

**PERRY COUNTY SENIOR CENTER - 4 N. SPRING, PERRYVILLE 547-2188**  
**EPC SENIOR CENTER - 266 CHURCH ST, ALTENBURG 824-5827**

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# MENU

**April, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 CHICKEN &amp; DUMPLINGS</b> Harvard Beets Pea Salad *WG Bread Jello w/Pears <b>Pville: Chairside Exercise Class -10:00 am</b>	<b>3 CHOPPED STEAK</b> Mashed Potatoes Green Beans Biscuit *Apple Crisp <b>LIVER &amp; ONIONS AT CENTERS</b> <b>Pville: Serenity Hospice Bingo 10:30</b> <b>EPC: Chairside Exercise Class - 10:15 am</b>	<b>4 BAKED CHICKEN</b> California Blend Potatoes *WG Dinner Roll Spiced Peaches <b>FRIED CHICKEN AT CENTERS</b> <b>Pville: Chairside Exercise Class -10:00 am</b> <b>Pville: Ball Park Bingo at 10:30</b>	<b>Pville: Ramona's Bingo at 10:30</b> <b>BBQ PORK STEAK</b> Baked Potato Capri Vegetables *WG Crackers Pineapple <b>OR</b> Cookies <b>BBQ RIBLET at EPC CENTER</b> <b>EPC: Peoples Bank Bingo at Noon</b> <b>EPC: Chairside Exercise Class - 10:15 am</b>	<b>6 AARP TAX CLINIC 9 am - 1 pm</b> <b>BAKED FISH OR RUEBEN</b> Pineapple Coleslaw Baked Beans *WG Bread or Rye Bread Mixed Fruit <b>CATFISH AT CENTERS</b> <b>EPC: Closed</b> 1
<b>9 CHICKEN CORDON BLEU</b> *Long Grain/Wild Rice Beet Salad Green Peas Bread Blushing Pears <b>Pville: Chairside Exercise Class -10:00 am</b> <b>Pville: Crown Hospice Bingo at 10:30</b>	<b>10 MEATLOAF</b> Mashed Potatoes Green Beans *Dinner Roll Fruit Salad <b>OR</b> Krispie Treat <b>Pville: BJ Bingo at 10:30 am</b> <b>EPC: Chairside Exercise Class - 10:15 am</b>	<b>11 MITCH &amp; FRIENDS MUSIC!!</b> <b>HERB BAKED CHICKEN</b> Mashed Potatoes Broccoli *Dinner Roll Berry Banana Jello <b>FRIED CHICKEN AT CENTERS</b> <b>Pville: Music and Dancing today! 9:30 am</b> <b>EPC: Linda's Bingo at Noon</b>	<b>12 GLAZED HAM</b> Sweet Potato Casserole Spinach Salad *WG Bread (2) Apricot Fruit Salad <b>OR</b> Cookies <b>EPC: Chairside Exercise Class - 10:15 am</b>	<b>13 AARP TAX CLINIC 9 am - 1 pm</b> Last day for tax clinic! <b>SLOPPY JOE OR CATFISH</b> Corn Relish Glazed Carrots *WG Bun or Bread *Apple Crisp <b>CATFISH AT CENTERS</b> <b>EPC: Closed</b> 1
<b>16 SWISS STEAK</b> Mashed Potatoes Broccoli w/Cheese Sauce Bread *Fruit Crisp <b>Pville: Turkey Bingo w/Chris</b> <b>Pville: Chairside Exercise Class -10:00 am</b>	<b>17 BANK OF MO BIRTHDAY DINNER</b> <b>*SPAGHETTI W/ MEATSAUCE</b> Lg. Garden Salad Corn Garlic Bread Peaches <b>Cake and Ice Cream at Centers</b> <b>EPC: Better Hearing Bingo at 12:00</b>	<b>18 EPC: Bob Klauss and Friends Music</b> <b>CHICKEN &amp; DUMPLINGS</b> Slaw Peas & Carrots *Dinner Roll Fruit Cocktail <b>OR</b> Candy Bar <b>Pville: Dinner Music w/Gillettes!</b> <b>EPC: Music &amp; Dancing today!</b> <b>EPC: PCHD Blood Pressure 11:45</b>	<b>19 BARNWELL BINGO AT NOON</b> <b>TACO SALAD</b> *Spanish Rice Refried Beans Beets Tortilla Chips Mandarin Orange Salad <b>Pville: Apple Project Paperwork Service</b>	<b>20 BAKED FISH OR BRAT &amp; KRAUT</b>  Potato w/Onions Pinto Beans *WG Bread Mixed Fruit <b>CATFISH AT CENTERS</b> <b>RUMMAGE SALE TOMORROW!</b> <b>Pville: Better Hearing Bingo at 10:30</b>
<b>23 PORK STEAK</b> Buttered Sweet Potatoes Cauliflower *WG Bread (2) Baked Apples w/Raisins <b>Pville: Chairside Exercise Class -10:00 am</b>	<b>24 EPC: Fish for Lunch today!</b> <b>BRUNCH FOR LUNCH!</b> Scrambled Egg Casserole Oven Fried Potatoes w/Peppers & Onions *WG Biscuit Mixed Fruit w/Berries <b>OR</b> Fruit/Nut Bar <b>Pville: PCHD Blood Pressure 10 am</b> <b>EPC: Fish fry today!</b> <b>EPC: Chairside Exercise Class - 10:15 am</b>	<b>25 Spring Bingo w/Chris at 10:30</b> <b>BBQ CHICKEN</b> Scalloped Potatoes Tomato Salad *WG Bread (2) Pudding w/Bananas <b>Pville: Chairside Exercise Class -10:00 am</b> <b>Pville: Crown Manicures at noon!!</b> <b>EPC: Apple Project Paperwork Service</b>	<b>26 MEATLOAF</b> *Long Grain/Wild Rice Lima Beans Carrots Bread Fruit Salad <b>OR</b> Cookies <b>Pville: Dinner Music w/Gillettes!</b> <b>EPC: Show &amp; Tell today!</b> <b>EPC: Chairside Exercise Class - 10:15 am</b>	<b>27 HAMBURGER OR CATFISH</b> Potato Wedges Coleslaw *WG Bun or Bread *Pear Crisp <b>CATFISH AT CENTERS</b> <b>EPC: Closed</b> 4
<b>30 PULLED PORK</b> Baked Beans Potato Casserole *WG Bun Mandarin Oranges & Pineapple <b>Pville: Chairside Exercise Class -10:00 am</b> <b>EPC: Crown Hospice Bingo at Noon</b>	<b>Our Buffet includes salad bar, entrée, veggies, fruit and drink.</b> Join us for a great lunch - just a \$3.00 suggested donation for those over 60  <b>April 13 is the last day for PTC or Income Tax help. AARP volunteers will be here from 9 am - 1pm No charge for their services!</b>			 <b>SPRING RUMMAGE/BAKE SALE APRIL 21</b> <b>7 AM TO 1 PM LUNCH AVAILABLE</b>  <b>DONATIONS OF CLEAN, USABLE MERCHANDISE WILL BE ACCEPTED FROM 7AM - 2 PM THE WEEK OF THE SALE.</b> <b>FRESH BAKED GOODS APPRECIATED THE DAY OF THE SALE.</b> <b>THANK YOU SO MUCH FOR YOUR CONTINUED SUPPORT OF OUR PROGRAMS!</b>