

LUNCH MENU—April 2024

BETTY QUEEN LOUISA COMMUNITY SENIOR CENTER



TUESDAY	WEDNESDAY	THURSDAY
2 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes (1/2 c) Spinach (1/2 c) Berry Medley*	3 Italian Chicken Dinner Roll Navy Beans (1/2 c) Carrots (1/2 c) Pears*	4 Grilled Chicken Salad Dinner Roll Potato Salad (1/2 c) Mandarin Oranges*
9 Shrimp Scampi Garlic Bread Broccoli (1/2 c) Carrots (1/2 c) Mixed Fruit*	10 BBQ Chicken Dinner Roll Potato Salad (1/2 c) Brussel Sprouts (1/2 c) Peaches*	11 Taco Salad Dinner Roll Black Beans (1/2 c) Pears*
16 Seasoned Pork Chops Dinner Roll Yams (1/2 c) Green Beans (1/2 c) Mixed Fruit*	17 Cheeseburger Baked Beans (1/2 c) Vegetable Blend (1/2 c) Pears*	18 Seasoned Chicken Dinner Roll Pinto Beans (1/2 c) Carrots (1/2 c) Pineapple*
23 Chef Salad Dinner Roll Berry Medley*	24 Ham Dinner Roll Black Eyed Peas (1/2 c) Collard Greens (1/2 c) Peaches*	25 Chicken Stir Fry Brown Rice (1 c) Mandarin Oranges*
30 Oven Baked Chicken Dinner Roll Pinto Beans (1/2 c) Squash & Onions (1/2 c) Berry Medley*		*Milk will always be available upon request.

Join us as we welcome April with fun activities, games, celebrations, and so much more. We look forward to seeing our members, guest and volunteers. Come join in on the fun!

Spring is here and we are so excited for the fun activities...Not to mention the beautiful weather! This month we will be rock painting, feeding the birds and making birdfeeders. We can't wait to see you there!

-Important dates to look forward too.

4/4/24 – Virginia Gallager

4/17/24—Presentation by Lizzie

4/9/24—Sheri Lutz Presentation

4/11/24—United Bank Spokesperson

4/16/24—Master Gardeners



Visit Us Online: jabacares.org/community-senior-centers



The Betty Queen Community Senior Center is proudly named after Betty Queen, who spent her life advocating for older adults and intergenerational spaces. She determinedly served on several boards and lead the charge for building the intergenerational center in Louisa where JABA meets, even founding a nonprofit to raise funds and investing her own donations. Betty Queen is memorialized in the space and stories of each person who benefits from her legacy.

Menus is subject to change. Donations are accepted for lunch and program. Suggested donation is \$3 per day.

A Service Program of JABA and Louisa County for older adults 60 and older.

Address: 522 Industrial Drive Louisa, VA 23093 **Phone:** 540-500-5961 #2

Louisa Center Programs Manager: Jonathan Frith, jfrith@jabacares.org

JABA's Community Senior Centers offer a wide range of activities, healthful lunches, and meaningful connections with your peers and other community members.



APRIL 2024

Louisa Community Senior Center Activities
 Open Tuesday through Thursday 9:30 am-2 pm

At Home with JABA

Activities from the comfort of your home.

Learn More: jabacares.org/at-home-with-jaba

or (434) 872-3337

TUESDAY		WEDNESDAY		THURSDAY	
2	9:30— Coffee, Chat And Puzzles 10:00—Pledge OF Allegiance 10:30—Chair Exercises 11:00—Paint Rocks/Place Outside 12:00— Lunch 1:00—Bingo	3	9:30— Coffee, Chat And Puzzles 10:00—Pledge OF Allegiance 10:30—Healthy Steps 11:00—Black Out Canvases 12:00— Lunch 1:00—Bible Study	4	9:30— Coffee, Chat And Puzzles 10:00—Pledge OF Allegiance 10:30—Chair Exercises 11:00—Movie Members Choice 12:00—Lunch 1:00—Bingo
9	9:30— Coffee, Laughs And Puzzles 10:00—Pledge OF Allegiance 10:30—Chair Exercises 11:00—Bottle Bird Feeder 12:00—Lunch 1:00—Bingo	10	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—Jewelry, Balloon Ball And Trivia 12:00—Lunch 1:00—Bible Study	11	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—United Bank Spokesperson 12:00—Lunch 1:00—Bingo
16	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—Master Gardeners 12:00—Lunch 1:00—Bingo & Ice Cream	17	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Presentation By Lizzie 11:00—Nail Care 12:00—Lunch 1:00—Bible Study	18	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—Trivia With Josephine 12:00—Lunch 1:00—Bingo
23	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—FREE PLAY! 12:00—Lunch 1:00—Bingo	24	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—Family Feud 12:00—Lunch 1:00—Bible Study	25	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—Plant Flowers 12:00—Lunch 1:00—Bingo
30	9:30—Coffee, Laughs And Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00—Nail Care & Music 12:00—Lunch 1:00—Bingo				