

Friendship Dining Center Activity & Menu Calendar



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: 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
NEW LOCATION NOW OPEN! Friendship Dining will be held at Redeemer Lutheran Church Friday, 9am-1pm! <i>(See address in bottom right corner)</i>				1 Coffee & Conversation Craft: Rock Painting (RLC) Craft (MFWC) Table Games Meal: Swiss Steak
4 Coffee & Conversation Table Games/Bingo Meal: Chicken Parmesan	5 CINCO DE MAYO! Coffee & Conversation Let Your Yoga Dance Cinco de Mayo Celebration Table Games Meal: Shepherd's Pie	6 Coffee & Conversation Chair Yoga (PUM) Card Game: Trash (PUM) Craft (MOWP) Table Games (MOWP) Meal: Shrimp Stir-Fry	7 Coffee & Conversation Craft: Salt Shaker Button Bouquets May IQ Games Table Games Meal: Chicken a La Bleu	8 Coffee & Conversation Craft: Salt Shaker Button Bouquets (RLC) Table Games (RLC) Craft (MFWC) Bingo (MFWC) Meal: Turkey Divan
11 Coffee & Conversation Nutrition Education: This for That, Healthy Choices Table Games/Bingo Meal: BBQ Seasoned Pork	12 Coffee & Conversation Lifelong Learning: Etiquette Let Your Yoga Dance Table Games Meal: Thai Ginger Curry Chicken	13 Coffee & Conversation Active Game (PUM) Bingo (PUM) Craft (MOWP) Table Games (MOWP) Meal: Salisbury Steak	14 Coffee & Conversation Nutrition Education: This for That, Healthy Choices Craft: American Flag Decor Table Games/Bingo Meal: Lemon Chicken w/ Rice	15 Coffee & Conversation Nutrition Education: This for That, Healthy Choices (MFWC/RLC) Craft: American Flag Decor (RLC) Craft (MFWC) Table Games (MFWC/RLC) Meal: Asian Meatballs & Dumplings
18 Coffee and Conversation Table Games/Bingo Meal: Classic Meatloaf	19 Coffee and Conversation Let Your Yoga Dance Table Games Older Americans Month Celebration Meal: Mac & Cheese w/Chicken	20 Coffee and Conversation Chair Yoga (PUM) Card Game: Trash (PUM) Craft (MOWP) Table Games (MOWP) Meal: French Onion-Breaded Pork Chop	21 Coffee & Conversation Craft: Dot Painting Table Games/Bingo May Birthday Celebration Meal: Butter Chicken & Lentil Stew	22 Coffee & Conversation Craft: Dot Painting (RLC) Let Your Yoga Dance (RLC) Table Games (RLC) Craft (MFWC) Bingo (MFWC) Meal: Italian Cheese Lasagna
25 OFFICES CLOSED 	26 Coffee and Conversation Game: What am I? Let Your Yoga Dance Table Games Putt-Putt Golf Meal: Beef Goulash	27 Coffee and Conversation Active Game (PUM) Card Game: Trash (PUM) Craft (MOWP) Table Games (MOWP) Meal: Homestyle Turkey & Stuffing	28 Coffee & Conversation Kahoot Traveling Chair: India Craft: Flower Frogs Table Games/Bingo Meal: Cheese Pizza	29 Coffee & Conversation Craft: Flower Frogs (RLC) Let Your Yoga Dance (RLC) Kahoot Traveling Chair: India (RLC) Craft (MFWC) Table Games (MFWC/RLC) Meal: Swiss Steak

LOCATIONS:

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 34251
Friday 9am-1pm

NEW! Redeemer Lutheran Church (RLC)
6311 3rd Avenue West
Bradenton, FL 34209
Now Open! Friday 9am-1pm

THIS for THAT: Healthy Snack Choices

Snacking can be a great way for older adults to keep energy steady throughout the day if they are mindful that picking healthy snack alternatives is the key!

SWAP...	Why?	Tip!
Chips... for Lightly Salted Popcorn or Whole-Grain Crackers	More fiber and whole grains, less unhealthy fat and sodium	Add herbs or Mrs. Dash for extra flavor
Cookies... for Fresh Fruit or Fruit Cups in 100% Juice	Natural sweetness, vitamins, hydration, and fiber	Try berries, clementines, or sliced apples
Candy... for Trail Mix (Nuts, Seeds, & Unsweetened Dried Fruit)	Healthy fats and protein help keep you full longer	Keep portions small (¼ cup)
Ice Cream... for Yogurt Parfait	More protein and probiotics with less added sugar	Add fruit and a sprinkle of granola
Cheese & Crackers... for Veggies & Hummus	Boosts fiber, vitamins, and plant-based protein	Try cucumbers, zucchini slices, bell peppers, or baby carrots
Large Muffins... for Whole-Grain Toast with Peanut Butter	Less sugar, more whole grains and healthy fats	Add sliced banana or strawberries
Pastries... for Oatmeal Cups or Overnight Oats	Provides energy without the sugar crash	Try adding walnuts, pecans, or almonds for crunch
Sugary Drinks... for Water with Fruit or Herbal Tea	Reduces sugar while supporting hydration	Add lemon and cucumber for extra hydration

Word Search Memorial Day!

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

- AMERICA
- BLUE
- DECORATION
- FLAG
- GRAVE
- HONOR
- MEMORIAL
- MONDAY
- MONUMENT
- PATRIOTIC
- PICNIC
- RED
- RESPECT
- SOLDIER
- STARS
- TRADITION
- VETERANS
- WREATH



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.