





# LUNCH MENU—April 2024

## MARY WILLIAMS COMMUNITY SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> Chicken Salad Sandwich Cucumber/Tomato Salad 3 Bean Salad Peaches Milk	<b>2</b> Salisbury Steak & Gravy Dinner Roll Mashed Potatoes Spinach Berry Medley/Milk	<b>3</b> Italian Chicken Dinner Roll Navy Beans Carrots Pears/Milk	<b>4</b> Grilled Chicken Salad Dinner Roll Potato Salad Mandarin Oranges Milk
<b>8</b> Smoked Sausage Red Beans & Rice Corn Bread Tossed Salad Pineapple/Milk	<b>9</b> Shrimp Scampi Garlic Bread Broccoli Carrots Mixed Fruit/Milk	<b>10</b> BBQ Chicken Dinner Roll Potato Salad Brussel Sprouts Peaches/Milk	<b>11</b> Taco Salad Dinner Roll Black Beans Pears Milk
<b>15</b> Grilled Chicken Salad Dinner Roll Potato Salad Peaches Milk	<b>16</b> Seasoned Pork Chops Dinner Roll Yams Green Beans Mixed Fruit/Milk	<b>17</b> Cheeseburger Baked Beans Vegetable Blend Pears Milk	<b>18</b> Seasoned Chicken Dinner Roll Pinto Beans Carrots Pineapple/Milk
<b>22</b> Salisbury Steak & Gravy Dinner Roll Mashed Potatoes Carrots Mixed Fruit/Milk	<b>23</b> Chef Salad Dinner Roll Berry Medley Milk	<b>24</b> Lunch Out at Wood Grill (\$12.99 + Drink + Tax)	<b>25</b> Chicken Stir Fry Brown Rice Mandarin Oranges Milk
<b>29</b> Tacos Refried Beans Tossed Salad Pears Milk	<b>30</b> Oven Baked Chicken Dinner Roll Pinto Beans Squash & Onions Berry Medley/Milk		

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

# April

- **Tuesdays 4/2—6/25 Active Living Every Day Program:** Do you know you should get more exercise, but don't know how? Do you want to find ways to sit less? Learn the skills you need to become and stay physically active such as overcoming barriers, setting goals and building confidence.
- **Wed 4/3 Eye Clinic:** Wondering about your current eye and vision care? Get your vision screened from 10am-12pm. Tests should take about 5 minutes. No sign-up necessary. Hosted by UVA Ophthalmology Interest Group
- **Mon 4/15 ASC Visit:** Need help signing up for benefits and services? JABA's Aging Services Coordinator can help. Sign up to receive 1-1 assistance this date.
- **Wed 4/24 Field Trip** to The Waldorf School to see our friends perform Peter Pan, followed by lunch at Wood Grill. Members will cover the cost of their lunch (\$12.99 + drink + tax). Please arrive to the center before 9:30am on this date. Sign up required by 4/10.



Visit Us Online: [jabacares.org/community-senior-centers](http://jabacares.org/community-senior-centers)



The JABA Mary Williams Community Senior Center is proudly named after Mrs. Mary Williams, who was born in the area and returned to Charlottesville to live out her "golden years." She was a nurse, entrepreneur, naturalist, confidant, keeper of family history, and promotor of staying active in body, mind and spirit. She was an advocate for herself and others, which led her work to have a place for seniors to go in addition to church and home to gather and remain active.

A Service Program of JABA, Albemarle County,  
and the City of Charlottesville for older adults 60 and older.

**Address:** 674 Hillsdale Drive, Charlottesville, VA 22901 **Phone:** 434-817-5285

**Supervisor:** Carleigh Showalter, [cshowalter@jabacares.org](mailto:cshowalter@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

## Mary Williams Community Senior Center Activities

Open Monday through Thursday 10 am-1 pm

### At Home with JABA

Activities from the comfort of your home.

Learn More: [jabacares.org/at-home-with-jaba](http://jabacares.org/at-home-with-jaba)

or (434) 872-3337

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> 10:00—Coffee/Puzzles or Devotion 10:30—Art w/ Janet 11:15—Legos w/ April or Balloon Ball 12:00—Lunch 12:30—Choir Practice	<b>2</b> 10:00—Active Living Every Day w/ Lizzie 10:45—Healthy Steps w/ Carleigh 11:15—BINGO 12:00—Lunch 12:30—Word Mining	<b>3</b> Eye Clinic 10am-noon 10:00—Puzzles/Social Time 10:15—Seed Planting w/ Master Gardeners 11:15—Exercise w/ Tricia or Writing Group 12:00—Lunch 12:30—Health Talk w/ Cheryl	<b>4</b> 10:00—Social Time/Write Word Game 10:30—Art w/ Louisa 11:15—Sit & Stretch SPIRO 12:00—Lunch 12:30—Memory Game
<b>8</b> 10:00—Coffee/Puzzles or Devotion 10:30—Wellness Talk w/ Shelly 11:15—Choir Performance @ JREC 12:00—Lunch 12:30—Choir Practice	<b>9</b> BRAFB Food Box Distribution Day 10:00—Active Living Every Day w/ Lizzie 10:45—Healthy Steps w/ Lizzie 11:15—Art w/ Janet 11:30—Bookmobile 12:00—Lunch	<b>10</b> 10:00—Volunteer Appreciation & Spotlights 11:15—Exercise w/ Tricia or Writing Group 12:00—Lunch 12:30—Word Mining	<b>11</b> 10:00—Social Time or Baking Group 10:15—BINGO 11:00—Music w/ Singing Grandpa 12:00—Lunch 12:30—Brain Game
<b>15</b> Aging Services Coordinator Here 10--11am 10:00—Puzzles or Devotion. 10:30—Art w/ Louisa or Scripts 11:15—Noodle Hockey, Corn Hole, Horse BBall 12:00—Lunch 12:30—Lori's Sweet Potato Birthday Pie	<b>16</b> 10:00—Active Living Every Day w/ Lizzie 10:45—Healthy Steps w/ Cheryl 11:15—Butterflies w/ Carol 12:00—Lunch 12:30—Categories Brain Game	<b>17</b> 10:00—Social Time/JABA Cookbook 10:30—BINGO 11:15—Exercise w/ Tricia or Writing Group 12:00—Lunch 12:30—Produce Available from BRAFB	<b>18</b> 10:00—Puzzles/Social Time 10:30—Painting Class w/ The Watercolor Guild 12:00—Lunch 12:30—Nutrition Jeopardy
<b>22</b> 10:00—Coffee/Puzzles or Devotion 10:30—BINGO 11:15—Music w/ Rick and Noriko 12:00—Lunch 12:30—Site Council 1:00—Chef Presentation	<b>23</b> 10:00—Active Living Every Day w/ Lizzie 10:45—Healthy Steps w/ Lizzie 11:15—Beading w/ Carol 11:30—Bookmobile 12:00—Lunch	<b>24</b> Field Trip to Waldorf School for Performance of Peter Pan then Wood Grill for Lunch. Arrive to Center by 9:30am. (Sign up required by 4/10)	<b>25</b> 10:00—Puzzles/Social Time 10:30—Spring Painting w/ Carol or Games 11:15—Music Tournament & Stretch 12:00—Lunch 12:30—Health Talk w/ Cheryl
<b>29</b> 10:00—Coffee/Puzzles or Devotion 10:30—Healthy Living w/ Lizzie 11:00—Activity w/ Students 12:00—Lunch 12:30—Choir Practice	<b>30</b> 10:00—Active Living Every Day w/ Lizzie 10:45—Healthy Steps w/ Carleigh 11:15—BINGO 12:00—Lunch 12:30—Short Story Reading	 <p><b>We Love Our Volunteers!</b></p>	