

DECEMBER 2023 Murfreesboro Senior Activity Center Menu

Mon	Tue	Wed	Thu	Fri
				1
4 LASAGNA TOSSED SALAD W/DT DRESSING GARLIC BREAD MANDARIN ORANGES	5 SMOTHERED CHICKEN RICE CALIFORNIA VEGETABLES WHEAT ROLL CHILLED PINEAPPLE COOKIE	6 GLAZED MEATLOAF MASHED POTATOES GREEN BEANS SF BREAD CITRUS TWIST TRIFLE	7	8
11 PULLED PORK BBQ SAUCE BAKED BEANS COLE SLAW HAMBURGER BUN APPLE CRISP	12 CHICKEN & DUMPLINGS GREEN BEANS CORNBREAD LEMON PUDDING CAKE	13 ROAST BEEF MASHED POTATOES SEASONED CARROTS DINNER ROLL	14	15
18 BEEF STEW SPINACH SF CORNBREAD CHILLED PEARS ASSORTED COOKIE	19 HAM & BEANS SEASONED CABBAGE SF CORNBREAD MARGARINE PEACH COBLER	20 ROAST TURKEY YAM PATTY BROCCOLI WHOLE WHEAT ROLL PUMPKIN PIE	21	22
25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS	27 CHICKEN SPAGHETTI TOSSED SALAD DINNER ROLL MARGARINE BROWNE	28 GOULASH CORN MIXED GREEN SALAD WHEAT ROLL APPLE PIE	29 FRIED FISH COLESLAW HUSHPUPIES PINTO BEANS PINEAPPLE UPSIDE DOWN CAKE

*Open Monday/Tuesday / Wednesday 8:00am – 4:00pm
 *Lunch served at 11:30am with skim milk, coffee, tea or water
 *Transportation available

Center phone: 870-285-2312
 Site Manager: Vickie Hutson

Activity Calendar

Mon	Tue	Wed	Thu	Fri
BIRTHDAYS 12- 8 – Ricky Bailey 12- 10 – Patricia Roberts 12- 13 – Carolyn Cox 12- 16 – Phil Griffith 12- 20 – Janie Wright	BIRTHDAYS 12-21 –Sam Rather 12-21- Ray Epperson 12- 24 - Avonne Petty 12 24 – Alton Sanders 12- 27 – Carol James 12 -30- Sally McKinnon			1
4 9:30 – Exercise 10:30 – Chair Volleyball	5 9:30 – Exercise 10:30 – Chair Volleyball	6 9:30 – Exercise 10:30 – Bingo with Kassie Nashville Nursing	7 Li Heap Training	8
11 9:30 – Exercise 10:30 – Chair Volleyball	12 9:30 – Exercise 10:30 – Bingo with KaSandra	13 9:30 – Exercise 10:30 – Chair Volleyball	14 TASTE OF CHRISTMAS	15
18 9:30 Exercise 10:30 – Chair Volleyball	19 9:30 – Exercise 10:30 – Bingo With April	20 9:30 – Exercise 10:30 - Twin Rivers Pie Trivia	21	22
25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CHRISTMAS	27 9:30 – Exercise 10:30 – Chair Volleyball	28 9:30 – Exercise 10:30 – Chair Volleyball	29 9:30 – Exercise 10:30 – Chair Volleyball

OPEN Monday/Tuesday and Wednesday 8:00 Am.- 4:00 pm
 Lunch served @ 11:30 am with Milk, Coffee, tea or water
 Transportation Available

Center Phone 870-285-2312

Site Manager: Vickie Hutson