

# APRIL 2017 LUNCH MENU & ACTIVITIES

**Monday**

**Tuesday**

**Wednesday**



**3**  
 10:45 Dancing, Social Hall  
 11:45 Lunch  
 Vegetarian – Pasta w/ tomatoes, onions, zucchini & cheese, roasted Brussels sprouts, green salad w/ tomatoes & egg, fruit  
 1:00 Big Bingo

**10**  
 8:30 HICAP  
 10:00 Movie: Sixteen Candles  
 10:45 Dancing, Social Hall  
 11:45 Lunch  
 Pork strips w/ preserved vegetable, brown rice, broccoli w/carrots, fruit  
 1:00 Movie: Pretty in Pink

**4**  
 11:45 Lunch  
 Baked salmon, couscous w/ onions, green bell peppers & mushrooms, string beans w/ tomatoes, broccoli raisin salad, fruit  
 1:00 Movie: Florence Foster Jenkins  
 1:00 Workshop: Financial Wellness

**11**  
 11:00 Book Club "Hidden Figures"  
 11:45 Lunch  
 Cranberry chicken, wild rice, yellow squash, green salad w/ tomatoes & red bell pepper, fruit  
 1:00 Workshop: Protect Yourself from Heart Disease  
 1:00 Movie: The Greatest Game Ever Played  
 3:00 Movie: Rudy

**5**  
 10:00 SALA Appointments  
 10:30 Line Dancing, Social Hall  
 11:45 Lunch  
 Teriyaki chicken, steamed white rice, mixed veggies, green salad w/ carrots, fruit  
 1:00 Bingo  
 5:30 Movie: Florence Foster Jenkins

**12**  
 10:30 Line Dancing, Social Hall  
 11:45 Lunch  
 Vegetarian- Frittata w/ roasted bell peppers, zucchini & basil, garlic bread, mixed veggies, green salad w/ carrots & cucumbers, fruit  
 1:00 Bingo  
 3:30 Movie: Memento  
 5:30 Movie: The Notebook

## Double Feature

**17**  
 10:45 Dancing, Social Hall  
 11:45 Lunch  
 Paprika chicken w/ mushrooms, mashed sweet potatoes, roll, green salad w/ broccoli, fruit



**18**  
 10:00 CSA Info and Referral  
 11:45 Lunch  
 Beef enchilada, Spanish brown rice, corn, green salad w/ tomatoes, fruit  
 1:00 Movie: Inferno  
 2:00 Newcomer's Group



**19**  
 10:00 SALA Appointments  
 10:30 Line Dancing, Social Hall  
 11:45 Lunch  
 Chef's choice fish, brown rice, mixed veggies, green salad, fruit  
 2:30 Workshop: Intro to Printing  
 2:00 S.A.C.  
 5:30 Movie: Inferno

**24**  
 10:45 Dancing, Social Hall  
 11:45 Lunch  
 Vegetarian- Potato leek soup, dinner roll, spinach salad w/ egg & white beans, fruit



**25** 11:45 Lunch  
 Baked breaded fish, couscous, Japanese blend veggies, green salad w/ tomatoes & red bell peppers, oatmeal apricot crisp  
 1:00 Movie: The Accountant  
 1:00 HICAP  
 1:00 Workshop: Pool Safety

**26**  
 10:30 Line Dancing, Social Hall  
 11:45 Lunch  
 Spaghetti & meatballs, Italian blend veggies, green salad, fruit  
 12:30 Alzheimer's Screening  
 1:00 Bingo  
 5:30 Movie: The Accountant

Thursday

Friday

**NUTRITION PROGRAM** - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

6 9:00 Apple Assistance  
10:00 Bookmobile  
11:45 Lunch  
Pork chop, mashed sweet potatoes, green beans & cauliflower, fruit  
1:00 Workshop: Challenges and Solutions



7  
10:30 Blood Pressure Check  
10:45 Dancing, Social Hall  
11:45 Lunch  
Fresh sliced turkey, mashed potatoes, green beans & carrots, cranberry sauce, fruit  
1:00 Movie: Florence Foster Jenkins  
2:15 Square Dancing

13  
9:00 Apple Assistance  
9:30 Notary  
10:00 Movie: Kinky Boots  
10:00 Bookmobile  
11:45 Lunch  
Chicken & rice casserole w/ onions, celery & bread crumbs, cauliflower, broccoli, peas & carrot, fruit  
1:00 Movie: Bernie  
1:30 SVILC - Housing Search



14  
9:30 Movie: Big  
10:45 Dancing, Social Hall  
11:30 Hat Contest  
11:45 Lunch  
Krab cake, wild rice, roasted Brussels sprouts, spring mix salad, fruit, special dessert  
**Spring Celebration Lunch!**  
1:00 Movie: Renaissance Man  
2:15 Square Dancing



**Week**

20  
9:00 Apple Assistance  
10:00 Bookmobile  
11:45 Lunch  
Baked breaded pork chop, baked potato, mixed veggies, fruit  
1:00 Workshop: Are You Good to Go?



21  
10:30 Blood Pressure Check  
10:45 Dancing, Social Hall  
11:45 Lunch  
Garlic chicken, wild rice, carrots, green salad w/ tomatoes & cucumber, fruit  
1:00 Movie: Inferno  
2:15 Square Dancing



27  
9:00 Apple Assistance  
10:00 Bookmobile  
11:45 Lunch  
Lemon chicken, orzo pasta, spinach & carrots, green salad, fruit

28  
10:45 Dancing, Social Hall  
11:45 Lunch  
Salisbury steak, mashed potatoes, garlic kale, fruit Birthdays  
1:00 Movie: The Accountant  
2:15 Square Dancing



**Happenings in the Social Hall**

**Mondays**

◇ Live music and dancing before lunch, 10:45-11:45

**Tuesdays**

◇ Live music before lunch.

**Wednesdays**

◇ Drop-in Line Dance Class before lunch, 10:30-11:30  
◇ Bingo after lunch, 1:00-2:00

**Fridays**

◇ Live music and dancing before lunch, 10:45-11:45



**Please Note:**

Friday, April 14th we will have our annual Hat Contest with prizes for the funniest, most original and prettiest hat. Judging will begin at 11:30 a.m. thru 12:00 p.m.



**Ladies & Gentlemen:**

Outside food is NOT permitted inside the Social Hall between 11:00am and 1:00pm. If you bring food that you would like to share with others, please honor our request, and share it outside in the courtyard or gallery after 1:00pm. Thank you for your support.

MOUNTAIN VIEW SENIOR NUTRITION PROGRAM 650 964 6586