Mariposa County Senior News

Mariposa County Senior Center
5246 Spriggs Lane, Mariposa, California 95338

Phone (209) 966-5315

The Mariposa Senior Center is available for meetings, family gatherings or parties on Saturdays and Sundays. Call Nancy at (209) 742-6406 for more information.

Senior Menu for March 2014

(Meals Start at 12 Noon)

COMMUNITY SERVICES—MARIPOSA SENIO
MEALS FOR MARCH 201

MONDAY	TUESDAY	WEDNESDAY
3 ENCHILADAS SPANISH RICE CREAMED CORN GREEN SALAD W/CARROTS TORTILLA CHIPS W/SALSA FRUIT CUP	4 CHEF'S SALAD WITH TURKEY/HAM/LETTUCE/HARD BOILED EGGS/CHEESE TOMATOES & CUCUMBERS CROISSANT FRUIT & OATMEAL COOKIES	5 BAKED FISH SEASONED NOODLES 5 BLEND MIXED VEGETABLES MIXED GREENS SALAD WW BREAD ORANGE FLUFF W/PINEAPPLE
10 JUICE FOUR CHEESE BAKED ZITI BROCCOLI CAESAR SALAD W/DRESSING WW GARLIC BREAD BROWNIE	11 MACARONI & CHEESE CHICKEN STRIPS W/SAUCE VEGETABLE MEDLEY HI "C" SALAD WW BREAD FRUIT	12 JUICE BAKED HAM W/FRUIT SAUCE SOUR CREAM POTATOES SPINACH SALAD WW BREAD COOKIE
ST. PATTY'S CELEBRATION 17 JUICE CORNED BEEF & CABBAGE PARSLIED NEW POTATOES BUTTERED CARROTS CORN MUFFIN JELLO JEWELS & LEPRECHAUN COOKIES	18 SMOTHERED CHICKEN MASHED POTATOES GREEN SALAD W/CARROTS ENRICHED ROLL FRUIT CRISP W/OAT	19 SEAFOOD ALFREDO W/NOODLES JAPANESE VEGETABLES CESAR SALAD WW BREAD FRUIT CUP
24 TURKEY POT PIE W/CRUST, PEAS, CARROTS, POTATOES TOSSED GREEN SALAD WW BISCUIT FRUIT CUP	25 SPINACH LASAGNA ITALIAN GREEN BEANS GREEN SALAD W/CARROTS WW GARLIC BREAD FRUIT COBBLER	26 JUICE FISH AND CHIPS W/TARTAR SAUCE COLESLAW WW BREAD COOK'S CHOICE COOKIES
31 CHICKEN PARMESAN SEASONED PASTA MIXED VEGETABLES SPINACH SALAD WW BREAD PUDDING DELITE W/FRUIT		**8 OUNCES OF MILK OFFERED AT EACH MEAL** = Sodium Alert

FUNDED BY YOUR DONATIONS***AREA 12 AGENCY ON AGING******
SUGGESTED SENIOR DONATION $4.00-------NON

Senior Center Activities Schedule

March 2014

	Sunday	Monday	Tuesday	Wednesday	
	Feb 23	**24**	**25**	**26**	**27**
2/23 - 28					
	2	**3**	**4**	**5**	**6**
3/2 - 7		12:30pm 2:30pm NARFE (Activity Rm.)	9:00am 3:00pm Bridge Players (Dining Hall) 9:00am 11:30am Hospit 9:00am 11:00am Hospit 11:30am 12:00pm Nati	8:30am 11:30am Community Art Class 12:00pm 2:00pm Sorop 12:30pm 3:00pm Wom 1:00pm 2:00pm Weekly	9 1
	9	**10**	**11**	**12**	**13**
3/9 - 14		10:00am 12:00pm SPICE (Activity Rm)	9:00am 3:00pm Bridge Players (Dining Hall) 9:00am 11:30am Hospit 10:00am 12:30pm Soro 1:00pm 3:00pm Golden	8:30am 11:30am Community Art Class 12:30pm 3:00pm Wom 1:00pm 2:00pm Weekly 1:30pm 3:00pm XPU So	8 9 1
	16	**17**	**18**	**19**	**20**
3/16 - 21			USDA @ Park 9:00am 3:00pm Bridge Players (Dining Hall) 9:00am 12:00pm Hospi 12:00pm 1:00pm PERS	8:30am 11:30am Community Art Class 12:30pm 3:00pm Wom 1:00pm 2:30pm Wii Bo 1:00pm 2:00pm Weekly	9 1 1
	23	**24**	**25**	**26**	**27**
3/23 - 28		10:00am 12:00pm SPICE (Activity Rm)	9:00am 3:00pm Bridge Players (Dining Hall) 9:00am 12:00pm Hospital Volunteers (Darcy Rm)	1:00 PM Parkinson's Si 8:30am 11:30am Com 12:30pm 3:00pm Wom 1:00pm 2:00pm Weekly 3:00pm 7:00pm JC Fre	8 9 9 1
	30	**31**	**Apr 1**	**2**	**3**
3/30 - 4/4					

Terri Peresan 1

First Friday of Every Month

HELPFUL SITES

[California Department of Aging Home Page](#)

[AARP](#)

[Meals on Wheels - Sonora, CA](#)

[SeniorNet: Home Page](#)

The Senior Job Bank, Job Links for Senior Citizens

NSCLC: National Senior Citizens Law Center