


APRIL MENU		ROCK 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> <b>CLOSED</b>
<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> <b>CLOSED</b>
<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> <b>CLOSED</b>
<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> <b>CLOSED</b>
<b>30</b> Citrus Chicken Breast Mashed Potatoes & Gravy Capri Mix Veggies Tropical Fruit	<div data-bbox="500 1129 1357 1304" data-label="Complex-Block"> <p style="text-align: center;">Menu is for all our senior centers. Call your senior center with questions/comments.</p> <p style="text-align: center;"><b>APRIL</b> </p> </div>			

[HOW DO I GET TO THE SENIOR CENTER?](#)      [EMAIL THE CENTER](#)

**WEEKLY ACTIVITIES** (center closed on Fridays): **ROCK** 356-6420

Every Monday, Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Play cards, 10:30 a.m. to 3 p.m.

**OTHER ACTIVITIES:**

Bake sale, April 10, 4-6 p.m. Senior Corporation Dance, April 8, 1-5 p.m. Senior Advisory Committee meeting, April 10, 11 a.m. Classic Movie Day (“South Pacific”), April 10, 2 p.m. Spin the Wheel, April 17, 6 p.m. Monthly Food Distribution, April 18, 8 a.m. to 3 p.m. Birthday Party, April 25, noon (call 356-6420 at least one day prior to reserve a seat).