

# May

# Menu

Please make a donation at [sco.org/aging-adult-services](http://sco.org/aging-adult-services) to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKD CHICKEN BRST w/Divan Sauce Rice Pilaf & Mushrooms Green Peas Dinner roll Pineapple Chunks <b>1</b>	** <u>BIRTHDAY MEAL</u> ** MEATLOAF w/Gravy O/Brian Potatoes Mixed Vegetables Seasonal Fruit Birthday Cupcake <b>2</b>	BBQ CHICKEN SAND on Bun Succotash Tropical Fruit Cup <b>3</b>	PORK PATTY w/Gravy Whipped Potatoes Broccoli Cuts & Florets Seasonal Fruit Cherry Pudding <b>4</b>	** <u>CINCO DE MAYO MEAL</u> ** BEEF ENCHILADA BAKE Black Beans & Corn Fiesta Coleslaw Seasonal Fruit Mexican Choc. Pudding <b>5</b>
BRAISED BEEF TIPS Carnival Rice Seasoned Carrots Whole Kernel Corn Pineapple Chunks <b>8</b>	ROAST PORK w/Apple Cider Glaze Whipped Sweet Potatoes Green Beans Country Slaw Peach Cobbler <b>9</b>	BRD BKD FISH w/Tartar Sauce Herbed Barley Green Peas & Onions Seasonal Fruit <b>10</b>	SALISBURY PATTY w/Gravy Whipped Potatoes Mixed Vegetables Seasonal Fruit <b>11</b>	** <u>MOTHER'S DAY MEAL</u> ** BKD CHKN BREAST Citrus Sauce Tricolor Pasta & Harvard Beets Broccoli Cuts & Florets Strawberry Shortcake <b>12</b>
BEEF STROGANOFF over Whole Grain Pasta Mixed Vegetables Fruit <b>15</b>	TURKEY POT ROAST w/Gravy Whipped Potatoes Calif Blend Vegt Seasonal Fruit <b>16</b>	BBQ PORK RIB PATTY Cheesy Bkd Ziti Zucchini & Tomatoes Seasonal Fruit <b>17</b>	BKD CHICKEN BRST w/Apricot Sauce Green Peas Wheat Dinner Roll Spiced Apples <b>18</b>	LIONSHEAD MEATBALLS Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrrots Molasses Cookie <b>19</b>
BKD CHICKEN THIGH w/Vera Cruz Sauce Brown Spanish Rice Pinto Beans Flour Tortilla Tropical Fruit Cup <b>22</b>	BEEF SWISS PATTY w/Sauce Whipped Potatoes Garlicky Green Beans Spinach Romaine Salad Coconut Pudding <b>23</b>	MEATLOAF w/Creole Sauce Rst Red Potatoes Mixed Vegetables Peaches <b>24</b>	PORK CHOP SUEY Steamed Rice Broccoli Cuts & Florets Pineapple Oatmeal Cookie <b>25</b>	** <u>MEMORIAL DAY MEAL</u> ** HAMBURGER PATTY On Bun Lettuce & Tomato BBQ Beans Corn on the Cob Famous Choc. Cupcake <b>26</b>
<b>SENIOR CENTERS CLOSED FOR MEMORIAL DAY</b> <b>29</b>	TURKEY A LA KING Pasta Noodles Seasoned Carrots Spinach Romaine Salad Rocky Road Pudding <b>30</b>	LEMON HERB CHKN BRST Brown Rice & Lentils Calif Blend Vegt Mandarin Pinapple Cup Applesauce Cookie <b>31</b>		

**Alternate Meal for May: Sandwich & Salad (Select Senior Centers Only)**

**Week 1** – Hot Dog w/Coleslaw (M,T) | Rst Beef/Swiss w/ Fruit Salad (W,Th,F)

**Week 2** – Rst Beef/Swiss w/Fruit Salad (M,T) | Turkey/Muenster w/Spinach, Pear Salad (W,Th,F)

**Week 3** – Turkey/Muenster w/Spinach, Pear Salad (M,T) | Ham/Monterey Jack w/Lettuce Wedge, Tomato (W,Th,F)

**Week 4** – Ham/Monterey Jack w/Lettuce Wedge, tomato (M,T) | Hot Dog w/Coleslaw (W,Th,F)

**Week 5** – Hot Dog w/Coleslaw (M,T) | Rst Beef/Swiss w/Fruit Salad (W,Th,F)

All meals served with 8 oz milk and appropriate condiments

# National Senior Health and Fitness Day Brain Savers Summit

May 31, 2017  
Viridian Event Center  
8030 S. 1825 W. West Jordan, Utah  
11:30 AM to 4:00 PM



11:30 AM – Sack lunches for the first 150 people in the West Jordan Park Pavilion  
12:30 PM – “Healthy Cooking for Brain Health” by Celebrity Chef Katie Weinner from Top Chef Boston

Breakout Sessions:

<u>Time</u>	<u>Room A</u>	<u>Room B</u>	<u>Room C</u>	<u>Amphitheater</u>
1:30 pm	How to Put the Odds in your Favor for Future Brain Health by Dr. Mark Johnston	Brain Gym – participate in hands on activities and thinking games to challenge and stimulate your brain	EnhanceFitness – exercise program that focuses on cardio, balance, strength and flexibility	Drum Bus – make new brain connections by participating in an interactive music experience
2:15 pm	Forgetfulness or Dementia? By Carol Wilcox	Brain Gym	Zumba	Drum Bus
3:00 pm	Daily Brain Builder Activities that Work by Dr. Kevin Duff	Brain Gym	Tai chi	Drum Bus

3:45 pm – Wrap Up and Prize Drawing in Room A

Information Tables:

- Salt Lake County Senior Centers
- Alzheimer’s Association
- Wasatch Mountain Club
- AARP
- SLC Track and Roadrunner Club
- Salt Lake County Library Services
- Salt Lake County Aging and Adult Services
- Salt Lake County Health Promotion for Older Adults
- Salt Lake County Animal Services
- SPLORE – Adaptive Adventures of Utah

