



LUNCH MENU—May 2024

GREENE COMMUNITY SENIOR CENTER



TUESDAY	WEDNESDAY	THURSDAY
Milk is always available upon request.	1 Smothered Pork Chop Dinner Roll Mashed Potatoes Spinach Peaches	2 Seasoned Chicken Dinner Roll Scalloped Potatoes Green Beans Pineapple*
7 Taco Salad Dinner Roll Black Beans Berry Medley*	8 BBQ Chicken Dinner Roll Potato Salad Brussel Sprouts Peaches*	9 Smoked Sausage Red Beans & Rice Corn Bread Tossed Salad Pineapple*
14 Hot Dogs Baked Beans Coleslaw Cucumber/Tomato Watermelon*	15 Oven Fried Chicken Dinner Roll & Pinto Beans Scandinavian Vegetable Blend Pineapple*	16 Cheese Burger Macaroni & Cheese Vegetable Blend Peaches*
21 Chicken Salad Sandwich Cucumber/Tomato Salad Broccoli Berry Medley*	22 Sliced Ham Dinner Roll Black Eyed Peas Beets Fresh Fruit*	23 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes Spinach Peaches*
28 Seasoned Pork chop Dinner Roll Scalloped Potatoes Brussel Sprouts Pineapple*	29 Beef & Broccoli Brown Rice Tossed Salad Mandarin Oranges*	30 Smothered Chicken Dinner Roll, Pinto Beans Squash & Onions Berry Medley*

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” —John F Kennedy

Thank you to all the men and women who have sacrificed their lives so that we may live free.



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



The Greene Community Senior Center proudly partnered with the Greene County Library to share a building and a community. The collaboration developed out of shared service to seniors in Greene and the desire for more intergenerational connections and a space that would serve as backdrop for a thriving community of all ages. Now it's common to see seniors and those of all ages enjoying each other where all are welcome. As one person put it, the space is “where experience and innocence meet.”

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

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

Address: 222 Main Street Stanardsville, VA.22973 **Phone:** 434-985-2047

Supervisor: Sandra Davis , sdavis@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

Greene Community Senior Center Activities

Open Tuesday through Thursday 9:30 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

TUESDAY	WEDNESDAY	THURSDAY
	1 9:15 Opening/Brain Teasers 9:30 Exercise/Site Council 10:00 CPR Presentation/American Red Cross 11:00 Word Puzzle Wednesday 12:00 Lunch	2 9:15 Opening/Brain Teasers 9:30 Exercise 10:00 Laugh Out Loud/Site Council Meeting 11:00 Let's Make Salsa 12:00 Lunch
7 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Vyvyan with Art Guild 11:00 Armchair Travel/Visit w/ASC 12:00 Lunch	8 9:15 Opening/Brain Teasers/SITE COUNCIL 9:30 Exercise with Minna 10:00 Celebrating Moms 12:00 Lunch	9 9:15 Opening/Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch
14 TRIP TO LOUISA OLDER AMERICANS MONTH CELEBRATION	15 9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 Devotion With Betty 11:00 Health Presentation with Lizzie 12:00 Lunch	16 9:15 Opening/Brain Teasers 9:30 Exercise 10:00 Sing a Long 11:00 Nutritional Jeopardy (zoom) 12:00 Lunch
21 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Butterfly Craft 10:30 Let's Reminisce 11:00 Jeopardy 12:00 Lunch	22 9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 Word Puzzle Wednesday 11:00 TRIAD 12:00 Lunch	23 9:15 Opening/Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch
28 9:15 Opening/Brain Teasers 9:30 Exercise/Walking Club 10:00 Patio Time 10:30 Who Am I? 11:15 Healthy Steps (Zoom) 12:00 Lunch	29 9:15 Opening/Brain Teasers 9:30 Exercise with Minna 10:00 SENIOR FITNESS DAY 11:00 Drum Circle 12:00 Lunch	30 SHOPPING TRIP AND LUNCH AT COUNTRY COOKIN'