



# EAGLE POINT SENIOR CENTER Newsletter

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[website – eaglepointseniorcenter.com](http://website-eaglepointseniorcenter.com)

**HOURS** 9am to 2 pm. Monday thru Friday  
And 10am to 2pm Saturday

For scheduled events see calendar and information board

**Eagle Point Senior Center Board of Directors**

**PRESIDENT:** Alan Styles

**VICE PRESIDENT:** Wayne Lee

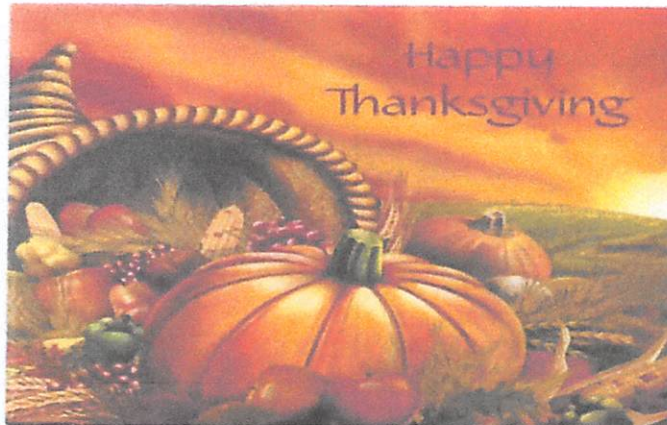
**SECRETARY:** Stephane Guptill

**TREASURER:** Bob Heaton

**BOARD MEMBERS:** Jeanne Heaton, Kathie Hobson, Judy Oberlander, Sarah Pasley.

**BOARD MEETINGS:** 2<sup>nd</sup> Thursday of each month at 9:00 am

**MEMBERSHIP MEETINGS:** 2<sup>nd</sup> Thursday of each month at 10:00 am



### **Thrift Store News from Judy Brown**

**Located inside the center open 9 am to 2pm Monday thru Friday and  
10am to 2pm Saturday (No donations will be accepted on Saturday)**

**Our Thrift Store provides more than 60% of the revenue that keeps the Senior Center running and these kinds of "profits" spell good news for the Center overall! Thank you for your purchases and for your donations. Take advantage of our Wednesday special....fill up a bag of clothes of your choice for only \$2.00. (exlusions apply)**

**Judy has "Daily Specials" – stop by and see what the sale of the day is.....**

**Need a Christmas card? Birthday Card? Sympathy card? Note Card?  
Visit our Thrift Store. We have hundreds of cards for all kinds of occasions....**

**Just 10 Cents.**

**It is inexpensive to be a member of the Senior Center. Annual Membership fee is \$12.00, due in June. This is a community center where all people are welcome. We welcome any one aged 50 and older to join. We refrain from comments that put down or joke about anyone's race, creed, sexual orientation, religious convictions, ancestry, place of origin, mental status, or age. Everyone's cooperation is appreciated.**

**We need your help updating our Membership list. If you have changed your phone number or address, please let us know so we can change our records.**

**If you would like the newsletter sent to you by email - just let Alan Styles know your email address and you'll get a copy monthly. (831 206-8751)**

## **MUSIC:**

**THE SWING ALONGS, Dan and Carol Nielson, provide music for us here at the Senior Center every Monday at 10:30 am to 11:30 am. They also have CDs available for sale. This is a popular event and since it is also Bingo day, the Senior Center "rocks" on Mondays!**

## **BINGO MONDAY:**

**Bingo is now open. Come join in on the fun! We are still looking for someone to volunteer their services to sit at the front desk, sell bingo cards and record winners.**



### Cost of Bingo Cards

<u>Number Of Cards</u>	<u>9 games</u>	<u>5 games</u>	<u>2 Special Games (Progressive Pot &amp; Winner Take All)</u>
1	\$2.25	\$1.25	\$.25 each game
2	\$4.50	\$2.50	\$.50 each game
3	\$6.75	\$3.75	\$.75 each game
(4+1 free)	\$9.00	\$5.00	\$1.00 each game
(5+1 free)	\$11.25	\$6.25	\$1.25 each game

### GAME DAY

Game Day has been suspended for the summer.



We wish everyone a very *Happy Birthday* this month.  
*Don't forget – Birthday cake is served at the Membreship meeting  
each month.*

## News

The EAGLE POINT SENIOR CENTER will be having a Veterans Breakfast on November 11, 2022 from 8am to 11am. We will be serving Veterans free, adults will be charged \$7 and children under 10 years old will be free. We will be serving Biscuits with Sausage Gravy and Scrambled Eggs, Coffee and Juice.



# RVCOG Food & Friends | November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested minimum donation is requested from seniors 60 &amp; older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.</p>	<p><b>1</b></p> <p><b>Waikki Chicken</b> Lyonnais Potatoes Spinach Oatmeal Bread Pineapple Fluff</p>	<p><b>2</b></p> <p><b>Macaroni &amp; Cheese</b> Green Peas Parmesan Tomatoes Rye Bran Bread Diced Pears</p>	<p><b>3</b></p> <p><b>Beef Spanish Rice</b> Black Beans Mexican Corn Oat Bran Wheat Bread Lemon Pudding</p>	<p><b>4</b></p> <p><b>Around the World</b> <b>Caribbean Chicken Stew</b> Mixed Vegetable Blend Cucumber &amp; Red onion salad French Roll Seasonal Fruit</p>
<p><b>7</b></p> <p><b>Turkey Pot Pie</b> Biscuit Broccoli Whole Kernel Corn Chocolate Chip Bar</p>	<p><b>8</b></p> <p><b>Sweet &amp; Sour Pork</b> Rice Kyoto Vegetable Blend Asian Coleslaw Grace's Chocolate Bar</p>	<p><b>9</b></p> <p><b>Birthday Meal</b> <b>Garlic Chicken</b> <b>Poultry Gravy</b> Red Diced Potatoes Peas &amp; Carrots White Dinner Roll Chocolate Cake</p>	<p><b>10</b></p> <p><b>Meatloaf</b> <b>Brown Gravy</b> Whipped Potatoes Scandinavian Vegetable Blend Squash Bread Seasonal Fruit</p>	<p><b>11</b></p> <p><b>Closed for the Veteran's Day Holiday</b></p>
<p><b>14</b></p> <p><b>Vegetable Spinach Lasagna</b> Glazed Carrots San Fran Vegetable Blend Multigrain Bread Peanut Butter Cookie</p>	<p><b>15</b></p> <p><b>Turkey Tetrazzini</b> Peas &amp; Carrots Pickled Beets Rye Bran Roll Seasonal Fruit</p>	<p><b>16</b></p> <p><b>Beef Tamale Pie</b> Fiesta Vegetable Blend Broccoli Seven Grain Bread Cinnamon Chocolate Pudding</p>	<p><b>17</b></p> <p><b>Roast Pork</b> <b>Pork Gravy</b> Scalloped Potatoes Italian Vegetable Blend Cracked Wheat Bread Cinnamon Applesauce</p>	<p><b>18</b></p> <p><b>Cowboy Beef Campfire Stew</b> Green Bean w/Red Peppers Glazed Carrots Sunflower Seed Bread Peach Cobbler</p>
<p><b>21</b></p> <p><b>Meatloaf</b> <b>Onion Brown Gravy</b> Whipped Potatoes Chef Cut Spring Vegetable Blend Wheat Roll Oreo Fluff</p>	<p><b>22</b></p> <p><b>Chicken Alfredo Bake</b> Broccoli Sliced Carrots French Bread Golden Fruit Cup</p>	<p><b>23</b></p> <p><b>Thanksgiving Special</b> <b>Roasted Turkey</b> <b>Poultry Gravy</b> Garlic Whip Potato Green Peas w/Pearl Onions Bread Dressing Baked Pumpkin Custard</p>	<p><b>24</b></p> <p><b>Closed for the Thanksgiving Holiday</b></p>	<p><b>25</b></p> <p><b>Closed for the Thanksgiving Holiday</b></p>
<p><b>28</b></p> <p><b>Beef Rigatoni Bake</b> Peas &amp; Carrots Whole Kernel Corn Garlic Bread Tropical Fruit</p>	<p><b>29</b></p> <p>Scalloped Potatoes &amp; Turkey Ham Italian Vegetable Blend Marin. Broccoli Salad Oat Bran Wheat Roll Hermit Bar</p>	<p><b>30</b></p> <p><b>Pork &amp; Noodles</b> Scandinavian Vegetable Blend Brussel Sprouts Cracked Wheat Bread Snickerdoodle Bar</p>	<p><b>ALLERGEN DISCLAIMER:</b> Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.</p>	