



Senior Activity Center November 2023 Lunch Menu Noon to 1 pm



Tuesday

Wednesday

Thursday

Friday

<p>-Seniors UNDER 60 YEARS OLD – Cost is \$6.00</p> <p>-Menu subject to availability</p>	<p>1 Entertainment at 11:30am Silver Chords</p> <p><i>A History on Castles by Dr. Stephens at 1pm</i></p> <p>Chili Hot Dogs Mixed Vegetables Mandarin Oranges Milk Dessert</p>	<p>2 Free Dance Lessons 1pm</p> <p>BLT Salad Pears Dessert Milk</p>	<p>3 Jackpot Bingo 12:45 pm</p> <p>Cheeseburger Carrots Peaches Milk Dessert</p>
<p>7 Entertainment at 10:30 am Boyd Murdock *Southeastern Idaho Public Health Flu & COVID shots 9am-11am Board Nominees Introduced!</p> <p>Turkey Salad Quinoa Applesauce Milk & Dessert</p>	<p>8 Entertainment at 11:30am Farnes & Fronski</p> <p><i>A History on Castles by Dr. Stephens at 1pm</i></p> <p>Goulash & Garlic Toast Normandy Pears Milk Dessert</p>	<p>9 Free Dance Lessons 1pm</p> <p>Ham or Tilapia & Roll Mixed Veggies Tropical Fruit Milk Dessert</p>	<p>10 Bingo Cancelled</p> <p>Biscuits & Sausage Gravy Broccoli Pineapple Milk Dessert</p>
<p>14</p> <p>SAC Annual Meeting at 1:30pm Meet Board of Director Candidates</p> <p>Egg & Ham Salad Mandarin Oranges Roll Milk Dessert</p>	<p>15 Entertainment at 11:30am Brown's Lounge</p> <p>WELCOME AARP!</p> <p>Tacos Salad Pears Milk Dessert</p> <p>Election Day for Board of Directors 8am-5pm Library</p>	<p>16 Free Dance Lessons 1pm</p> <p>Chicken Fried Steak Green Beans Peaches Milk Dessert</p> <p>Election Day for Board of Directors 8am-5pm Library</p> <p>Lunch starts at 11:15 am</p>	<p>17 Jackpot Bingo 12:45pm</p> <p>Pizza Beets Applesauce Milk Dessert</p> <p>Election Day for Board of Directors 9am-3pm Library</p>
<p>21</p> <p>***ISU Pharmacy Dept. Operation Diabetes 10am-2pm</p> <p>Chicken Salad Pineapple Roll Milk Dessert</p>	<p>22 Entertainment at 11:30am Rachel Damewood and Frank Chalmers</p> <p>Thanksgiving Meal</p> <p>Turkey & Gravy Green Beans Potatoes Cranberry Dessert</p>	<p>23</p> <p>Thanksgiving Closed</p>	<p>24</p> <p>Thanksgiving Closed</p>
<p>28</p> <p>Turkey Salad Tropical Frit Roll Milk Dessert</p>	<p>29 Entertainment at 11:30 am Angel Tones</p> <p><i>A History on Castles by Dr. Stephens at 1pm</i></p> <p>Po Pork Green Beans Pears Milk Dessert</p>	<p>30 Free Dance Lessons 1pm</p> <p>Spaghetti Scandinavian Veggies Peaches Milk Dessert</p>	<p>*Come and get your flu & COVID shot on Nov. 7th from 9am-11am</p>

***Operation Diabetes: Idaho State University Pharmacy Dept. will be here to administer blood glucose, A1c, blood pressure, and cholesterol screening tests. They will be able to speak to you about medications and answer questions about them.