg Bake Juice Danish Fruit	<b>19</b> Bean & Ham Soup Pickled Bologna Sandwich Side Salad Fruit Cup	<b>20</b> Sweet and Sour Pork over Rice Oriental Blend Veggies Chinese Coleslaw Mandarin Oranges
<b>23</b> Tasty Hamburger Casserole Parsley Carrots Fruited Pudding	<b>24</b> Meatloaf Baked Potato California Blend Veggies Cinnamon Applesauce	<b>25</b> Roast Beef; Mashed Potatoes & Gravy Key Largo Veg; Choc Peanut Butter Dessert Fruit	<b>26</b> Pasta with Meat Sauce Caesar's Salad Green & Wax Beans Garlic Bread; Peaches	<b>27</b> Ring Bologna Boiled Potatoes Creamed Corn Diced Pears
<b>30</b> Citrus Chicken Breast Mashed Potatoes & Gravy Capri Mix Veggies Tropical Fruit	<div style="border: 2px solid red; padding: 10px; background-color: yellow;"> <p style="color: red; font-weight: bold;">Menu is for all our senior centers. Call your senior center with questions/comments.</p> <div style="display: flex; align-items: center; justify-content: center;"> <span style="font-size: 2em; font-weight: bold; color: blue;">APRIL</span> </div> </div>			

<a href="#" style="color: white; text-decoration: none;">HOW DO I GET TO THE SENIOR CENTER?</a>	<a href="#" style="color: white; text-decoration: none;">EMAIL THE CENTER</a>
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**WEEKLY ACTIVITIES:** GLADSTONE 428-2201

**Every Monday,** Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

**Every Tuesday,** Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

**Every Wednesday,** Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

**Every Thursday,** Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4 p.m.

**Every Friday,** Line Dancing (beginners), 9:30-11 a.m. Line Dancing (regular).

**OTHER ACTIVITIES:**

**Master of Balance Classes,** April 6 and April 13, 1-3 p.m. **Blood Pressure Screening,** April 10, 11-11:30 a.m. **Foot Clinic,** April 18, (by appointment only, call 428-2201). **Movie Day ("City Slickers"),** April 20, following lunch. **Birthday Lunch,** April 24, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).