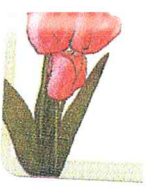




# May



Join Us- Tuesday & Friday at 10:30 - 1:30  
At Elizaville Firehouse for the Livingston  
Senior Community Nutrition Center



Tuesday

Tuesday

Friday

Friday



7 Fish Florentine, rice pilaf, California mixed vegetables, 12 grain bread, milk & monster cookie	7 Games Puzzles
14 Chicken stew, Harvard beets, biscuit, milk & fruited jell-o w/ mandarin oranges	14 Puzzles Games
21 Hot dogs w/ sauerkraut, homemade baked beans, carrots, hot dog roll, milk & applesauce	21 Puzzles Games
28 Stuffed cabbage, mashed potatoes, green beans, 12 grain bread, milk & birthday cake	28 Games Puzzles



3 Games Puzzles	3 Vegetarian ziti w/ zucchini, Tuscan mixed vegetables, Italian bread, milk & peaches
10 Puzzles Games	10 Chicken broccoli primavera, peas, 12 grain bread, milk & fresh orange
17 Games 11:30 Mental Health & Mindfulness presented by Victoria McGahan	17 Vegetarian western omelet, baked sweet potato, broccoli, 12 grain bread, milk & molasses raisin bar
24 Game 11:30 MIPPA Outreach presented by Lynda Scheer and Kim Martens	24 Turkey salad plate on a bed of greens, potato salad, coleslaw, wheat bun, milk & oranges
31 Games Puzzles	31 Roast turkey w/ gravy, stuffing, seasoned mashed potatoes, peas, milk & fruit crisp

PLEASE CONTACT JUDY HARP @ 518-828-7538

THE DAY BEFORE BY 1:00 PM

COLUMBIA COUNTY OFFICE FOR THE AGING

