

# Glenn Heights Senior Center



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



## Keeping Older Adults Active!

### Older Adult Services Program

October 2020

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 well-being of seniors in the community. Dallas County Health & Human Services Older Adult Services Program provides nutritious hot meals Monday through Friday.

For questions about registration or voting, contact the Dallas County Elections Department at (469) 627-8683 or visit <https://www.dallascountyvotes.org/>

The application deadline for ballot by mail is Friday, October 23, 2020. Watch for more information that will be distributed with your meal delivery. The application for Ballot by Mail can be found online at <https://www.dallascountyvotes.org/wp-content/uploads/ABBM-5-15f-English-2.pdf>

Mail your completed application or ballot to,  
**Toni Pippins-Poole – Early Voting Clerk**  
Dallas County Elections  
1520 Round Table Drive  
Dallas, Texas 75247



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

A ballot that is mailed or delivered by mail or common or contract carrier from within the United States and is postmarked or accompanied by a delivery receipt showing the voter submitted the ballot for delivery by 7:00 pm on Election Day must arrive by 5:00 pm on the next business day.

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



**SNAP**

**Better Nutrition. Better Health!**

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

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–\$190 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!

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



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

### 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>Delivery includes a daily breakfast and an additional hot meal on Friday.</p> <p>* - Contains Pork    ⓘ - Contains Peanuts    ~ - Entrée Contains Soy</p>			1	2
			Beef Chili w/ Beans Whole Kernel Corn Mixed Greens Saltine Crackers Brownie ⓘ Milk	Diced Chili Coconut Curry Chicken Over Rice Lentil Vegetable Pilaf Sliced Carrots Wheat Bread Fortune Cookie Milk
5	6	7	8	9
Salisbury Beef~ Brown Gravy Ranch Whipped Potatoes Italian Green Beans Wheat Bread Fudge Cream Cookie ⓘ Milk	Bruschetta Meatballs~ Oven Penne Pasta Tossed Salad w/Ranch Parsley Carrots Texas Bread Lime Gelatin w/Peaches Milk	Beef Spanish Rice Whole Kernel Corn Broccoli Wheat Bread Cinnamon Swirl Pudding Milk	Honey Glazed Ham* Lima Beans Stewed Tomatoes Corn Muffin Fresh Orange Milk Margarine	Hamburger Patty~ Lettuce & Tomato Tater Gems Hamburger Bun Applesauce Milk Mustard & Ketchup
12	13	14	15	16
Parmesan Chicken~ Whipped Potatoes Honey Carrots Wheat Bread Oatmeal Cream Cookie ⓘ Milk	Turkey Tetrazzini Broccoli Squash & Tomatoes Wheat Bread Cherry Gelatin w/Pineapple Milk	<u>Birthday</u> Shredded BBQ Pork* Macaroni & Cheese Italian Green Beans Hamburger Bun  Fresh Apple Milk	Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Pinto Bean Salad Wheat Bread Craisins Mustard   Milk	Beef Taco Pinto Beans Mexican Style Tomatoes Flour Tortilla Oreo Cookies Milk Taco Sauce
19	20	21	22	23
Deviled Pork Patty~* Fried Rice Asian Cabbage Wheat Bread Fortune Cookie Milk	Beef Stroganoff Broccoli Zucchini & Tomatoes Texas Bread Fresh Orange Milk	Baked Chicken w/Gravy Whipped Potatoes Italian Green Beans Dinner Roll Caramel Vanilla Pudding Milk	Chopped Turkey Pastrami Macaroni & Cheese Catalina Vegetables Hamburger Bun Nutty Buddy Bar ⓘ Milk	Hamburger Patty~ Lettuce & Tomato Ranch Beans Hamburger Bun Spiced Peaches Milk Mustard & Ketchup
26	27	28	29	30
Meatloaf~ Brown Gravy Garlic Whipped Potatoes Peas & Carrots Dinner Roll Fig Bar Milk	Turkey Noodle Casserole Lemon Brussels Sprouts Seasoned Cauliflower Texas Bread  Fresh Orange Milk	Swiss Steak~ Parslied Rice Cheesy Broccoli Dinner Roll Strawberry Gelatin w/Pears Milk	Mushroom Pork Patty~* Black-Eyed Peas Cabbage Corn Muffin Oatmeal Raisin Cookie Milk Margarine	 Chicken Chili Tossed Salad w/Ranch Sliced Carrots Corn Chips Cinnamon Crisp Bar Milk