Glenn Heights Senior Center

DCHHS
Safe families, healthy lives
Dallas County Health and Human Services
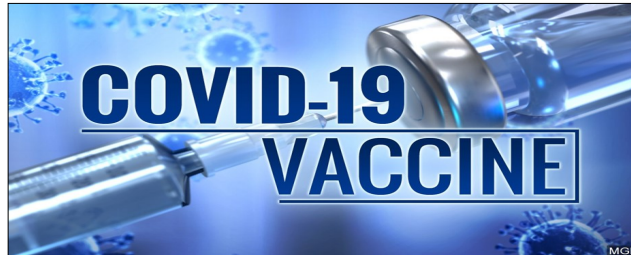
PHAB — Advancing public health performance

CITY OF GLENN HEIGHTS

Keeping Older Adults Active!

Older Adult Services Program   *February 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.

> "The day-to-day tension has lessened, and now we can afford better, more nutritional food."
> -Linda & Joe, Illinois

COVID-19 VACCINE

Covid-19 Vaccine
Seniors are among the first group to receive a Covid-19 vaccine at fair park.

COVID-19 Hotline
To register for vaccine call
469-749-9900
or register online at
www.dallascounty.org

If you have already registered, are 75 and older and need to make an appointment please call **972-692-2780**

TELE- BINGO   *What is Tele-Bingo?*

Center participants dial in to play Bingo by phone! Winners receive prizes. Contact your center staff if you are interested in playing Tele-Bingo!

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—$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.**

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

February

Monday	Tuesday	Wednesday	Thursday	Friday
1	**2**	**3**	**4**	**5**
Swedish Chicken Meatballs Parsley Penne Pasta Braised Carrots Texas Bread Oatmeal Raisin Cookie Milk	Turkey Cannelloni Casserole # Broccoli Cauliflower Wheat Bread Chocolate Pudding Milk	Smoked Sausage* Tater Tot Casserole Country Tomatoes Hot Dog Bun Fresh Apple Milk Mustard	Coconut Chicken # Jasmine Rice Japanese Vegetables Multi Grain Bread Lemon Gelatin w/Mixed Fruit Milk	**Black History Month** Creole Steak Black-Eyed Peas Mixed Greens Corn Muffin Oreo Cookies Milk
8	**9**	**10**	**11**	**12**
Beef Spanish Rice Whole Kernel Corn Green Beans Wheat Bread Nutty Buddy Bar 🄸 Milk	BBQ Pork Rib Patty* Whipped Potatoes Lemon Brussels Sprouts Wheat Bread Creamsicle Pudding Milk	**Happy Birthday** Baked Chicken Macaroni & Cheese Catalina Vegetables Dinner Roll Zee Zee Birthday Bar Milk	Beef Chili with Beans Parslied Rice Spinach Corn Muffin Fresh Orange Milk Margarine	**Chinese New Year** Orange Chicken Meatballs Herbed Basmati Rice Broccoli Dinner Roll Fortune Cookie Mustard / Milk
15	**16**	**17**	**18**	**19**
Breaded Chicken Patty Mashed Spiced Yams California Vegetables Dinner Roll Cherry Gelatin w/Peaches Milk	Salisbury Beef w/ Gravy Brown Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Milk	Turkey Taco Pinto Beans Cilantro Lime Corn Flour Tortilla Piña Colada Pudding # Taco Sauce / Milk	Chicken Etouffee # Cajun Rice Glazed Carrots Saltine Crackers Fresh Apple Milk	Hamburger Patty Lettuce and Tomato Tater Gems Hamburger Bun Cranberry Crisp Mustard & Ketchup / Milk
22	**23**	**24**	**25**	**26**
Ham and Lima Beans* Rice Squash/Zucchini/Tomatoes Wheat Bread Sugar Cookie Milk	Maple Rum Chicken Parslied Rice Broccoli Multi Grain Bread Fig Bar Milk	Swiss Steak Garlic Whipped Potatoes Garden Vegetables Dinner Roll Strawberry Gelatin w/Pears Milk	Turkey Breast w/Gravy Lima Beans Okra and Tomatoes Corn Muffin Strawberry Cereal Bar Milk Margarine	Spinach Lasagna Tossed Salad Herbed Green Peas Wheat Bread Peach Cobbler Milk Ranch Salad Dressing

* - Contains Pork   🄸 - Contains Peanuts   ~ - Entrée Contains Soy   # - New Menu Item