

Friendship Dining Center Activity & Menu Calendar

April 2026





Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8oz of 1% low-fat milk and one slice of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from:



Monday	Tuesday	Wednesday	Thursday	Friday
At: Church of Hope & Parrish United Methodist	At: Meals on Wheels PLUS	At: Parrish United Methodist & Meals on Wheels PLUS	At: Meals on Wheels PLUS	At: Myakka Family Worship & Redeemer Lutheran Church
<p>NEW LOCATION! Starting APRIL 24, 2026: Friendship Dining will be held at Redeemer Lutheran Church beginning April 24th on Friday, 9am-1pm!</p>		<p>Coffee & Conversation Chair Yoga (PUM) Craft: Carrot Door Hangers (MOWP) Table Games Meal: Homestyle Turkey & Stuffing</p>	<p>Coffee & Conversation Nutrition Education: Showers for Your Garden, Hydration for You! April IQ Games Craft: Carrot Door Hangers Meal: Cheese Pizza</p>	<p>OFFICES CLOSED</p>
<p>Coffee & Conversation Nutrition Education: Showers for Your Garden, Hydration for You! Craft: April Showers Centerpiece (PCH) Card Game: Golf (PCH) Meal: Chicken Parmesan</p>	<p>Coffee & Conversation Chair Yoga w/Uneeda Craft: April Showers Centerpiece Table Games: Dominoes Meal: Shepherd's Pie</p>	<p>Coffee & Conversation Active Game (PUM) Bingo (PUM) Craft: Reverse Painting (MOWP) Meal: Shrimp Stir-fry</p>	<p>Coffee & Conversation Active Game: Putt-Putt Golf Anytime is Tee Time Group Crossword Game: What Am I? Meal: Chicken A La Bleu</p>	<p>Coffee & Conversation Nutrition Education: Showers for Your Garden, Hydration for You! Bingo Meal: Turkey Divan New FDC location! Open House at Redeemer Lutheran</p>
<p>Coffee & Conversation Table Games Plant Appreciation Day Craft: Beaded Garden Stakes (PCH) Meal: BBQ Seasoned Pork</p>	<p>Coffee & Conversation Chair Yoga with Uneeda Jeopardy Trivia Table Games/Bingo Meal: Thai Ginger Curry Chicken</p>	<p>Coffee & Conversation Chair Yoga (PUM) Table Games Time for Taxes Group Crossword Craft: Handmade Greeting Cards (MOWP) Meal: Salisbury Steak</p>	<p>Coffee & Conversation Wright Brothers Paper Airplane Races Craft: Handmade Greeting Cards Table Games/Bingo Meal: Lemon Chicken w/Rice</p>	<p>Coffee & Conversation Craft Table Games Bingo Meal: Asian Meatballs & Dumplings</p>
<p>Coffee & Conversation Card Game: Golf Bingo Craft: Looking up at Trees Painting Meal: Classic Meatloaf</p>	<p>Coffee & Conversation Chair Yoga with Uneeda Game: Heads or Tails Cranium Crunches Games Meal: Mac & Cheese w/Chicken</p>	<p>Coffee & Conversation Active Game (PUM) Craft: Earth Day (MOWP) Card Game: Trash (PUM) Meal: French Onion-Breaded Pork Chop</p>	<p>Coffee & Conversation Craft: Finish the Scene: Poppies Table Games/Bingo Meal: Butter Chicken & Lentil Stew</p>	<p>Coffee & Conversation Craft: Looking up at Trees Painting (RLC) Table Games Meal: Italian Cheese Lasagna</p>
<p>Coffee & Conversation Traveling Chair: Kahoot! Taiwan (PCH) Table Games/Bingo Meal: Raspberry BBQ Grilled Chicken</p>	<p>Coffee & Conversation Save the Frogs Day Cartoon Drawing/Games Chair Yoga with Uneeda Table Games/Bingo Meal: Beef Goulash</p>	<p>Coffee & Conversation Active Game (PUM) Card Game: Trash (PUM) Table Games Craft: Balloon-stamped Flowers Meal: Homestyle Turkey & Stuffing</p>	<p>Coffee & Conversation Traveling Chair: Kahoot! Taiwan Table Games/Bingo Meal: Cheese Pizza</p>	<p>FRIENDSHIP DINING</p> 

LOCATIONS:

Church of Hope (COH)
1701 10th Street West
Palmetto, FL 34221
Monday 9am-1pm

Meals on Wheels PLUS of Manatee (MOWP)
811 23rd Avenue East
Bradenton, FL 34208
Tuesday, Wednesday, & Thursday 9am-1pm

Parrish United Methodist (PUM)
12180 US-301
Parrish, FL 34219
Monday & Wednesday 9am-1pm

Myakka Family Worship Center (MFWC)
33420 Singletary Road
Myakka City, FL
Friday 9am-1pm

NEW! Redeemer Lutheran Church (RLC)
6311 3rd Avenue West
Bradenton, FL 34209
Starting April 24, 2026! Friday 9am-1pm

Showers for your **Garden,** Hydration for **You.**

Spring is here and as they say, “*April showers bring May flowers*”. Water for your garden is essential for your garden to grow and it is essential for our bodies to function. As we age, our bodies go through natural changes that make fluid balance more challenging. The feeling of thirst becomes weaker, meaning you may not feel thirsty even when your body needs water. Although some medical conditions require a fluid restriction, most senior adults should aim for 9-13 cups of water daily.

Water plays a role in nearly every function of the human body. *Staying hydrated helps:*

- Maintain energy levels and reduce feelings of tiredness.
- Maintain regular bowel movements.
- Protect joints, tissues, and muscles by helping them stay cushioned and flexible.
- Regulate body temperature.
- Keep skin healthy, reducing dryness and improving elasticity.
- Support brain function, including concentration, memory, and mood.

SIMPLE WAYS TO STAY HYDRATED EVERY DAY

- Start early—drink water with breakfast.
- Keep drinks visible and take them with you.
- Add flavor if needed. Fresh lemon, berries, mint, or a splash of 100% fruit juice can make water more enjoyable.
- Foods like watermelon, oranges, cucumbers, tomatoes, broth-based soups, yogurt, and gelatin snacks boost hydration.

Spring! Word Search

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



REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please do not attend the program, but please call us at **941-747-4655** to let us know.



butterfly
daffodil
sunshine
umbrella
blossom
ladybug

ladybug
rainbow
showers
breeze
chicks
clouds

easter
picnic
puddle
spring
bunny
grass

green
hatch
tulip
worms
bees
leaf