

Friendship Dining Centers
 Activity & Menu Calendar
 (Daily activities are subject to change.)



Our mission is to assist individuals
 to live independently by
 providing nutrition and caring,
 supportive services.

All meals are served with 8oz of 1% low-fat milk and one slice of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208
 (941) 747-4655 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from:



Monday	Tuesday	Wednesday	Thursday	Friday
At: Parrish United Methodist & First United Methodist Church of Palmetto	At: Meals on Wheels PLUS	At: Parrish United Methodist & Meals on Wheels PLUS	At: Meals on Wheels PLUS	At: Myakka Family Worship & Redeemer Lutheran Church
	1 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Trivia Card Game: Sweep/Trash BINGO Meal: Thai Ginger Curry Chicken	2 Coffee & Conversation Trivia (MOW) Card Game: Sweep (MOW) Penny Game (MOW) IQ Games (MOW) Card Game: Trash (PUM) BINGO w/exercise (PUM) Meal: Salisbury Steak	3 Coffee & Conversation Trivia Dominoes Penny Game Chair Hockey Meal: Lemon Chicken w/ Rice	4 Coffee & Conversation Let Your Yoga Dance/Chair Yoga (RLC) Craft: Painted Coasters (RLC) BINGO (RLC) Craft: Making Bookmarks (MYA) Meal: Asian Meatballs & Dumplings
7  PROGRAM CLOSED	8 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Trivia Mexican Train Dominoes Rumiko Nutrition Education: This Topic is Complex (Carbs!) Meal: Mac and Cheese w/Chicken	9 Coffee & Conversation Trivia (MOW) IQ Games (MOW) Cards/Puzzles (MOW) Cards/Games (PUM) BINGO w/exercise (PUM) Meal: French Onion-Breaded Pork Chop	10 Coffee & Conversation Trivia Chair Hockey Mexican Train Dominoes Cards Meal: Butter Chicken & Lentil Stew	11 Coffee & Conversation Let Your Yoga Dance/Chair Yoga (RLC) Craft: Painted Book Covers (RLC) Rummy (RLC) Nutrition Education: This Topic is Complex (Carbs!) (RLC) Craft: Bees with Pool Noodles (MYA) Meal: Italian Cheese Lasagna
14 Coffee & Conversation Craft: Clay Creatures (FUM) Penny Game (FUM) BINGO (FUM) Nutrition Education: This Topic is Complex (Carbs!) (PUM) Cards (PUM) Meal: Raspberry BBQ Grilled Chicken	15 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Trivia BINGO Rumiko Penny Game Meal: Beef Goulash	16 Coffee & Conversation Mexican Train Dominoes (MOW) Rumiko (MOW) Trivia (MOW) Card Games/Puzzles (PUM) BINGO w/exercise (PUM) Meal: Homestyle Turkey & Stuffing	17 Coffee & Conversation Dominoes Cards IQ Games Chair Hockey Meal: Cheese Pizza	18 Coffee & Conversation Let Your Yoga Dance/Chair Yoga (RLC) Craft: Clay Creatures (RLC) BINGO (RLC) Craft (MYA) Nutrition Education: This Topic is Complex (Carbs!) (RLC) Meal: Swiss Steak
21 Coffee and Conversation Nutrition Education: This Topic is Complex (Carbs!) (FUM) Craft: Mini Pumpkin Designs (FUM) Table Games/BINGO (PUM) Meal: Chicken Parmesan	22 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Dominoes Cards Trivia Meal: Shepherd's Pie	23 Coffee & Conversation Rumiko (MOW) Puzzles/Games (MOW) Word Search (MOW) Cards (PUM) BINGO w/exercise (PUM) Craft (PUM) Meal: Shrimp Stir-Fry	24 Coffee & Conversation Kahoot! Traveling Chair: Ireland Games/Cards Dominoes Penny Game Meal: Chicken a La Bleu	25 Coffee & Conversation Let Your Yoga Dance/Chair Yoga (RLC) Craft: Shell Painting (RLC) BINGO (MYA) Craft (MYA) Meal: Turkey Divan
28 Coffee and Conversation Craft: Sparkling Sequined Baubles (FUM) BINGO (FUM) Table Games/Dominoes (PUM) Cards (PUM) Meal: BBQ Seasoned Pork	29 Coffee & Conversation Let Your Yoga Dance/Chair Yoga IQ Games Birthday Celebrations BINGO Meal: Thai Ginger Curry Chicken	30 Coffee & Conversation Penny Game (MOW) Word Search (MOW) Rumiko (MOW) Cards (PUM) BINGO w/exercise (PUM) Craft (PUM) Meal: Salisbury Steak	 	

LOCATIONS:

Meals on Wheels PLUS of Manatee (MOW)
 811 23rd Avenue East,
 Bradenton, FL 34208
 Tuesday, Wednesday, & Thursday 9am-1pm

First United Methodist Church
 of Palmetto (FUM)
 330 11th Avenue West, Palmetto, FL 34221
 Monday 9am-1pm

Parrish United Methodist (PUM)
 12180 US-301
 Parrish, FL 34219
 Monday & Wednesday 9am-1pm

Myakka Family Worship Center (MYA)
 33420 Singletary Road
 Myakka City, FL 34251
 Friday 9am-1pm

Redeemer Lutheran Church (RLC)
 6311 3rd Avenue West
 Bradenton, FL 34209
 Friday 9am-1pm

THIS TOPIC IS COMPLEX (CARBS!)

Choosing the right kinds of carbohydrates can help you maintain steady energy levels, support heart health, and manage blood sugar.

Carbohydrates can be broken into 2 groups: complex and simple. **Complex carbohydrates** are packed with fiber, vitamins, and minerals. Because they digest more slowly, they provide lasting energy and help you feel full longer.

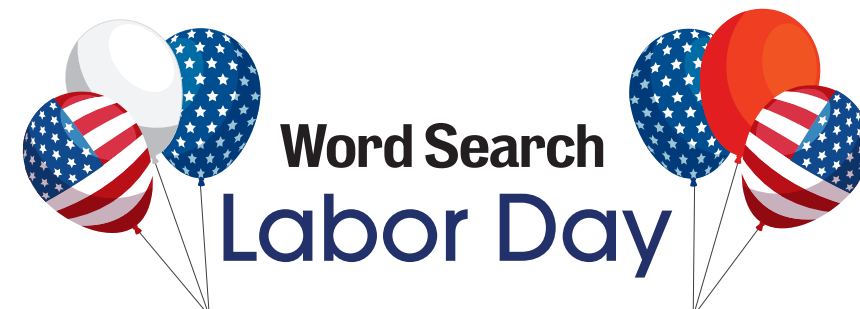
Simple carbohydrates are digested quickly and can cause blood sugar to rise and fall rapidly. These are often found in sugary drinks, candy, pastries, cookies, and white bread. While naturally occurring simple sugars in fruits and milk also fall into this category, these foods contain important nutrients and can still be part of a healthy diet.

HOW DO YOU CHOOSE HEALTHY CARBS?

Looking for the whole grain symbol or the words "100% whole grain" or "whole wheat" can help you identify healthier choices. Even small changes like mixing brown and white rice can make a difference!

Complex Carbohydrates to Add to Your Diet:

- Whole-grain Bread
- Brown Rice
- Beans
- Sweet Potatoes and Other Vegetables
- Oatmeal
- Quinoa
- Lentils



REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please do not attend the program, but please call us at **941-747-4655** to let us know.

BACKYARD
BARBECUE ★
BEACH
CELEBRATE
END OF SUMMER
FAMILY
FEDERAL

FRIENDS
HAMMOCK
HISTORY
HOLIDAY
JOB
LABOR
PARADE

PARTY
RELAX
REST
RIGHTS
SEPTEMBER
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TRADE
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