

LUNCH MENU—May 2024

TUESDAY	WEDNESDAY	THURSDAY
<p><i>*Milk is always available upon request.</i></p>	<p>1 Smothered Pork Chop Dinner Roll Mashed Potatoes (1/2 c) Spinach (1/2 c) Peaches*</p>	<p>2 Seasoned Chicken Dinner Roll Scalloped Potatoes (1/2 c) Green Beans (1/2 c) Pineapple*</p>
<p>7 Taco Salad Dinner Roll Black Beans (1/2 c) Berry Medley*</p>	<p>8 BBQ Chicken Dinner Roll Potato Salad (1/2 c) Brussel Sprouts (1/2 c) Peaches*</p>	<p>9 Smoked Sausage Red Beans & Rice (1/2 c) Corn Bread Tossed Salad (1.5 c) Pineapple*</p>
<p>14 Hot Dogs Baked Beans (1/2 c) Coleslaw (1/2 c) Cucumber/Tomato (1/2 c) Watermelon*</p>	<p>15 Oven Fried Chicken Dinner Roll Pinto Beans (1/2 c) Scandinavian Vegetable Blend (1/2 c) Pineapple*</p>	<p>16 Cheese Burger Macaroni & Cheese (1/2 c) Vegetable Blend (1 c) Peaches*</p>
<p>21 Chicken Salad Sandwich Cucumber/Tomato Salad (1/2 c) Broccoli (1/2 c) Berry Medley*</p>	<p>22 Sliced Ham Dinner Roll Black Eyed Peas (1/2 c) Beets (1/2 c) Fresh Fruit*</p>	<p>23 Salisbury Steak & Gravy Dinner Roll Mashed Potatoes (1/2 c) Spinach (1/2 c) Peaches*</p>
<p>28 Seasoned Pork chop Dinner Roll Scalloped Potatoes (1/2 c) Brussel Sprouts (1/2 c) Pineapple*</p>	<p>29 Beef & Broccoli Brown Rice (1/2 c) Tossed Salad (1.5 c) Mandarin Oranges*</p>	<p>30 Smothered Chicken Dinner Roll Pinto Beans (1/2 c) Squash & Onions (1/2 c) Berry Medley*</p>

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

BETTY QUEEN LOUISA COMMUNITY SENIOR CENTER



Join us as we welcome May 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. Come out and join us! Become a member or volunteer!

-Important dates to look forward too.

5/14/24– Older Americans Month Celebration

5/21/24-Master Gardeners

5/23/24– Presentation by Lizzie, 10AM

5/23/24-United Bank Spokesperson, 11AM



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.

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.



MAY 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
	<p>1 9:30— Coffee, Chat and Puzzles 10:00—Pledge OF Allegiance 10:30—Exercise Video 11:00— Yarn Bracelet Making 12:00— Lunch 1:00—Bible Study</p>	<p>2 9:30— Coffee, Chat and Puzzles 10:00—Pledge of Allegiance 10:30—Chair Exercises 11:00— Trivia with Josephine 12:00— Lunch 1:00—Bingo</p>
<p>7 9:30— Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Chair Exercises 11:00—Heat Press Pouch Making/Hot Wheel Race 12:00— Lunch 1:00—Bingo</p>	<p>8 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Exercise Video 11:00—Kahoot 12:00—Lunch 1:00—Bible Study</p>	<p>9 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Exercise Video 11:00— Mothers’ Day Celebration 12:00—Lunch 1:00—Bingo</p>
<p>14 9:30—Coffee, Laughs and Puzzles 10:00—Older Americans Month Celebration 12:00—Lunch 1:00— Bingo</p>	<p>15 9:30—Coffee, Laughs and Puzzles 10:00—Pledge Of Allegiance 10:30—Exercise Video 11:00— Abstract Art Painting 12:00—Lunch 1:00—Bible Study</p>	<p>16 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Exercise Video 11:00—Game Day 12:00—Lunch 1:00—Bingo</p>
<p>21 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</p>	<p>22 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Exercise Video 11:00—Swap Meet 12:00—Lunch 1:00—Bible Study</p>	<p>23 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance/ Presentation by Lizzie 10:30—Exercise Video 11:00—Presentation by United Bank 12:00—Lunch 1:00—Bingo</p>
<p>28 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Exercise Video 11:00—Field Day 12:00—Lunch 1:00—Bingo</p>	<p>29 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Exercise Video 11:00—Movie Day 12:00—Lunch 1:00—Bingo</p>	<p>30 9:30—Coffee, Laughs and Puzzles 10:00—Pledge of Allegiance 10:30—Exercise Video 11:00—Picture Booth Day 12:00—Lunch 1:00—Bingo</p>