

Heritage Hall Senior Center
 1025 Oates Road
 Jacinto City, TX 77029
 713-675-4487



Elizabeth Flores, Director
 Program Assistants:
 Debi Bridgeman
 & Maria Espinoza

www.jacintocity-tx.gov/heritage-hall-senior-center

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Exercise Classes: Monday's, Wednesday's and Friday's - 9:00 AM – 10:00 AM						
		1	2	3	4	5
6 Daylight Savings Time Fall Back 1 hr.	7 Shopping At Walmart 9:00 AM <i>Maria E. Garza</i>	8 Book Club 10:30 AM	9 Bean Bag Baseball 10:00 AM <i>Dwane J. Gramann</i>	10 City of Jacinto City Council Mtg. 6:00 PM	11 Thanksgiving Luncheon at Noon for Heritage Hall Seniors	12
13	14 Senior Trip to San Jacinto Monument 12:30 PM	15	16 White Elephant Bingo 10:00 AM	17	18 Birthday Party at Noon  <i>Jose R. Ferrer</i>	19 <i>Gloria R. Partida</i>
20	21	22 City of Jacinto City Council Mtg. 6:00 PM <i>James A. Williams</i> <i>Cecilio Almazan</i>	23 HHSC Site Council Mtg. 10:30 AM <i>Honor a special senior</i> 12:00 AM	24 Center Closed	25 Center Closed	26
27	28 Game Night 4:00 to 7 PM	29	30			

Every Wednesday – Ceramics/Crafts 10:00 AM and Bridge 1:00 PM
Every Thursday – Nutritional Bingo 11:00 AM

NOVEMBER 2016 MENU

Please do not forget to reserve your meal(s) with two days in advance. If you cannot come into Heritage Hall Senior Center, please call 713-675-4487. We will be happy to reserve your meal(s). **Remember a meal is a terrible thing to waste!** Thank you kindly, Elizabeth Flores,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Vegetable Beef Soup Roasted Sweet Potatoes~ Broccoli Saltine Crackers Fudge Cream Cookie Milk	2 Ham with Red Eye Gravy~+ Black-Eyed Peas Collard Greens Cornbread Fresh Fruit Milk Margarine	3 Beef Burgundy Whipped Potatoes^ Green Beans w/Onions Wheat Bread Diet Vanilla Pudding^ Milk	4 Mexican Chicken Chili Rice Sliced Carrots Wheat Bread Fresh Orange Milk
7 Swiss Steak Delmonico Potatoes^ Broccoli Dinner Roll Fresh Fruit Milk	8 King Ranch Casserole Yellow Rice Cauliflower & Carrots Wheat Bread Fresh Fruit Milk	9 Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Spiced Apples Milk & Catsup	10 Alfredo Sliced Tukey* Chuckwagon Corn Stewed Tomatoes Cornbread Diet Chocolate Chip Pudding^ Milk	11 CONGREGATE WILL HAVE THANKSGIVING LUNCHEON FOR ACTIVE MEMBERS ONLY
14 Spinach Chicken Meatballs Parslied Penne Pasta~ Ratatouille Wheat Bread Fresh Fruit Milk	15 Beef Taco Spanish Rice Fiesta Vegetables Flour Tortilla Diet Vanilla Pudding^ Milk Taco Sauce	16 Sausage w/White Beans* Okra and Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine	17 Beef w/Mushroom Gravy Whipped Potatoes^ Mixed Vegetables Wheat Bread Diet Fruited Orange^ Gelatin Milk	18 Turkey Macaroni and Cheese Diced Beets Broccoli Whole Wheat Breadstick Fresh Fruit Milk
21 Salisbury Beef Brown Gravy Garlic whipped Potatoes^ Country Tomatoes Wheat Bread Fresh Orange Milk	22 Southwest Chicken Thigh~ Mexican Rice Spring Vegetables Wheat Bread Diet Butterscotch Pudding^ Milk	23 Turkey Breast with Gravy* Lima Beans Mixed Greens Cornbread Fresh Banana Milk Margarine	24 CENTER CLOSED	
28 Pork with Country Gravy+ Parslied Rice Garden Vegetables Wheat Bread Fresh Fruit Milk	29 Creole Beef Whole Kernel Corn Broccoli and Cauliflower Wheat Bread Oatmeal Cream Cookie Milk	30 Chicken and Pasta Green Peas Parslied Carrots Cornbread Fresh Orange Milk	25 CENTER CLOSED	

^ -Contains Sulfites

* -Contains Turkey

+ -Contains Pork

~-New Menu Item