

# Sergeant Bluff Senior Center

**MARCH 2019**

Our telephone is answered only during lunches or events! **(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.



No board meeting minutes are available since we did not have enough board members at our January, February or March meetings for a vote. Next meeting is April 3<sup>rd</sup> at 3:30 pm.



**CANCELLED DUE TO WEATHER**

## LEGION DINNER

SATURDAY, March 9, 2019 Legion Hall  
901 Topaz Ave by Community Center

### Menu

Best Ever **TOMATO** Soup  
Commander Jim's **Reuben** Soup  
Chicken **Dumpling** Noodle Soup  
Salad Bar, Desserts and Beverage

**\$10.00 per Person**

Children 6 – 12 Half Price

Children 5 and under **FREE**

## 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 Duane at 712-943-2181, 10:30 am to 12:00 pm. If no answer, leave a message with your name and number. 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 Senior Center. Classes are free of charge.

