

Join the Fun!

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

VOLUNTEERS NEEDED! Front sign in desks, servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

Lunch Reservations Required
60+ suggested \$3.00 donation
Under 60 \$6.00

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	CINCO DE MAYO PARTY! 3
		Chicken & Pasta Broccoli Steamed Carrots WW Roll Orange Milk	Chili Beans Spinach Salad Cantaloupe Corn Bread Milk	Parmesan Turkey Patty Red Potatoes Zucchini WW Roll Watermelon Milk
6	7	8	9	MOTHER'S DAY PARTY! 10
Meatballs w/Gravy Mixed Vegetables Fresh Fruit Steamed Rice Vanilla Pudding Milk	Baked Potato Chili w/Ground Beef Cantaloupe Zucchini WW Roll Milk	Scrambled Eggs Sausage Breakfast Potatoes Fresh Fruit Biscuit Milk	Tamale Pie Pineapple Salad Carrot Sticks WW Roll Milk	BBQ Chicken Corn Fresh Fruit WW Roll Pinto Beans Milk
13	14	HAPPY BIRTHDAY! 15	16	17
Beef Stew Green Salad Melon WW Roll Milk	Tuna Salad Spinach Salad Sliced Orange Saltines Gelatin/Fruit Milk	Roast Turkey w/Gravy Mashed Potatoes Peas & Carrots WW Roll Birthday Cake Milk	Beef Lasagna Green Salad Mixed Vegetables Milk	Orange Chicken Broccoli Cantaloupe WW Roll Steamed Brown Rice Milk
20	21	22	23	24
Chicken Pot Pie Coleslaw Fresh Fruit Biscuit Milk	Pasta w/Meat Sauce Spinach Fresh Fruit Garlic Bread Milk	Gumbo Soup Citrus Salad Melon WW Roll Milk	Pork Loin Chop Steamed Carrots Fresh Fruit WW Roll Brown Rice Milk	Shredded BBQ Chicken Sandwich Potato Wedges Cantaloupe Pinto Beans Milk
27	28	29	30	31
CLOSED MEMORIAL DAY	Ground Beef w/Gravy Mixed Vegetables Honeydew Melon WW Roll Steamed Rice Milk	Chicken Fajita Fajita Vegetables Fresh Fruit Flour Tortilla Spanish Rice Milk	Spaghetti w/Turkey Meat Sauce Green Beans Cantaloupe WW Roll Green Salad Milk	Turkey Meatloaf Carrots Pineapple WW Roll Mashed Potatoes Milk

*2nd Wednesday of the month: Nutrition Meeting 1:00pm, Senior Alliance Meeting 1:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	CINCO DE MAYO PARTY! 3
		9:00-Exercise Class 9:00: Cards in the Library 9:00 Crafts 10:00 Live Music & Dancing: Ed Rodgers & the Guys 12:00-Lunch	9:00 - Cards in the Library 9:00 - Crochet 9:00 - Exercise w/music (\$5) 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
6	7	8	9	MOTHER'S DAY PARTY 10
9:00 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch	9:00 - Exercise Class 9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - crafts 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch 1:00 - Senior Afternoon Movie	9:00 - Crochet 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
13	14	HAPPY BIRTHDAY! 15	16	17
9:00 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch	9:00 - Exercise Class 9:00 - Sewing/Quilting 9:00 - Cards in the Library 9:00 - AARP Safe Driver Course 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/music (\$5) 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
20	21	22	23	24
9:00 - Exercise Class 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Tony Ernst 12:00 - Lunch	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/music (\$5) 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
27	28	29	30	31
CLOSED MEMORIAL DAY	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Senior Marketplace 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch	9:00 - Cards in the Library 9:00 - Crochet 9:00 - Exercise w/Music (\$5) 10:00 - Music: Country George 10:30 - Beginning Line Dance (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Painting 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 -Lunch 1:00 - Penny Bingo