

Sergeant Bluff Senior Center

APRIL 2019

Our phone is only answered 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.



UPCOMING EVENTS:



Exercise Classes

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

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 the Senior Center at 712-943-2181. If no answer, leave message with 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

No board meeting minutes are available since we did not have enough members at our April meeting



LEGION DINNER

**SATURDAY, April 13, 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 4:30pm-6:30pm

Children 6 – 12 Half Price

Children 5 and under FREE



LEGION STEAK SALE



Friday April 19: 3pm – 7pm

Saturday April 20: 10am – 3pm

**At The Post 662 Legion Hall
901 Topaz St by Community Center.**

See attached Poster!

Ribeye, T-Bone, New York Strips