


Mon	Tue	Wed	Thu	Fri
	APRIL MENU <i>HAPPY EATING!</i>		All meals served with milk. Bread won't be served with pasta, rice or stuffing. Suggested donation \$3 per person. Menu modifications may be necessary at times.	
3 BEEF STROGANOFF BROCCOLI SLICED CARROTS FRUIT CRISP	4 BAKED CHICKEN MASHED POTATOES PEAS PUMPKIN PUDDING	5 TURKEY BROCCOLI CASSEROLE MIXED VEG; SPINACH SALAD; FRUIT SQUARES	6 MEATLOAF BOILED POTATOES CREAM CORN FRUIT	7 BEEF & BEAN ENCHILADA/LETTUCE, TOMATO, OLIVES; SPANISH RICE; FRUIT
10 CHICKEN BREAST MASHED POTATOES CAPRI VEGETABLE TROPICAL FRUIT	11 SWEET & SOUR PORK OVER RICE SALAD BUTTERED CARROTS MANDARIN ORANGES	12 BAKED HAM; ROLL SW. POTATOES; GREEN BEAN CASS; FRUIT SALAD; EASTER DESSERT	13 BEEF STEAK CHEESY HASHBROWNS BROCCOLI PEARS	14 VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD GRAPE DESSERT
17 DINNER FRANK MACARONI & CHEESE FRESH VEG W/DIP FRESH APPLE	18 BEEF CASSEROLE BROCCOLI SALAD DICED PEACHES FRUIT BAR	19 BBQ HAM BALLS OVEN POTATOES PEAS 'N' CARROTS PINEAPPLE TIDBITS	20 CHICKEN ALFREDO MIXED VEGETABLES SPINACH SALAD GRAPES	21 HAMBURER GRAVY over MASHED POTATOES; CORN MIXED FRUIT CUP
24 PORK CUTLET; GARLIC MASHED POTATOES GREEN BEANS FRESH ORANGE	25 BBQ RIBS BAKED POTATOES PEAS TROPICAL FRUIT	26 PEPPER STEAK; WAX BEANS; TOMATO/ CUCUMBER SALAD FRUIT PARFAIT	27 CHEF'S SALAD COPPER PENNY SALAD TROPICAL FRUIT	28 SWEET-N-SOUR CHICK BREAST; RICE PILAF ORIENTAL COLESLAW FRUIT

HOW DO I GET TO THE SENIOR CENTER?

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, 10-10:45 a.m. Hand & Foot, 12:30 p.m. Bingo, 1 p.m.

Every Friday, Line Dancing (beginners), 9:30- 10 a.m. Line Dancing (anyone), 10-11 a.m.

OTHER ACTIVITIES:

Easter Dinner, April 12, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Bonifas Art Project, April 14, 1-3 p.m. Foot Clinic, April 19, (by appointment only, call 428-2201). Diabetes Prevention, April 19, noon. Birthday Lunch, April 25, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Diabetes Prevention, April 26, noon.