

SEDGWICK SENIOR CENTER

REFLECTIONS OF SSC

May 2021

Friendship Meals– Monday –Friday
11:00 am , Open for dining and Home
Delivery

May 6– Paint w/Sue, Lady on the Hill
12:30 pm

May 7– Birthday Party @ 7pm

May 17–Foot Clinic 9am

May 31– Memorial Day- Senior Center
Closed

MAY BIRTHDAYS

May 7– Millie Rosenberger

May 13 –Mary Ayala

May 14–Janie Tumbleson

May 14–Peggy Stamback

May 25–Ellen Noeller

May 25– Dwaine Dunn

May 25– Raymond Ghere



BREAKFAST

WEEKLY ACTIVITIES

Line Dancing on Tues. at 1:00.

Quilting every Wed. 9:00.

Exercise on Mon., Wed., and Fri. at 9:00 am

The Senior Center is looking for cook
volunteers to cook breakfast,

If interested in helping please contact
the Senior Center 772-0393

We would like to start having the
Tuesday Morning Breakfast again but
we need volunteers to be able to con-
tinue having the Breakfast.

Thanks in advance!

Notice

Foot Clinic May 17th

Please call Hermes Health care to make an appointment
316 260-4110

Mon	Tue	Wed	Thu	Fri
<p>3 Chicken & noodles 8 oz over Mashed potatoes 4 oz Pickled beets 4 oz Peaches 4 oz Roll Milk</p>	<p>4 Pork roast 3 oz w/Gravy Cauliflower w/cheese sauce 4 oz Bean medley salad 4 oz Cinnamon applesauce 4 oz Bread Milk</p>	<p>5 Sloppy joe 4 oz on a Bun Potato wedges 4 oz Parslised carrots 4 oz Mixed fruit 4 oz Orange juice 4 oz Brownie Milk</p>	<p>6 Glazed chicken BLT pasta salad 4 oz Green beans 4 oz Mandarin oranges 4 oz Wheat roll Milk</p>	<p>7 Spaghetti w/meat sc 8 oz Combination salad 4 oz Salad dressing Pears 4 oz Garlic bread Fruit crisp Milk</p>
<p>10 Chicken patty on a Bun with set up Broccoli with cheese 4 oz Calico salad 4 oz Mixed fruit 4 oz Milk</p>	<p>11 Goulash 8 oz Corn 4 oz Strawberries 4 oz Lime gelatin w/pears 4 oz Garlic bread Milk</p>	<p>12 Ham slice 3 oz California mash 4 oz Pea salad 4 oz Mandarin oranges 4 oz Roll Milk</p>	<p>13 Swedish steak Baked potato Mixed green salad 4 oz Salad dressing Applesauce 4 oz Spice cake Bread Milk</p>	<p>14 Tuna & pasta salad 4 oz Slice tomatoes 4 oz Banana in Orange juice 4 oz Vanilla pudding 4 oz Roll Milk</p>
<p>17 Meatloaf Scalloped potatoes 4 oz Mixed vegetables 4 oz Mandarin oranges 4 oz Roll Milk</p>	<p>18 Chicken fajita salad 8 oz (lettuce, tomato, cheese, corn chips) Salsa Confetti rice 4 oz Pineapple 4 oz Cinnamon roll Milk</p>	<p>19 BBQ pulled pork 4 oz on a Bun Cole slaw w/carrots 4 oz Peaches 4 oz Cake Milk</p>	<p>20 Turkey & cheese casse- role 8 oz Broccoli 4 oz Applesauce gelatin salad 4oz Pears 4 oz Garlic bread Milk</p>	<p>21 Liver & onions in gravy OR Beef cutlet in gravy Mashed potatoes 4 oz Green beans 4 oz Mixed fruit 4 oz Bread Milk</p>
<p>24 Oven fried fish w/Tartar sauce OR Chicken patty Macaroni & cheese 4 oz Mixed vegetables 4 oz Strawberries 4 oz Roll Milk</p>	<p>25 Cheese mac chili 8 oz Broccoli 4 oz Blushing pears 4 oz Bread Milk</p>	<p>26 Ham & beans 8 oz Potatoes w/onion 4 oz Parslised carrots 4 oz Mixed fruit 4 oz Cornbread Milk</p>	<p>27 Mexican lasagna Mexican rice 4 oz Peas 4 oz Applesauce 4 oz Bread pudding Milk</p>	<p>28 Oven fried chicken Baked beans 4 oz Cole slaw 4 oz Peaches 4 oz Wheat roll Milk</p>
<p>31 HOLIDAY</p>	<p>Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher</p>			
<p>Birthdays - May 13 Choice Day - May 21 & 24 Circled Days - meals that freeze well</p>				

SEDGWICK SENIOR CENTER

107 W 5th

PO Box 338

SEDGWICK KS 67135

316/772-0393

director@ssc.kscoxmail.com

Hours - 9:00 am to 3:00 pm Mon.— Fri.

We have exercises on Monday, Wednesday and Friday mornings at 9:00 o'clock. Join us for chair exercise for Balance, Posture, Strength, Stretch and Senior Fitness.

Donate your aluminum cans, and pop tabs! The pop tabs we take to The Ronald

House who the used fami- cannot afford the modest cost to stay with them.



McDonald in Wichita recycle & money is to help lies who

Continuing to collect for Ronald McDonald House. Container available in lobby of Senior Center. -----

Come in this Spring and exercise on the treadmill or ride the stationary bike.

Also, the line dancers meet every Tuesday afternoon at 1:00. Good exercise with that!