

Glenn Heights Senior Center



DCHHS
Safe families, healthy lives
Dallas County Health and Human Services



Keeping Older Adults Active!

Older Adult Services Program

January 2021

Dallas County Health & Human Services Older Adult Services Program and the City of Glenn Heights have partnered to provide more services to improve the health and wellbeing of seniors in the community. Dallas County Health & Human Services Older Adult Services Program provides nutritious hot meals Monday through Friday.

Due to Coronavirus (Covid-19), the center is temporarily closed.

Meal delivery is available. For more information please contact the center staff to register and reserve your meal.



**Eat Better.
Feel Better.
Live Better.**



January Word Search

G G K R D O R F N P G I H H M E Q C A B
 F E N M H L T H G I N D I M B X O E A Y
 J F X I B N O U X O I I E B B H D L U R
 K X W E R C Y A I N N I B Q A E L E V A
 E M I T R E H T A F N G O Q H D S B P U
 W W I U H C I S T C I O Y G R T D R U N
 G Q H L H R I W A H G A U O K N S A G A
 C T J N T S E S W W E L P K I E C T R J
 R V O U F H G V E S B S D W R N T I C M
 E X N A Q S M J C O U N T D O W N O A Q
 V R J D S S I K H G R O P P W D W N L F
 A O A Q M T O T J E A G R O U S H D E V
 I Q C E Q J L J S J L E M E U G W K N O
 R R B J Y A A O R H L S U K P C E H D C
 R R L Y E W L G T B N S K F C S M P A F
 K W Z H A U E O D A G X Z C D J O J R O
 T R L T T J L N P O L N Q C N G V R V Y
 O M J I T E Y H H R C D B Q S X F F P Y
 M X O H A P P Y X W W L N Q A Y M O I F
 I N M J R M T R U H X W T G Y C Z O X U

- BALL DROP
- BEGINNING
- CALENDAR
- CELEBRATION
- COUNTDOWN
- EXERCISE
- FATHER TIME
- GOALS
- HAPPY
- HEALTH
- JANUARY
- KISS
- MIDNIGHT
- NEW YEAR
- NUTRITION
- PROSPEROUS
- RESOLUTION
- RING
- SNAP
- TOAST

SNAP ~ Better Nutrition = Better Health

SNAP yourself into better nutrition! We are here to help!

"The day-to-day tension has lessened, and now we can afford better, more nutritional food."

-Linda & Joe, Illinois

There is no better way to stay healthy than to eat healthy. SNAP (Supplemental Nutrition Assistance Program) gives you MONEY to do just that!

What can you do with an extra \$16—\$200 per month for food?

More money for food allows you to have more money for other things you need. PLUS our one on one application assistance can help you access benefits like the Medicare Savings Program to save more!

**Eat Better.
Feel Better.
Live Better.**

Call us today for more information! **214-819-1860**

Location & Hours of Operation

Glenn Heights Senior Center
1938 S. Hampton Rd., Glenn Heights, TX 75154
Monday — Friday 9:00 a.m. — 2:00 p.m.

Contact Information

469-225-5013
or
972-223-1690 ext. 500

Lunch Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>* - Contains Pork ⓘ - Contains Peanuts ~ - Entrée Contains Soy # - New Menu Item</p>				<p>1</p> <p>Closed for Holiday</p> 
4	5	6	7	8
Breaded Chicken Patty Mashed Spiced Yams California Vegetables Dinner Roll Cherry Gelatin w/ Peaches Milk	Salisbury Beef Brown Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk	Turkey Taco Pinto Beans Cilantro Lime Corn Flour Tortilla Piña Colada Pudding # Milk Taco Sauce	Chicken Etouffee # Cajun Rice Glazed Carrots Saltine Crackers Fresh Apple Milk	Hamburger Patty Lettuce & Tomato Tater Gems Hamburger Bun Cranberry Crisp Milk Mustard & Ketchup
11	12	13	14	15
Ham & Lima Beans* Rice Squash/Zucchini/Tomatoes Wheat Bread Sugar Cookie Milk	Maple Rum Chicken Parslied Rice Broccoli Multi Grain Bread Fig Bar Milk 	<u>Happy Birthday</u> Swiss Steak Garlic Whipped Potatoes Garden Vegetables Dinner Roll Zee Zee Birthday Bar Milk	Turkey Breast w/ Gravy Lima Beans Okra & Tomatoes Corn Muffin Strawberry Cereal Bar Margarine Milk	<u>MLK Holiday</u> BBQ Pork Rib Patty* Macaroni & Cheese Peas & Carrots Dinner Roll Sugar Cookie Milk
18	19	20	21	22
Closed for Holiday 	Beef w/ Rosemary Gravy Black-Eyed Peas Dilled Carrots Wheat Bread Oatmeal Cream Cookie ⓘ Milk	Lemon Pepper Fish Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Cereal Bar Milk	Pork Carnitas* Yellow Rice Cheesy Mexican Tomatoes # Flour Tortilla Lime Gelatin w/ Pineapple Milk Taco Sauce	Hamburger Patty Lettuce & Tomato Ranch Beans Hamburger Bun Oranges & Pineapple Milk Mustard & Ketchup
25	26	27	28	29
Meatloaf Tomato Gravy Delmonico Potatoes Spring Vegetables Dinner Roll Cherry Gelatin w/ Peaches Milk	Chicken Alfredo Brussels Sprouts Parslied Carrots Texas Bread Gingerbread Cookie Milk	Shredded BBQ Pork* Whipped Potatoes Spinach Hamburger Bun Fig Bar Milk	Country Fried Steak Country Gravy Parslied Rice Mixed Vegetables Wheat Bread Cinnamon Crisp Bar Milk	Cheesy Beef Macaroni Green Beans Stewed Tomatoes Multi Grain Bread Lemon Berry Pudding Milk