



LUNCH MENU—April 2024

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

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

SOUTHERN ALBEMARLE COMMUNITY SENIOR CENTER



“April is the month of healing, positivity, and regrowth.”

-Anonymous

This month, Southern Albemarle Senior Community Center will be celebrating Volunteer Appreciation Week and Earth Day, as well as enjoying working in the garden and creating new art work.

Don't forget to call JAUNT if you are not able to attend the center. Thank you!

(434) 296-3184



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



Portrait by Dave Johnson

The Southern Albemarle Community Center meets in the Yancey School Building, proudly named after Benjamin Franklin Yancey. He established solid, enriching education to provide access to education to African-American students. The building's rich history is celebrated today by welcoming those of all ages into community and lifelong learning.

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

Address: 7625 Porters Road Esmont, VA 22937 **Phone:** 434-817-5264

Supervisor: LaRhonda Gray, lgray@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

Southern Albemarle Community Senior Center Activities
Open Tuesday through Thursday 10 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 10:00— Chit-Chat & Coffee 10:30— Devotion 11:00— Jeopardy, Trivia & Riddle Me Game 12:00— Lunch 1:00— BINGO	3 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Trivia & Jeopardy 12:00— Lunch 1:00— Craft/Art	4 10:00— Chit-Chat & Coffee 10:30— Devotion, Exercises, & Craft 11:00— Lizzie, Health Educator 12:00— Lunch 1:00— Board Games, Cards, and Dominoes
9 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Craft Day 12:00— Lunch 1:00— BINGO/Movie	10 10:00— Red Cross—CPR Presentation 10:30— Devotion & Exercises 11:00— Bible Trivia 12:00— Lunch 1:00— BINGO	11 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Memory Game 12:00— Lunch 1:00— Balloon Art
16 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Craft 12:00— Lunch 1:00— BINGO	17 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— ABC Game, Earth Day & Gardening 12:00— Lunch 1:00— Volunteer Appreciation Day!! Ice Cream	18 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— ABC Game, Earth Day & Gardening 12:00— Lunch 1:00— Volunteer Appreciation Day!! Ice Cream
23 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Craft—Painting 12:00— Lunch 1:00— BINGO & Trivia	24 <p style="text-align: center;">Field Trip Waynesboro Shopping</p>	25 10:00— Chit-Chat & Coffee 10:30— Devotion and Exercises 11:00— Balloon Toss/Story Time 12:00— Lunch 1:00— Cards & Board Games
30 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Jokes & Riddles 12:00— Lunch 1:00— Bible Trivia		