

City of Jacinto City
 Heritage Hall Senior Center
 1025 Oates Road
 Jacinto City, TX 77029
713-554-9046



Elizabeth Flores, Director
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 Maria Espinoza
 & Debbie Martinez

Visit our website: www.jacintocity-tx.gov/heritage-hall-senior-center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Chair Exercise 9AM Bingo by Cascades of Jacinto 10AM	2 Chair Exercise 9AM Monkey Pox Presentation 10AM Mexican Bingo 1PM	3
4	5 Center Closed for Labor Day	6 Chair Exercise 9AM Trip to Walmart 9:30 AM	7 Chair Exercise 9AM Diabetes Class 11AM Bridge 1PM	8 Chair Exercise 9AM Trip to 99¢ Store at 10AM	9 NO EXERCISE Breakfast for Grandparents 9am-10am Mexican Bingo 1PM	10 JC Market Days 5PM
11 Nat'l Grand-Parents Day	12 Chair Exercise 9AM Target Hunger Senior Food Boxes 10AM	13 Chair Exercise 9AM White Elephant Bingo new items 10A	14 Chair Exercise 9AM Diabetes Class 11AM Bridge 1PM	15 Chair Exercise 9AM Household Items Bingo new items 10AM	16 Chair Exercise 9AM Celebrate Mexico's Independence Day 10AM Mexican Bingo 1PM	17
18	19 Chair Exercise 9AM Medicare Presentation 10AM	20 Chair Exercise 9AM Bean Bag Baseball 10AM	21 Chair Exercise 9AM Diabetes Class 11AM Bridge 1PM	22 Chair Exercise 9AM Nutritional Items Bingo 10AM	23 Chair Exercise 9AM Presentation on Lead 10AM Mexican Bingo 1PM	24
25	26 Chair Exercise 9AM October Events & Trips Meeting 10AM	27 Chair Exercise 9AM White Elephant Bingo new items 10A	28 Chair Exercise 9AM Diabetes Class 11AM Bridge 1PM	29 Chair Exercise 9AM Household Items Bingo new items 10AM	30 Chair Exercise 9AM Celebrate September Birthdays Noon Mexican Bingo 1PM	

This program is funded
in part by:



City of Jacinto City

Heritage Hall Senior Center



SEPTEMBER 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			9/1/2022	9/2/2022
Please reserve your meal two days in advance by calling us at 713-			Sloppy Joe Crispy Cubed Potatoes Dilled Carrots Hamburger Bun Oatmeal Cream Cookie Milk	Labor Day BBQ Chicken Ranch Beans Coleslaw Dinner Roll Peach Cobbler Milk
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
Closed for Holiday	Mexican Beef Chili Whole Kernel Corn Broccoli Wheat Bread Brownie Milk	Chicken Taco Pinto Beans Mixed Vegetables Flour Tortilla Graham Crackers Milk Taco Sauce	Pineapple Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Fudge Cream Cookie Milk Margarine	King Ranch Chicken Parslied Rice Green Beans Saltine Crackers Fruited Lime Gelatin Milk
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
Swiss Steak Whipped Potatoes Lemon Zest Broccoli Wheat Bread Nutty Buddy Bar Milk	Turkey and White Beans* Catalina Vegetables Cabbage Texas Bread Fruited Lemon Gelatin Milk	Beef with Onion Gravy Herbed Green Peas Glazed Carrots Wheat Bread Chocolate Graham Crackers Milk	Chicken Shawarma Yellow Rice Green Beans with Onions Texas Bread Birthday Cake Milk	Polish Sausage+ Ranch Beans Country Tomatoes Hot Dog Bun Graham Crackers Milk Mustard
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Animal Crackers Milk	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup	Lemon Pepper Fish Green Peas Sliced Carrots Wheat Bread Strawberry Gelatin Milk	Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Nutty Buddy Bar Milk Margarine	Tomato Pesto Chicken Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Banana Milk
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
Meatloaf Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	Breaded Chicken Patty Cream Cheese Corn Stewed Tomatoes Wheat Bread Fresh Fruit Milk	Sausage/Onions/Peppers+ Cajun Rice Kidney Beans Wheat Bread Oatmeal Cream Cookie Milk	Beef Stroganoff Broccoli Parslied Carrots Dinner Roll Fruited Lemon Gelatin Milk	Onion Chicken Mashed Spiced Yams Cabbage Texas Bread Graham Crackers Milk

* - Turkey
+ - Pork