

March 2020

GUNNISON VALLEY SENIOR CITIZENS

P.O. BOX 605 Phone: 528-3781 (Lorna)

Gunnison, Utah 84034

Senior Center will be closed until January 7th, 2020.

Gunnison Valley Senior Citizens

Lunch is now served at the Gunnison City Hall, Tuesday thru Thursday
“come and join us.”

Keith Reber from My Hearing Centers will be at the Center for your hearing needs. **He will be here every Wednesday of the month. Call for appointment 801-341-2193.**

March 4th

Shopping & Dr. Trip to Richfield: The bus leaving the Gunnison City Hall at 8:45 a.m., please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

March 16th

We will be having a Corn Beef & Cabbage, potatoes, cabbage, vegetable and rolls provided, bring you pot luck and dishes.

March 18th

Blood Pressure and Blood Sugar screening from 11:00 am to 12:00 noon, at the Gunnison City Hall in the Heritage Hall.

March 18th

Shopping & Dr. Trip to Richfield: The bus leaving the Gunnison City Hall at 8:45 a.m., please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

There are hand quilted Tricot baby quilts and Tricot queen quilts, and pre-stamped or “Cheater” quilts for sale.

We are quilting Tuesdays & Thursdays at the New City Hall, please come and join us. Call Kathy 528-3654 or Judy at 528-5828

If you need a quilt, hand quilted call, Kathy Brown 528-3654 or Judy 528-5828

Any ladies wanting to learn to hand quilt you are welcome to come.

Senior Nutrition Program

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	3 Curry chicken Baked sweet potato California Blend Vegetables Pineapple-Jell o salad Roll w/ margarine 2% Milk	4 Pot Roast w/ potato, carrot and onion Cherry fruit salad Wheat roll w/ margarine 2% Milk	5 Hamburger w/ trimmings Potato chips Macaroni salad Mixed Fruit Rice Crispy treat 2% Milk
	10 Fish Fillet w/ tartar sauce Brown rice pilaf Veggie Blend Tropical fruit 2% Milk	12 Chicken Pillows w/ gravy Peas and Carrots Fruit cup Gingerbread w/ lemon sauce 2% Milk	12 Philly cheese Sandwich w/ grilled onions and green peppers 3 bean Salad Potato chips Apple Pie 2% Milk
	17 Corned Beef w/ cabbage, carrots, potato Green Jell-O w/ pears Pistachio cake Buttermilk Biscuit 2% Milk	18 Meatloaf Baked potato w/ sour cream Green beans Jell-O parfait Bread & margarine 2% milk	19 Chicken Sandwich w/ trimmings Potato Salad Carrot & raisin salad Choc chip cookie 2% Milk
	24 Hamburger Goulash Cheese Stick Orange Jell-O w/ mandarin orange Peanut butter bar Breadstick 2 % Milk	25 Baked Chicken Mashed Potatoes & Gravy Peas & Carrots Apple cake Wheat Roll W/ Margarine 2% Milk	26 Pulled pork Baked Beans Cole Slaw Fruit cocktail Corn bread 2% Milk
	31 Chicken Pot Pie Cheese Stick Peaches Sugar Cookie Bar 2% Milk	Suggested Donation Seniors 60 & older \$2.50 Under 60 full cost of meal is \$5.50	

Senior Nutrition Program
District IV
PO Box 820
Richfield, UT 84701

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

**Please make your reservation by 9:00 a.m.
on the day you plan to eat at the center.
THANK YOU!!!1/11-ehk