

Sergeant Bluff Senior Center

JANUARY 2019

(712-943-2181)

The Senior Center is located at 909 Topaz Drive and will be open Monday through Friday from 7:30 a.m. to 4:30 p.m. A reading library, TV Room and sitting area is available, Garry Coon (712) 333-1542 or Brent Brown (712) 943-5800. For rental information, contact Brent Brown.



**FLOYD PLACE SENIOR LIVING IS
CORDIALLY INVITING YOU TO:**

VALENTINE'S DAY BINGO

Sergeant Bluff Senior Center

Wednesday, February 13th 1:00 PM – 2:00PM

Join us for treats and **Big** Valentine's Day Themed
Bingo Prizes

Meals

Meals will be served at 11:30 a.m. on Mondays, Wednesdays and Fridays. Please call 24 hours in advance for a meal reservation by contacting Connections Area Agency on Aging 800-432-9209 extension 8226. The suggested contribution for meals is \$3.50 - \$6.50 per meal for those over 60. Those under 60 wanting to eat will need to pay the full price of the meal \$6.50

Connections Area Agency on Aging

FROZEN & SHELF STABLE MEAL PROGRAM

You may choose and customize each order from a variety of 20 different **Frozen Meals** (5 Meal Minimum required) Five day meal packs are delivered directly to your home on a weekly, bi-weekly or monthly basis.

You can now choose and customize **Shelf Stable Meals** from a variety of 8 different meals (5 meals minimum) Five day meal packs are delivered to your home on a weekly, bi-weekly or monthly basis. These meals should be stored at room temperature only. (Not low sodium) The meals can take into consideration **Renal Friendly**, **Diabetic Friendly** or **Low Sodium** Meals. For more information, stop by the Senior Center and pick up a brochure or call Connections at 1-800-432-9209 Monday-Friday, 8:00 AM to 4:30 PM

Rental of the Senior Center

The Sr. Center is available for rent for small parties or events, such as birthday parties for people 50 and older, bridal showers, graduation parties, etc. The minimal rental is 2 hours for \$35/hour. Maximum occupancy is 49. You are responsible for cleaning up after your party. If interested, please call Brent Brown at (712) 943-5800 to check for availability.



Exercise Classes

Adaptive aerobics are offered weekly on Tuesdays and Thursdays at 2:00 PM at the Sr. Center. Classes are free of charge..



LEGION BREAKFAST

FEBRUARY 10TH

Hosted by the American Legion and Legion Auxiliary, Post 662, Sergeant Bluff, IA

*Pancakes (Blue Berry Sauce)
Scrambled Eggs, Sausage Patties
Hash Browns, Biscuits & Gravy
Fresh Fruit, Coffee Cake
Beverage \$7.50 per person
Mimosa (OJ & Champagne)
Kahlua or Baileys for Coffee*

(Extra at Bar)