






Senior Center Activities



December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Senior Center at Stanford Settlement Neighborhood Center 450 W. El Camino Ave. Sacramento, CA 95833 Contact Yanet at 916-927-1303 or yanet@stanfordsettlement.org				¹ 10:00 AM CHRISTMAS TREE DECORATING 11:45 AM WORD GAME	² CLOSED
³ CLOSED	⁴ 9:30 AM SENIORCISE 10:00 AM BINGO	⁵ HICAP 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00 AM WORD GAME	⁶ 9:30 AM CHRISTMAS CENTERPIECES 10:00 AM BINGO	⁷ 9:30 AM SHOPPING TRIP FOODMAXX 10:00 AM CARD GAMES	⁸ 9:30 AM TRIVIA 10:00 AM WORD GAME	⁹ CLOSED
¹⁰ CLOSED	¹¹ 9:30AM CARD GAMES 10:00 AM BINGO	¹² 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM CHRISTMAS CRAFTS	¹³ 10:00 AM SCAM AWARENESS PRESENTATION BY CDFPI 11:45 AM WORD GAME	¹⁴ *Grocery Bags 9:30 AM SHOPPING TRIP WALMART (REED) 10:00 AM WORD GAME	¹⁵ 10:00M  KARAOKE 11:00 AM BIRTHDAY CELEBRATION	¹⁶ CLOSED
¹⁷ CLOSED	¹⁸ 9:30 AM SHOPPING TRIP 99 CENTS STORE 10:00 AM BINGO	¹⁹ 9:30 AM SHOPPING TRIP ROSS 10:00 AM CHRISTMAS CRAFTS	²⁰ 9:30 AM SENIORCISE 10:00 AM BINGO <i>*Steering Committee @10:30 AM</i>	²¹ 10:30 AM CHRISTMAS CELEBRATION	²² 9:30 AM CHRISTMAS SPECIAL 10:00 AM BOARD GAMES	²³ CLOSED
²⁴ CLOSED	²⁵ 	²⁶ CLOSED	²⁷ CLOSED	²⁸ CLOSED	²⁹ CLOSED	³⁰ CLOSED
³¹ CLOSED	For Meals on Wheels lunch reservations, please call Yanet at 916-927-1303. Lunch is served daily at 11:30 a.m.					



Menu Subject to Change Without Notice






Monday

Tuesday

Wednesday

Thursday

Friday

<p>For menu translations & nutritional information, visit our website at www.mowsac.org</p>				<p>"Contribute \$6 per meal to support yourself, friends, family, and neighbors stay healthy, happy, and independent! Get an envelope from our team or volunteers, or scan the QR code to contribute online now!"</p>		<p>Beef Taquitos 1 Brown Rice Beans & Corn Sour Cream Packet Orange 1% Milk</p>			
<p>Chicken Enchilada 4 Brown Rice Beans, Corn & Peppers Orange 1% Milk</p>		<p>Fish Sticks 5 Tartar Sauce Brown Rice Broccoli & Carrots Mandarin Oranges 1% Milk</p>		<p>Cheese Quesadilla 6 Wild Rice Beans & Corn Fruit Punch </p>		<p>Spaghetti & Meatballs 7 Whole Grain Pasta w/ Marinara Mixed Vegetables Granny Smith Apple  1% Milk</p>		<p>Corned Beef and Cabbage 8 Carrots & Potatoes Kiwi Oatmeal Raisin Cluster 1% Milk</p>	
<p>Grilled Chicken Parmesan 11 Whole Grain Orzo w/ Marinara Broccoli & Carrots Granny Smith Apple 1% Milk</p>		<p>Barbacoa Stew 12 Brown Rice Beans, Corn & Peppers Fruit Cocktail Oatmeal Raisin Cluster 1% Milk</p>		<p>Mushroom Curry Chicken 13 Brown Rice Green Beans & Mushrooms Applesauce 1% Milk</p>		<p>Shrimp Fried Rice 14 Brown Rice Celery, Peas & Carrots Bartlett Pear  1% Milk</p>		<p>Cheese Ravioli 15 Basil Pesto Beans, Carrots, Olives & Peppers Whole Grain Bread Slice  Fruit Punch</p>	
<p>Cheeseburger 18 Whole Wheat Bun Sweet Potatoes Orange 1% Milk</p>		<p>Beef Stroganoff 19 Whole Grain Pasta Peas & Carrots Raisins 1% Milk</p>		<p>Chicken Cheese Tamale 20 Brown Rice Beans & Corn Fruit Punch *Holiday Treat*</p>		<p>Tuna Casserole 21 Whole Grain Pasta Celery, Peas, Carrots & Broccoli Vanilla Pudding Granny Smith Apple 1% Milk</p>		<p>Special Holiday Meal 22 Eye of Round Roast Beef Red Potatoes Green Beans & Bell Peppers Cherry Cobbler 1% Milk</p>	
<p>25 Winter Holiday NO MEAL SERVICE</p>		<p>26 Winter Holiday NO MEAL SERVICE</p>		<p>27 Winter Holiday NO MEAL SERVICE</p>		<p>28 Winter Holiday NO MEAL SERVICE</p>		<p>29 Winter Holiday NO MEAL SERVICE</p>	

Contains pork: 

Vegetarian Meal: 

Contains shellfish: 