

MAY MENU

GLADSTONE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>Menu is for all our senior centers. Call your senior center with questions/ comments.</p>	<p>1 Cabbage Casserole Baby Carrots French Bread Pears</p>	<p>2 Beef Stew Coleslaw Biscuit Brownie</p>	<p>3 Turkey/Stuffing Mashed Potatoes and Gravy Mixed Vegetables Pumpkin Fluff</p>	<p>4 Taco Salad Fruit Cup Muffin (Taco/Nacho Bar at center only)</p>
<p>7 Cheesy Chicken Penne Casserole Brussel Sprouts Salad Fruit</p>	<p>8 Salisbury Steak Mashed Potatoes and Gravy Cook's Choice Vegetable Diced Peaches</p>	<p>9 Chicken Cordon Bleu Coconut Rice Key Largo Vegetables Strawberry Spinach Salad Strawberry Delight</p>	<p>10 Ham Scalloped Potatoes Green Beans Tropical Fruit</p>	<p>11 Porcupine Meatballs Mashed Potatoes and Gravy Broccoli Mandarin Oranges</p>
<p>14 Shepherd's Pie Corn Fruit</p>	<p>15 Turkey Broccoli Casserole Capri Mixed Vegetables Apple Crisp</p>	<p>16 Egg Bake (Ham, Cheese) Hash Brown Danish Fresh Fruit</p>	<p>17 Beef Tips Over Noodles California Blend Vegetables Coleslaw Fruit</p>	<p>18 BBQ Chicken Breast Sour Cream & Chive Potatoes Mixed Vegetables Fruit</p>
<p>21 BLT Wrap Broccoli/Raisin Salad Fruited Pudding</p>	<p>22 Baked Chicken Baked Potato Country Trio Vegetables Diced Peaches</p>	<p>23 Chop Suey Oriental Vegetable Blend Oriental Coleslaw Peach Quick Cake</p>	<p>24 Goulash Garlic Bread Corn Pineapple Tidbits</p>	<p>25 Cheesy Medley Soup Meat Sandwich Copper Penny Salad Fruited Jello</p>
<p>28 CLOSED FOR MEMORIAL DAY</p>	<p>29 Chicken Parmesan over Noodles Italian Blend Vegetables Garlic Bread Fruit</p>	<p>30 Pork Chop Baked Potato Prince William Vegetables Applesauce Birthday Cake</p>	<p>31 Sloppy Joe on Bun Macaroni & Cheese Green/Wax Beans Fruit Whip</p>	<p>MAY </p>

[HOW DO I GET TO THE SENIOR CENTER?](#) [EMAIL THE 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, 10-11 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:

Monthly Food Distribution, May 2, 8:30-9:30 a.m. Blood Pressure Screening, May 8, 11-11:30 a.m. Mother's Day Lunch, May 9, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Foot Clinic, May 16, (by appointment only, call 428-2201). Movie Day ("Grumpy Old Men"), May 18, 12:30 p.m. Closed May 28 for Memorial Day. Birthday Lunch, May 22, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).