



## LUNCH MENU—May 2024

# SOUTHERN ALBEMARLE COMMUNITY SENIOR CENTER



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

May this month be filled with laughter and joy. Southern Albemarle Senior Community Center will be planting vegetables and flowers in their community garden. We will also be celebrating Mothers Day, Older Americans Month, National Health Fitness Day, and Cinco De Mayo!



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](http://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.

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

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](mailto: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.




# MAY—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.  
More: [jabacares.org/at-home-with-jaba](http://jabacares.org/at-home-with-jaba)  
or (434) 872-3337

TUESDAY	WEDNESDAY	THURSDAY
	<b>1</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Cinco de Mayo Crafts 12:00— Lunch 1:00— Crafts	<b>2</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Vase Craft 12:00— Lunch 1:00— Cinco de Mayo Crafts
<b>7</b> <b>Mother's Day Tea Party</b> <b>Ladies, dress up &amp; wear pearls!</b>	<b>8</b> <b>11:00-Lizzie Health Educator</b> <b>Mother's Day Tea Party</b> <b>Ladies, dress up &amp; wear pearls!</b>	<b>9</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— In the Garden 12:00— Lunch 1:00— Jokes & Riddles/Board Games
<b>14</b> <b>Older American's Month</b> <b>Celebration</b>	<b>15</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Flower Craft 12:00— Lunch 1:00— BINGO	<b>16</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— May Trivia/Craft Baskets 12:00— Lunch 1:00— Board Games
<b>21</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Trivia 12:00— Lunch 1:00— BINGO & Game	<b>22</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— Tree Craft 12:00— Lunch 1:00— Trivia	<b>23</b> 10:00— Chit-Chat & Coffee 10:30— Devotion and Exercises 11:00— Wood Craft 12:00— Lunch 1:00— Movie
<b>28</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— National Health Fitness Day! 12:00— Lunch 1:00—Outdoors Fun & Games	<b>29</b> 10:00— Chit-Chat & Coffee 10:30— Devotion & Exercises 11:00— National Health Fitness Day! 12:00— Lunch 1:00—Outdoors Fun & Games	<b>30</b> 10:00— Chit-Chat & Coffee 10:30— Devotion and Exercises 11:00— Exercise Your Brain Video 12:00— Lunch 1:00— BINGO