

South Salem Seniors April 2020 Program Activities

			Wednesday 1	Thursday 2	Friday 3	Saturday 4
			8:30-3 AARP Taxes 9 Pool players 9-12 Life Story 1 Rummikub	8:30-3 AARP Taxes 8:30 Yoga 9 Pool players 9:30 Chess	9 Pool players 9 Chicago Bridge 9 Art Group 1- 3:45 Bingo	9-1 NIFTY THIFTY
5	6 9 Pool players 9 Chicago Bridge 10 Board Meeting 1 Needle Craft	7 9 Pool players 8:30 YOGA 9 China Painting 10 Regence ?? 12:30 Bridge 1 Scrabble 12-1ATRIO ?? 1:30 TAI CHI	8 8:30-3 AARP Taxes 9 Pool players 9-12 Life Story 9 Pool Players 10-11:30 Hillside Retirement ?? 1 Rummikub 1 Membership Meeting	9 8:30-3 AARP Taxes 9 Pool players 8:30 YOGA 9:30 Chess 12:30 Bridge 1 Pinochle	10 9 Chicago Bridge 9 Poll Players 9 Art Group 12:30 Doubl Pinochle 1- 3:45 Bingo 1-3 United Health Care	11
12	13 9 Pool players 9 Chicago Bridge 1 Needle Craft	14 8:30 Yoga 9 Pool players 9 China Painting 12:30 Bridge 1 Scrabble 1:30 TAI CHI	15 8:30-3 AARP Taxes 9 Pool players 9-12 Life Story 1 Rummikub 1-3 Shakespeare Group	16 8:30-3 AARP Taxes 8:30 Yoga 9 Pool players 9:30 Chess 12:30 Bridge 1 Pinochle	17 9 Pool players 9 Chicago Bridge 9 Art Group 12:30 Double Pinochle 1-3 United Health Care 1-3:45 Bingo	18 8-10 Pancake  Breakfast \$5.00 8-10 NIFTY THRIFTY
19	20 9 Pool players 9 Chicago Bridge 9-12 AARP Driver Safety 1 Needle Craft 1 Garden Club Social	21 9-12 AARP Driver Safety 8:30 Yoga 9 China Painting 9 Pool Players 2-3 Providence ?? 12:30 Bridge	22 8:30-3 AARP Taxes 9-12 Life Story 9-12 Pool Players 1 Rummikub 11-12 Providence 1:45-4 NW Seniors Support	23 8:30-3 AARP Taxes 8:30 Yoga Pool Players 9:30 Chess 12:30 Bridge 1 Pinochle	24 9 Chicago Bridge 9 Art Group 9 Pool Players 12:30 Double Pinochle 1-3:45 Bingo	25 1 Sound waves
26 1	27 9 Pool Players 9 Chicago Bridge 1 Needle Craft	28 8:30 Yoga Pool Players 9 China Painting 12:30 Bridge 1 Scrabble	29	30		

South Salem Senior Center April 2020

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 April	PLEASE JOIN US FOR LUNCH Monday—Friday	Easter	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas	Corn & Tomato Salad Sloppy Joes, Tots Peas & Carrots	Potato Salad BBQ Chicken Baked Beans Broccoli
Week 2 April 6-10	Broccoli Kale Salad Chicken Parmesan Egg Noodles Green Beans	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa	Caesar Salad Spaghetti W/Meat Sauce Italian Veg	Beet Salad Herb Roasted Chicken Brown Rice	Coleslaw Baked Fish or Chicken Tater Tots
Week 3 April 13- 17	Three Bean Salad Cheese Ravioli Italian Veg Sourdough Bread	Spring Green Mix Chicken Salad Carrots Cucumbers	Carrot Raisin Salad Swedish Meatballs Egg Noodles Broccoli	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas	Peas & Cheese Salmon Cake or Chicken Rice Pilaf
Week 4 April 20- 24	Kale Broccoli Salad Chicken Casserole Italian Veg Rosemary Bread	Potato Salad BBQ Chicken Baked Beans Peas & Carrots	Asian Slaw Teriyaki Chicken Brown Rice Sugar Snap Peas	House Salad Salisbury Steak Mashed Potatoes Green Beans	Coleslaw Cajun Catfish or Chicken, Dirty Rice Peas and Carrots
Week 5 April 27- 30	Confetti Salad Cheese Tortellini Italian Veg Sour Dough Bread	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa	Beet Salad Chile Con Carne Brown Rice Broccoli	Peas & Cheese Herb Roasted Chicken Brown Rice Peas & Carrots	

Meals on Wheels Office 503-364-2856