

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

MAY 2016 OLDER AMERICANS MONTH



Director: Elizabeth Flores
 Program Assistants:
 Debi Bridgeman
 and Maria Espinoza

BLAZE A TRAIL: MAY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Jose L. Echeverri</i>	2  Wal-Mart Shopping 9:00 AM	3	4  Craft Day 10:00 AM Bridge 1-4 PM	5 Nutrition Bingo 11:00 AM	6  10:00 AM	7
8 <i>Mother's Day</i> 	9  Kitchen Class 10:00 AM	10 Bean Bag Baseball 10:00 AM <i>Paul M. Stanley</i>	11  Craft Day 10:00 AM Bridge 1-4 PM	12 Nutrition Bingo 11:00 AM	13 Amerigroup Bingo 10:00 AM	14
15	16  Game Night 4:00 PM - 7:00 PM	17 Crafts with Librarian 10:00 AM	18  Craft Day 10:00 AM Bridge 1PM-4 PM	19 Nutrition Bingo 11:00 AM	20 Zoo Trip 9:00 AM <i>Pat A. LeCamus</i>	21
22	23 	24	25  Site Council Mtg. 10:30 AM Diabetes Training 11:00 AM Bridge 1-4 PM	26 Nutrition Bingo 11:00 AM <i>Honor a Special Senior at 12:00 PM</i>	27 Birthday Party at Noon 	28
29	30 Center Closed	31	While Americans are living longer, that doesn't necessarily mean they are living healthier. Regular physical activity can help reduce the risk and minimize the impact of disease. Texercise can help you to enjoy life and live it to the fullest!			

Texercise classes: Monday's and Wednesday's 9:00 AM – 10:30 AM
Regular exercise classes: Friday's at 9:00 AM – 10:00 AM

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MAY

2016 MENU

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MONDAY 2		TUESDAY 3		WEDNESDAY 4		THURSDAY 5		FRIDAY 6	
Meatloaf Tomato Gravy Garlic Whipped Potatoes [^] Rosemary Carrots Dinner Roll Fresh Fruit Milk Diet - Same		Sesame Diced Chicken~ Fried Rice Japanese Vegetables Wheat Bread Fresh Fruit Milk Diet - Same		Turkey Noodle Casserole* Diced Beets Cabbage Whole Wheat Breadstick~ German Chocolate Cake Milk Diet - Cake		Cinco de Mayo Beef Taco Lettuce and Tomato Pinto Beans Flour Tortilla Peach Cobbler Milk Taco Sauce Diet - Same		Mother's Day Baked Chicken with Gravy Scalloped Potatoes Italian Green Beans Dinner Roll Oatmeal Cream Cookie Milk Margarine	
MONDAY 9		TUESDAY 10		WEDNESDAY 11		THURSDAY 12		FRIDAY 13	
Alfredo Chicken Meatballs~ Delmonico Potatoes [^] Squash Medley Wheat Roll Fresh Fruit Milk Margarine Diet - Same		Hamburger Patty Baked Beans Mixed Vegetables Hamburger Bun Fresh Fruit Milk Mustard and Catsup Diet - Same		Tuna Macaroni Salad Beet Salad Carrot Raisin Salad Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same		Beef with Peppered Gravy Northern Beans Squash/Zucchini/Tomatoes Combread Fresh Banana Milk Margarine Diet - Same		Parmesan Chicken Breast Macaroni and Cheese Green Beans Wheat Bread Pound Cake Milk Diet - Cake	
MONDAY 16		TUESDAY 17		WEDNESDAY 18		THURSDAY 19		FRIDAY 20	
Swiss Steak Peas with Red Peppers Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same		King Ranch Casserole Mexican Rice Sliced Carrots Wheat Roll Fresh Fruit Milk Diet - Same		Smoked Sausage* Cheesy Parslied Potatoes~ Catalina Vegetables~ Hot Dog Bun Chocolate Cake Milk Mustard Diet - Cake		BBQ Pork Rib Patty+ Tossed Salad Chuckwagon Corn Dinner Roll White Cake  Strawberry Frosting [^] Milk Italian Salad Dressing Diet - Cake		Turkey Breast with Gravy* Kidney Beans Spinach Combread Fresh Orange Milk Margarine Diet - Same	
MONDAY 23		TUESDAY 24		WEDNESDAY 25		THURSDAY 26		FRIDAY 27	
Mushroom Pork+ Parslied Rice Peas and Carrots Wheat Bread Fresh Fruit Milk Diet - Same		Beef Burgundy Whipped Potatoes [^] Broccoli Dinner Roll Banana Pudding [^] Milk Diet - Vanilla Pudding [^]		Turkey Gumbo* Black-Eyed Peas Medley Cabbage Combread Fresh Fruit Milk Margarine Diet - Same		Lemon Pepper Fish Whole Kernel Corn Country Tomatoes Wheat Roll Fresh Fruit Milk Diet - Same		Memorial Day BBQ Chicken Potato Salad [^] Ranch Beans Wheat Bread Apple Cobbler Milk Diet - Cinnamon Applesauce	
MONDAY 30		TUESDAY 31							
CENTER CLOSE		Rosemary Chicken Meatballs Penne Pasta Broccoli with Red Peppers Wheat Bread Fresh Fruit Milk Diet - Same							

[^] - Contains Sulfites
 * - Turkey
 + - Pork
 ~ - New Menu Item