

TVCCA SENIOR CAFE MENU

April 2023

TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p>BBQ Pulled Pork w/ Bun Baked Beans Zucchini, Peas, & Carrots Sweet Treat Grape Juice</p>	<p>5</p> <p>American Chop Suey Diced Carrots Waxed Beans Fresh Orange</p>	<p>6</p> <p>Cod w/ Herbs & Tomatoes Rice Pilaf Broccoli Tropical Fruit Cup</p>
<p>11</p> <p>Meatballs Marinara Lemon Parmesan Penne Pasta Green & Waxed Beans Pineapple Tidbits</p>	<p>12</p> <p><u>Birthday Celebration</u> Creamy Chicken Dijon Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Grape Juice</p>	<p>13</p> <p>Western Omelet Home Fries Mixed Vegetables Medley Mandarin Oranges</p>
<p>18</p> <p>Pesto Grilled Chicken Roasted Garlic Rice Soybean Succotash Pineapple Tidbits</p>	<p>19</p> <p>Salisbury Steak w/ gravy Mashed Potatoes Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>20</p> <p>Cheese Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears</p>
<p>25</p> <p>Cheese Lasagna Roll-Ups w/ marinara sauce Snap Peas Zucchini & Yellow Squash Fresh Fruit</p>	<p>26</p> <p>Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mush- rooms Mandarin Oranges</p>	<p>27</p> <p>Chicken Fried Beef Steak Garlic Mashed Potatoes Green & Waxed Beans Mixed Fruit Cup</p>
	<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p> <p><u>www.tvcca.org</u></p>	<p>1% Milk and Whole Grain bread are served with each meal. Menu is subject to change without notice.</p>

Please make your lunch reservation a week in advance

SNEAKER DRIVE

DONATION BOX INSIDE AT THE POMFRET COMMUNITY CENTER



Donate New or Preowned Sneakers

ANY TYPE. ANY SIZE. ANY CONDITION.

REUSE

Make a positive difference!
Provide wearable footwear to
individuals who need shoes
first locally & then globally

RECYCLE

Keep them out of landfills!
Very worn sneakers are
used for athletic fields,
courts, tracks & playgrounds

WE COMPETE

a Pomfret based, student-run, registered public charity

*Providing sneakers to local students
in need of footwear*

**SNEAKERS ONLY
PLEASE!**



For more information
visit **we-compete.org** or email **info@we-compete.org**

Proceeds received from our recycling organization partner support
local student sport participation & *The Women's Sports Foundation.*

** Pomfret Senior Center April 2023 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
4			5			6		
10:00-10:30	Coffee Time		9:30-10:30	Walking Club	at the PSC	9:30-11:30		Chair Caning
10:30-11:30		Chair yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	CSFP and Senior Care Distribution		12:30-2:00	Readings from Kat "A Girl Named Zippy"		1:00-2:00	Birthday Celebration/ Trivia	
						1:00-3:00		PCM
11			12			13		
10:00-10:30	Coffee Time		9:30-10:30	Walking Club	at the PSC	9:30-11:30		Chair caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
12:30-2:00	Tech Support		1:00-2:00	Chair Massage		1:00-2:00	Bingo	
2:00-5:00		PCM				1:00-3:00		PCM
18			19			20		
10:00-10:30	Coffee Time		9:30-10:30	Walking Club	at the PSC	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		10:30-11:30	Blood Pressure Clinic	
1:00-2:00	Craft: Coffee Filter Wreath		12:30-2:00	Show N' Tell		11:45-12:45	Lunch w/ Special	
						12:30-2:00	Presentation: The Power of Nutrition in Disease Prevention	
						1:00-3:00		PCM
25			26			27		
10:00-10:30	Coffee Time		9:30-10:30	Walking Club	at the PSC	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	-Tech Support -Generations Health Support			Chair Massage		12:30-2:00	Movie Afternoon: TBD	
2:00-5:00		PCM				1:00-3:00		PCM
May 2			May 3			May 4		
10:00-10:30	Coffee Time		9:30-10:30	Walking Club	at Railroad Dr	9:30-11:30	Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	CSFP-Senior Care Distribution					12:30-2:00	Birthday Celebration/ Trivia	
			12:30-2:00	Story Reading From Kat		1:00-3:00		PCM