


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

[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. Line Dancing, 2 p.m. (except for May 1), Evening meal, 5 p.m.

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

OTHER ACTIVITIES:

Volunteer Recognition Dinner, May 1, 5 p.m. (volunteers, watch the mail for your invite). Movie Day (“[Mama Mia](#)”), May 8, 3 p.m. Bake sale, May 8, 4-6 p.m. Mother’s Day Meal, May 9, noon (call 356-6420 at least one day prior to reserve a seat).

Craft Fun with Molly (Crayon drip art), May 14, 1 p.m. Spin the wheel, May 15, 6 p.m. Monthly Food Distribution, May 16, 8 a.m. to 3 p.m. Craft Fun with Molly (water bottle garden art), May 21, 1 p.m. Closed May 28 for Memorial Day. Birthday Party, May 30, noon (call 356-6420 at least one day prior to reserve a seat).