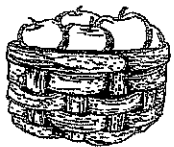
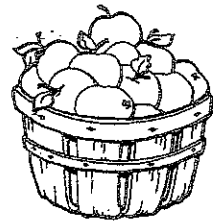


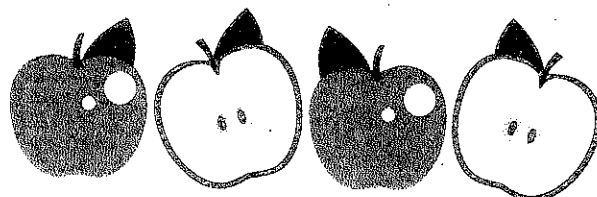
MOUNDRIDGE SENIOR CENTER    SEPTEMBER 2023  
 PHONE NUMBER 345-2729

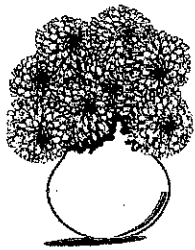
- Fri 1: BBQ Riblet/bun, mac & cheese, carrots, fruit
- Mon 4: SENIOR CENTER CLOSED FOR LABOR DAY
- Tue 5: Fish, French fries, Italian vegetables, fruit
- Wed 6: Baked potato bar/all the toppings, jello/fruit, muffin
- Thu 7: Smothered steak, mashed potatoes/gravy, peas/carrots, fruit
- Fri 8: Chicken fingers, hashbrown potatoes, lettuce salad, fruit, cookie
- Mon 11: Goulash, mixed vegetables, fruit, garlic bread, Ice Cream cone
- Tue 12: Sausage & potato skillet meal, sauerkraut, fruit, cherry pie
- Wed 13: Ham, sweet potatoes, green beans, pineapple upside down cake
- Thu 14: Fried chicken, mashed potatoes/gravy, Harvard beets, fruit
- Fri 15: Slider/bun, tator tots, corn, fruit
- Mon 18: Beef stroganoff/noodles, broccoli, fruit, cupcake
- Tue 19: Vegetable soup, corn bread, fruit, tapioca pudding
- Wed 20: Chicken pattie/bun, scalloped potatoes, salad
- Thu 21: Meat loaf, cheesy potatoes, corn, fruit, brownie
- Fri 22: BIRTHDAY/ANNIVERSARY DINNER  
 Chicken fried steak, mashed potatoes/gravy, green beans, salad, roll, apple pie
- Mon 25: Taco Bar/all the fixings, fruit cobbler
- Tue 26: Poor Man's steak, mashed potatoes/gravy, beets, fruit
- Wed 27: Sausage gravy/biscuit, peas, fruit, cookie
- Thu 28: Hamburger/bun, potato salad, baked beans, strawberry shortcake
- Fri 29: Chili, corn chips, cinnamon rolls, fruit



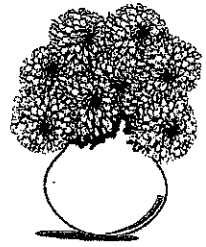
2023 9/1/2023 10:58 AM

Meals are subject to change. Tea or coffee is served every day with the meal. We try to make our meals low sugar, low salt and low fat. Meals are served Monday through Friday at 12 noon. Call the day before to reserve your meal. Cost of the meal is \$6.00 for dining in or delivered. Any one is welcome to eat here. Come enjoy a well-balanced meal and enjoy the company of friends.





SEPTEMBER 2023



- Fri 1: Exercise group at 9:30 a.m.
- Mon 4: SENIOR CENTER CLOSED FOR LABOR DAY
- Tue 5: Share memories of your working days? What did you do for a living?  
What was your first job?
- Wed 6: Exercise group at 9:30 a.m.  
Life Enrichment at Bethel College. For more information contact Pat at the Center.
- Thu 7: Pool Tournament. Moundridge has a bye.
- Fri 8: Share some old home remedies.
- Mon 11: Join us for an Ice Cream Cone. Celebrate the ice cream cone (1896).
- Tue 12: Blood Pressure checks taken by Mercy Hospital. 11:30 a.m. until noon
- Wed 13: Exercise group at 9:30a.m.  
Life Enrichment at Bethel College.
- Thu 14: Hear some interesting facts about our First Ladies.
- Fri 15: Exercise group at 9:30 a.m.
- Mon 18: Exercise group at 9:30 a.m.
- Wed 20: Exercise group at 9:30 a.m.  
Life Enrichment at Bethel College.
- Thu 21: Pool Tournament: Newton at Moundridge
- Fri 22: BIRTHDAY/ANNIVERSARY DINNER  
Program given by the ladies group Yesteryear. Leader is Connie Jantz.  
This group always gives a great music program. Join us.  
Exercise group at 9:30 a.m.
- Mon 25: Exercise group at 9:30 a.m.
- Wed 27: Exercise group at 9:30 a.m.  
Life Enrichment at Bethel College.
- Fri 29: BIRTHDAY/ANNIVERSARY DAY  
Exercise group at 9:30 a.m.  
Full Moon. Also known as the Harvest Moon.

