





LUNCH MENU—May 2024

MARY WILLIAMS COMMUNITY SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Smothered Pork Chop Dinner Roll Mashed Potatoes Spinach Peaches/Milk	2 Seasoned Chicken Dinner Roll Scalloped Potatoes Green Beans Pineapple/Milk
6 Shrimp Scampi w/ Noodles Garlic Bread Broccoli Carrots / Mixed Fruit	7 Taco Salad Dinner Roll Black Beans Berry Medley Milk	8 BBQ Chicken Dinner Roll Potato Salad Brussel Sprouts Peaches/Milk	9 Smoked Sausage Red Beans & Rice Corn Bread Tossed Salad Pineapple/Milk
13 Turkey & Cheese Sub Macaroni Salad Tossed Salad Berry Medley Milk	14 Hot Dogs Baked Beans Coleslaw Cucumber/Tomato Watermelon	15 Oven Fried Chicken Dinner Roll Pinto Beans Scandinavian Vegetables Pineapple/Milk	16 Cheese Burger Macaroni & Cheese Vegetable Blend Peaches Milk
20 Italian Chicken Dinner Roll Navy Beans Carrots Tropical Mix/Milk	21 Chicken Salad Sandwich Cucumber/Tomato Salad Broccoli Berry Medley Milk	22 Sliced Ham Dinner Roll Black Eyed Peas Beets Fresh Fruit/Milk	23 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes Spinach Peaches/Milk
27 Closed for Memorial Day	28 Seasoned Pork chop Dinner Roll Scalloped Potatoes Brussel Sprouts Pineapple/Milk	29 Beef & Broccoli Brown Rice Tossed Salad Mandarin Oranges Milk	30 Smothered 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.

May

May is Older American's Month! The theme is "Powered by Connection." Connectedness plays a vital role in supporting independence by combatting loneliness and isolation. Participating at the Mary Williams Center is a great way to connect with peers and other community members. This month, we look forward to learning more about each other's lives and accomplishments through our member spotlight activities.

Our Older American's Month Celebration will take place at JABA on Tuesday 5/14. JABA's Nelson & Southern Albemarle Centers will come together with us and JABA's Respite and Enrichment Program for music and a backyard BBQ. We look forward to all being together for this event!

Mon 5/20, JAUNT rides will be scheduled to dismiss at 1:30pm so we can participate in Chef Herbert's monthly chef presentation — he will be cooking up Pear & Amaretto this month. Yum!



Visit Us Online: 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

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



MAY 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
 or (434) 872-3337

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 10:00—Finish Member Bios or Puzzles 10:15—“To Tell The Truth” + Member Spotlights 11:15—Exercise w/ Tricia or Writing Group 12:00—Lunch 12:30—Categories Brain Game	2 10:00—Coffee/Puzzles 10:30—Art w/ Louisa or Reminisce: Drive-Ins 11:15—Music w/ Bob and Fran Tyler 12:00—Lunch 12:30—Guess a Letter (Cinco de Mayo)
6 10:00—“10 Things” w/ Pam or Devotion 10:30—Member Spotlights 11:15—Drum Exercise with CeCe 12:00—Lunch 12:30—Choir Meeting or Reminisce: Recess	7 10:00—Active Living Every Day w/ Lizzie 11:15—Healthy Steps or Mother’s Day w/ Janet 12:00—Lunch 12:30—Momisms	8 10:15—Activity w/ Master Gardeners 10:45—Alphabet Minute & Password Game 11:15—Exercise w/ Tricia or Writing Group 12:00—Lunch 12:30—Birthday Celebration	9 10:00—Member Spotlights + Baking Group 10:45—BINGO 11:15—Stretch or Discussion Group 12:00—Lunch 12:30—Cranium Crunches: Verb Generation
13 10:00—“Why Do We Say That” or Devotion 10:30—Wellness Talk w/ Shelly 11:15—Script Groups or Tai Chi w/ Chinako 12:00—Lunch 12:30—Scripts Performance	14 Wear JABA Shirt & Hat 10:00—JABA Older American Month Celebration: Music & Backyard BBQ 11:30—Bookmobile 12:00—Lunch 12:30—BRAFB Food Box Distribution Day	15 10:00—High School Memories/Advice 10:30—Activity w/ Waldorf Students 11:15—Exercise w/ Tricia or Writing Group 12:00—Lunch + Produce Available from BRAFB 12:30—Jeopardy	16 10:00—Coffee/Puzzles 10:30—Art w/ Carol 11:15—Stretch or Game Group 12:00—Lunch 12:30—Health Talk w/ Cheryl
20 10:00—Which War Was It? or Devotion 10:30—BINGO w/ PACE 12:00—Lunch 12:30—Healthy Living w/ Lizzie 1:00—Chef Presentation: Pear & Amaretto	21 10:00—Active Living Every Day w/ Lizzie 11:15—Healthy Steps or Flags w/ Janet 12:00—Lunch 12:30—Short Story Reading	22 10:00—Friendship Tea Party! <i>Wear your favorite tea hat/sun hat or festive headpiece and bring a favorite tea cup.</i> 12:00—Lunch	23 10:00—Puzzles/Coffee 10:30—Watercolor Guild or Discussion Group 11:15—Stretch w/ April 12:00—Lunch 12:30—Nutrition Jeopardy
27 Closed for Memorial Day	28 10:00—Active Living Every Day w/ Lizzie 11:15—Discussion Group w/ Cristin or Healthy Steps w/ Greene (Zoom) 11:30—Bookmobile 12:00—Lunch	29 10:00—Cville Village Presentation 10:30—BINGO 11:15—Exercise w/ Tricia or Writing Group 12:00—Lunch 12:30—Health Talk w/ Cheryl	30 10:15—Card/Dice Games 11:00—Music w/ Paulien Trio 12:00—Lunch 12:30—End of Month Humor