

May, 2013

Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
Center is open Monday-Friday 9-1:00 p.m.		1 Bobby Harris Vision Testing 10:00 	2 Games	3 Morning Devotional With Beth 11:00
6 Bridge and Games	7 Games 	8 Patsy Kanter How is your Blood Pressure? Disaster Preparedness Botanical Gardens	9 Health Notes With Linda 11:00	10 Library time with Joy at 10:00 Mother's Day Celebration (After Hours) 
13 Bridge and Games 	14 Games	15 Shrine of Most Blessed Sacrament & Lunch at All Steak In Cullman 	16 Games	17 Games
20 Games	21 Games	22 Games	23 East Lake Park Older American Celebration 10:00-1:00	24 Games
27 Center Closed Memorial Day 	28 Games 	29 Open House 9-1:00 p.m. Fun, Entertainment And Door Prizes	30 Ross Petty Magnolia Ridge 11:00	31 Games

MAY

Noon Menu
ADSS NUTRITION PROGRAM

SPRING 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu 6 Apple Juice Swiss Steak Buttered Rice Mixed Vegetables Wheat Bread Margarine Pineapple Tidbits Milk	Menu 7 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Raspberry Gelatin Milk/Chocolate Milk	Menu 3 Meatballs/Spaghetti Sauce Whole Grain Penne Pasta California Vegetables Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Chocolate Cake Milk	Menu 4 Tomato Juice Vegetable Plate: Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk	Menu 5 Smoked Sausage Northern Beans Garden Vegetables Fresh Fruit Diced Onions Hot Dog Bun Mustard Cherry Gelatin Milk
Menu 11 Orange Juice Chicken Noodle Casserole Whole Kernel Corn Green Beans Whole Wheat Bread Margarine Raisin Crème Pie Milk	Menu 12 Meatloaf/Brown Gravy Whipped Potatoes Mixed Greens Fresh Fruit Cornbread Margarine Cranberry Congealed Salad Milk/Buttermilk	Menu 8 BBQ Chicken Diced Cabbage Country Vegetables Fresh Fruit Hamburger Bun Margarine Lemon Pudding Milk	Menu 9 Blended Juice Braised Beef/Noodles Green Peas Rutabagas Wheat Breadstick Margarine Nutty Buddy Milk	Menu 10 Orange/Pineapple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Turnip Greens Cornbread Margarine Birthday Cake Milk/Buttermilk
Menu 16 Apple Juice Grilled Pork/Gravy Delmonico Potatoes Brussels Sprouts Whole Wheat Bread Margarine Lemon Cake Milk	Menu 17 Grape Juice Italian Macaroni Casserole Green Beans Tossed Salad/Italian Dressing Texas Bread Margarine Vanilla Goldfish Cookie Milk	Menu 13 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	Menu 14 BBQ Rib Patty Northern Beans Broccoli Sliced Peaches Wheat Bread Margarine Yellow Cake Milk	Menu 15 Cranberry Juice Beef Tips and Rice Okra and Tomatoes Glazed Carrots Wheat Bread Margarine Oats and Honey Goldfish Cookie Milk
Menu 20 Apple Juice Grilled Pork/Gravy Delmonico Potatoes Brussels Sprouts Whole Wheat Bread Margarine Lemon Cake Milk	Menu 18 Honey Mustard Chicken Strips (3) Brown Rice Mustard Greens Fresh Fruit Cornbread Margarine Orange Gelatin Milk/Buttermilk	Menu 15 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	Menu 16 BBQ Rib Patty Northern Beans Broccoli Sliced Peaches Wheat Bread Margarine Yellow Cake Milk	Menu 19 Cranberry Juice Ham & White Beans Whole Kernel Corn Marinated Slaw Wheat Bread Margarine Fudge Crème Cookie Milk
Centers Closed Memorial Day	Menu 2 Apple Juice Breaded Pork/Gravy Whipped Potatoes Green Peas Wheat Bread Margarine Chocolate Pudding Milk	Menu 3 Meatballs/Spaghetti Sauce Whole Grain Penne Pasta California Vegetables Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Yellow Cake Milk	Menu 4 Tomato Juice Vegetable Plate: Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk	Menu 5 Smoked Sausage Northern Beans Garden Vegetables Fresh Fruit Diced Onions Hot Dog Bun Mustard Cherry Gelatin Milk