











Senior Center Activities

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 AM SENIORCISE 10:00AM BINGO	2 HICAP 9:30 AM SHOPPING TRIP FOODSCO 10:00 AM WORD GAME	3 10:00 AM 4TH OF JULY POTLUCK CELEBRATION	4 CLOSED	5 CLOSED	6 CLOSED
7 CLOSED	8 9:30 AM SENIORCISE 10:00AM BINGO	9 HICAP 9:30 AM TRIVIA 10:00 AM WORD GAME	10 9:30 AM SENIORCISE 10:00 AM DOMINOES	11 9:30 AM SHOPPING TRIP WALMART (REED) 10:00AM BINGO	12 9:30 AM WALKING GROUP 10:00 AM WORD GAME	13 CLOSED
14 CLOSED	15 9:30 AM SENIORCISE 10:00AM BINGO	16 9:30 AM WALKING GROUP 10:00 AM WORD GAME	17 9:30 AM SENIORCISE 10:00 AM BOARD GAMES	18 9:30 AM SHOPPING TRIP WALMART (TRUXEL) 10:00AM BINGO	19 10:00 AM CELEBRATION OF DIANNE'S 15 YEARS	20 CLOSED
21 CLOSED	22 9:30 AM SENIORCISE 10:00AM BINGO	23 9:30 AM TRIVIA 10:00 AM WORD GAME <i>*Grocery Bags</i>	24 9:30 AM SENIORCISE 10:00 AM DOMINOES <i>*Steering Committee</i>	25 9:30 AM SHOPPING TRIP VIVA 10:00AM BINGO	26 10:00 AM 🍰 KARAOKE 11:15 AM JULY BIRTHDAY CELEBRATION	27 CLOSED
28 CLOSED	29 9:30 AM SENIORCISE 10:00AM BINGO	30 9:30 AM TRIVIA 10:00 AM WORD GAME	31 9:30 AM SENIORCISE 10:00 AM BOARD GAMES	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		
For Meals on Wheels lunch reservations, please call Yanet at 916-927-1303. Lunch is served daily at 11:30 a.m.						



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Teriyaki Chicken 1 with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk 	Chicken Cheese Tamale 2 with Brown Rice Beans & Corn Fruit Punch	Cheeseburger Slider 3 with a Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk	Holiday 4 MOW Offices Closed	No Meal Service 5
Broccoli Beef 8 Brown Rice, Peas & Carrots Fresh Bartlett Pear 1% Milk 	Southwest Chicken Bowl 9 with Wild Rice, Beans, Corn & Green Chilis Provolone & Mozzarella Cheese Salsa Fruit Punch	BBQ Chicken 10 with Yellow Corn Sweet Potatoes Whole Grain Bread Slice & Butter Fresh Orange 1% Milk	Creamy Mushroom Chicken 11 with Brown Rice Green Beans Applesauce 1% Milk	Vegetable Pasta 12 Whole Grain Pasta with Beans, Broccoli, Mushrooms & Squash Mandarin Oranges Chocolate Pudding 1% Milk 
3 Bean Chili 15 with Beans, Corn & Green Chilies Cornbread Applesauce 1% Milk 	Country Fried Steak 16 with Mashed Potatoes & Mozzarella Cheese Steamed Carrots Whole Grain Bread Slice Fruit Punch	Shrimp Stir Fry 17 with Whole Wheat Noodles Bell Peppers & Green Beans Mandarin Oranges 1% Milk 	Beef Taquitos 18 with Brown Rice Beans & Corn Sour Cream Fresh Orange 1% Milk	Chicken Marsala 19 with Whole Grain Orzo Mixed Vegetables Fresh Bartlett Pear 1% Milk
Chicken Enchilada 22 with Brown Rice Beans & Corn Fresh Orange 1% Milk	Cheese Quesadilla 23 with Wild Rice Beans & Corn Fruit Punch 	Spaghetti & Meatballs 24 with Whole Grain Pasta & Marinara Sauce Mixed Vegetables Fresh Bartlett Pear 1% Milk 	Fish Sticks 25 with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges Tartar Sauce 1% Milk	Corned Beef & Cabbage 26 with Potatoes Steamed Carrots Oatmeal Raisin Cluster Applesauce 1% Milk
Teriyaki Chicken 29 with Brown Rice Steamed Broccoli & Carrots Mandarin Oranges 1% Milk 	Chicken Cheese Tamale 30 with Brown Rice Beans & Corn Fruit Punch	Cheeseburger Slider 31 with a Whole Wheat Bun Sweet Potatoes Fresh Orange 1% Milk	 <p>YOUR CONTRIBUTION CAN MAKE A WORLD OF DIFFERENCE. Please consider a heartfelt contribution of \$6 to help support the program. The grants we get do not cover all of the costs. Ask any of our staff members for a contribution envelope or scan the QR code to make your contribution online today!</p>	

For menu translations and nutritional information, visit our website at www.mowsac.org

VEGETARIAN MEAL: 

CONTAINS SHELLFISH: 

CONTAINS FISH OIL: 

MEAL HEATING INSTRUCTIONS: Oven and microwave heating temperatures and times may vary. For best results defrost meals in refrigerator overnight.

DEFROSTED MEALS

OVEN: Preheat to 350°. Keep covered. Heat for 10 minutes and remove bread (if provided). Continue heating the rest of the meal for 15 minutes (total cook time 25 minutes). *Allow to rest for 1 minute before removing film.*

MICROWAVE: Keep Covered. Cook on high for 1 minute and remove bread (if provided). Continue heating the rest of the meal for 1-2 minutes (total cook time 2-3 minutes). *Allow to rest for one minute before removing film.*

FROZEN MEALS

OVEN: Preheat to 350°. Keep covered. Heat for 20 minutes and remove bread (if provided). Continue heating the rest of the meal for 25 minutes (total cook time 45 minutes). *Allow to rest for 1 minute before removing film.*

MICROWAVE: Keep Covered. Cook on high for 1 minute and remove bread (if provided). Continue heating the rest of the meal for 2-3 minutes (total cook time 3-4 minutes). *Allow to rest for one minute before removing film.*