

If you are interested in attending one of our Senior Centers for lunch or an upcoming activity, please contact the appropriate Center Manager for your area.

Blair Senior Service Center 1320 - 12th Avenue Altoona, PA 16601 814-946-1235	Hours: Monday - Friday 8:00 a.m. - 4:00 p.m. Paulette Feather
Claysburg Senior Center RD 1, Box 509 A Claysburg, PA 16625 814-239-5631	Hours: Monday - Friday 9:00 a.m. - 1:00 p.m. Bev McKee
Duncansville Senior Center Hicks United Methodist Church 1211 Third Avenue Duncansville, PA 16635 814-695-0203	Hours: Monday - Friday 9:00 a.m. - 1:00 p.m. Anne Kelley
Northern Blair Senior Center 505 Third Street Tyrone, PA 16686 814-684-7853	Hours: Monday - Friday 9:00 a.m. - 3:00 p.m. Don Kobak Alvesta Wheland
Spring Cove Senior Center Woodbury Lodge 118 Nason Drive Roaring Spring, PA 16673 814-224-4658	Hours: Monday - Friday 9:00 a.m. - 3:00 p.m. Courtney Long Karen Blattenberger
Williamsburg Senior Center 423 West Second Street Williamsburg, PA 16693 814-832-3625	Hours: Monday - Friday 9:00 a.m. - 1:00 p.m. Gerta Strohmeyer

AGENCY CLOSINGS

All Senior Centers and Blair Senior Services' offices will be **CLOSED** to observe the following holidays:

April 2, 2010 - Good Friday
May 31, 2010 - Memorial Day


LAP ROBES

Do you like to sew? Would you like to sew for a great cause? The Lap Robe sewing group needs your help! The group meets at Blair Senior Services the 1st and 3rd Tuesday of each month from 9:30 a.m. to 11:30 a.m. You can also arrange to stay for lunch if you wish!

This group is also in need of material. If you have any material to donate or are interested in being a part of a great sewing group, please call Paulette Feather, Altoona Senior Center Manager at 814-946-1235.

Dinner Dance Menus	
<p><u>April 9, Altoona Senior Center</u> 5:00 p.m. - 9:00 p.m. Tater Crusted Fish, Mac and Cheese, Stewed Tomatoes, Dinner Roll with Butter, Cherry Pie, Tartar Sauce</p>	
<p><u>April 16, Northern Blair Senior Center</u> 5:00 p.m. - 9:00 p.m. Ham Balls, Mashed Potatoes, Corn, Fruit Cocktail, Dinner Roll with Butter, Coconut Cream Pie</p>	
<p><u>April 23, Claysburg Senior Center</u> 5:00 p.m. - 9:00 p.m. Stuffed Peppers, Mashed Potatoes, Applesauce, Blueberry Pie</p>	
<p><u>April 30, Altoona Senior Center</u> 5:00 p.m. - 9:00 p.m. Meat Loaf, AuGratin Potatoes, Peas, Dinner Roll with Butter, Apple Pie</p>	
<p><u>May 14, Altoona Senior Center</u> 5:00 p.m. - 9:00 p.m. Chicken Cordon Bleu with Gravy, Mashed Potatoes, Mixed Vegetables, Dinner Roll with Butter, Apple Pie</p>	
<p><u>May 21, Northern Blair Senior Center</u> 5:00 p.m. - 9:00 p.m. Chicken Cordon Bleu, Baked Potato, Succotash, Pepper Slaw, Dinner Roll with Butter, Lemon Meringue Pie</p>	
<p><u>May 28, Altoona Senior Center</u> 5:00 p.m. - 9:00 p.m. Mandarin Chicken Salad, Dinner Roll with Butter, Hot Fudge Sundae</p>	
<p><u>June 11, Altoona Senior Center</u> 5:00 p.m. - 9:00 p.m. Boneless Pork Chop, Mashed Sweet Potatoes, Corn, Dinner Roll with Butter, Fresh Fruit Cup</p>	
<p><u>June 18, Northern Blair Senior Center</u> 5:00 p.m. - 9:00 p.m. Roast Beef, Mashed Potatoes, Mixed Vegetables, Fruit Cocktail, Dinner Roll with Butter, Cream Puff</p>	
<p><u>June 25, Altoona Senior Center</u> 5:00 p.m. - 9:00 p.m. Tater Crusted Fish, Mac and Cheese, Stewed Tomatoes, Dinner Roll with Butter, Vanilla Pudding with Strawberries</p>	

Northern Blair Senior Center
Afternoon Dances
1:00 p.m. - 3:00 p.m.



Come for lunch and stay for the dance!

April 7, 2010
May 5, 2010
June 2, 2010

Pull-Out Section

April 2010 Menus

Milk, bread and beverages served daily. Menu adjusted for diabetics and low-sodium diets. Meals prepared by: The Nutrition Group, Consultant: Monica Richers-Kelly, R.D., LDN

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Tuna Salad Sandwich Pickled EggVegetable SoupPineapple Chunks	GOOD FRIDAY AGENCY CLOSED
	5	6	7	8
Meat Loaf with Gravy Mashed PotatoesBut- tered CarrotsApple Crisp	Baked Ham with ClovesWhipped Sweet PotatoesButtered Green BeansScal- loped Pineapple	Mandarin Chicken SaladHarvard Beets Chocolate Tart with Topping	Stuffed PepperLettuce & Spinach with Hot Bacon DressingBread Pudding with Apples or Raisins	Tater Crusted Fish Macaroni & Cheese Stewed Tomatoes with CroutonsApricot Halves
	12	13	14	15
Roast Beef with Gravy Mashed PotatoesMari- nated Tomato Salad Apple	Sausage Macaroni & CheeseStewed Toma- toes with CroutonsBa- nana	Stuffed Cabbage Parslied Potatoes Cherry Pineapple Jello SaladNeapolitan Par- fait	Swiss SteakMashed PotatoesButtered Waxed Beans with Pi- mentoFresh Fruit	Salmon Patty with SaucePeach Salad Buttered Peas & Car- rotsCreamed New Po- tatoesBrownie with Whipped Topping
	19	20	21	22
Roast Turkey Breast with GravyMashed Po- tatoesGreen Bean CasseroleMandarin Oranges	Mock Spare Ribs with BBQ SauceNew Pota- toesSpinach Salad with Hot Bacon Dress- ingFruit Cocktail	Porcupine Meatballs with Brown Gravy Oven Brownd Pota- toesMixed Vegetables Coconut Cream Tart	Roast Pork with Gravy Sweet Potatoes & Ap- plesBrussels Sprouts Cherry Cobbler	Chicken Salad Sand- wichHomemade Veg- etable SoupFruit Cup
	26	27	28	29
Meatloaf with Gravy Mashed PotatoesBut- tered CarrotsBanana	LasagnaTossed Salad Italian BlendIce Cream	Turkey HoagieTomato SoupFresh Citrus SaladSpice Cake with Icing	Hot Dog with Cheese Pork Flavored Sauer- krautMixed Vegetables Mashed Potatoes Apple Brown Betty	Lightly Breaded Baked Fish Sandwich Steak FriesBroccoli Strawberry Shortcake with Whipped Topping
				30

May 2010 Menus

Milk, bread and beverages served daily. Menus adjusted for diabetics and low-sodium diets. Meals prepared by: The Nutrition Group, Consultant: Monica Richers-Kelly, R.D., LDN

Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
Baked Ham with Honey Glaze Baked Sweet Potatoes Buttered Broccoli Oatmeal Cookies	Chili Con Carne Tossed Salad Sliced Pineapple	Beef Liver & Onions with Gravy Mashed Potatoes Green Beans Rice & Raisin Pudding	Chicken Breast Parmesan Buttered Zucchini Banana Tapioca Pudding	Baked Boneless Pork Chop Honeyed Pumpkin Buttered Green Beans Cheesecake Bar
	10	11	12	13
Swedish Meatballs with Gravy French Cut Green Beans Creamy Cole Slaw Butterscotch Pudding	Scalloped Chicken with Gravy Cauliflower/Broccoli Mix Tossed Salad Fruit Cocktail	Sloppy Joe Buttered New Potatoes Peas & Carrots Cream Puff Pastry with Vanilla Custard	Salisbury Steak with Gravy Mashed Potatoes Buttered Corn Fresh Orange	Salmon Loaf with Sauce Parslied Potatoes Spinach Soufflé Fruit Cobbler
	17	18	19	20
Ham, Green Beans & Potatoes Fresh Citrus Cup Jello with Whipped Topping	Cheesy Beefy Quiche Lyonnise Carrots Pineapple Chunks with Maraschino Cherry Garnish	Chicken Strips Creamed Potatoes Broccoli Apple Crisp	Pizza Casserole Tossed Salad Italian Blend Orange Sherbet	Baked Fish Fillet Scalloped Potatoes Stewed Tomatoes Mandarin Oranges
	24	25	26	27
Open Faced Hot Roast Beef Sandwich Buttered Broccoli Mashed Potatoes Chilled Peaches Oatmeal Raisin Cookies	Hamburger Potato Salad Buttered Carrots Lime Jello with Pears & Whipped Topping	Oven Baked Chicken with Gravy Baked Potato Tossed Salad Chocolate Mousse	Tuna Salad Sandwich Vegetable Soup Pineapple Chunks	Pepper Steak Scalloped Potatoes Zuchinni or Asparagus Fruit Cup
	31			
MEMORIAL DAY AGENCY CLOSED				

June 2010 Menus

Milk, bread and beverages served daily. Menus adjusted for diabetics and low-sodium diets. Meals prepared by: The Nutrition Group, Consultant: Monica Richers-Kelly, R.D., LDN

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	Meatloaf with Gravy Mashed Potatoes Buttered Carrots Apple Crisp	Mandarin Chicken Salad Harvard Beets Chocolate Tart with Topping	Stuffed Pepper Lettuce & Spinach with Hot Bacon Dressing Bread Pudding with Apples or Raisins	Tater Crusted Fish Macaroni & Cheese Stewed Tomatoes with Croutons Apricot Halves
	7	8	9	10
Roast Beef with Gravy Mashed Potatoes Marinated Tomato Salad Apple	Sausage Macaroni & Cheese Stewed Tomatoes with Croutons Banana	Stuffed Cabbage Parslied Potatoes Cherry Pineapple Jello Salad Neapolitan Parfait	Swiss Steak Mashed Potatoes Buttered Waxed Beans with Pimento Fruit Cup	Salmon Patty Peach Salad Buttered Peas & Carrots Creamed New Potatoes Brownie with Whipped Topping
	14	15	16	17
Roast Turkey with Gravy Mashed Potatoes Green Bean Casserole Mandarin Oranges	Mock Spare Ribs New Potatoes Spinach Salad with Hot Bacon Dressing Fruit Cocktail	Porcupine Meatballs with Brown Gravy Oven Browned Potatoes Mixed Vegetables Coconut Cream Tart	Roast Pork with Gravy Sweet Potatoes and Apples Buttered Brussels Sprouts Cherry Cobbler	Chicken Salad Sandwich Homemade Vegetable Soup Marinated Carrot Salad Fruit Cup
	21	22	23	24
Meatloaf with Gravy Mashed Potatoes Buttered Carrots Banana	Lasagna Tossed Salad Italian Blend Ice Cream	Turkey Hoagie Tomato Soup Fresh Citrus Salad Spice Cake with Icing	Hot Dog with Cheese Pork Flavored Sausage Kraut Mixed Vegetables Mashed Potatoes Apple Brown Betty	Lightly Breaded Baked Fish Steak Fries Broccoli Strawberry Shortcake with Whipped Topping
	28	29	30	
Baked Ham with Honey Glaze Baked Sweet Potatoes Buttered Broccoli Oatmeal Cookies	Chili Con Carne Tossed Salad Sliced Pineapple	Beef Liver & Onions with Gravy Mashed Potatoes Green Beans Rice & Raisin Pudding		