



Harrah Senior Center Menu for September 2023 Lunch for All Ages



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cheese Burger Potato Salad Pickle 	2
3	4 Labor Day Center Closed 	5 Spaghetti w/ Meat Sauce Veggies Garlic Bread	6 Carnitas Burritos Wet w/ Green Sauce 	7 Chicken Cilantro Walnut Pesto Sandwich Pasta Salad	8 Chicken Cordon Bleu Casserole Veggies Garlic Bread	9
10	11 BBQ Chicken w/ Corn/Baked Beans Corn Bread	12 Ortega Chicken rice Pilaf Veggies Roll	13 Meat Loaf Mashed Potatoes Veggies Roll	14 Chicken & Dumplings 	15 Carnitas Tacos Rice & Beans 	16
17	18 Western Burger Potato Salad Beans	19 Spinach Lasagna Veggies Garlic Bread 	20 Chicken Ala King Noodles Veggies Roll	21 Pork Loin Rice Pilaf Veggies Roll	22 Beef Stroganoff Veggies Roll	23
24	25 Beer Battered Cod Pilaf Veggies Roll	26 Spaghetti Veggies Garlic Bread 	27 Chicken Burrito Wet w/ Green Sauce	28 Beef Chow Mein 	29 Tukey Stuffing Gravy Roll Cranberry	30

Senior Center
Thrift Shop

459-6826
459-2176

CENTER ACTIVITIES FOR September 2023

BINGO: Every Friday nite, 4:30pm - 6:30 pm

PANCAKE BREAKFAST: Sunday, September 10th

FOOD BANK: Thursday, September 14th & 28th
9:30 am to 11:30 am. in the Lofflin Field parking lot.

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### **Monday**

Senior strength Exercise

Dining Room 9-10am

### **Tuesday**

Chair Aerobics

Dining Room 9-10am.

Thanks for the Memories

Conference Room 10 - 11 am

Computer Lab

Lab open 1-3pm.

### **Wednesday**

Core Exercise Class

Dining Room 9-10am.

Life Changes Group

Conference Room 10:00-11:45am

Ukulele Group

Conference Room 1-2pm

### **Thursday**

Balance & Posture Exercise Class

Dining Room 9-10am.

Physical Challenges Group

Thursday Conference Room 10:30-11:30

Bereavement Support Group

Thursday Conference Room 2:00-4:00

### **FRIDAY:**

Chair Aerobics

Dining Room 9-10am.

Bingo

Dining Room 5 - 7pm