

# APRIL MENU

## Home Delivery

If you can benefit from a hot nutritious meal delivered to your door, call 224-5604 to receive 7 meals a week.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay Safe, Keep Self-Isolated &amp; Do Something Thoughtful for YOURSELF or OTHERS!</p>		<p><b>1</b> <i>Cheeseburger</i> READ A BOOK</p>	<p><b>2</b> <i>Baked Salmon</i> SEND AN UPLIFTING TEXT Food Bank 3-6pm Senior Only Shopping Safeway 7am – 9am Alaska Marketplace 7am – 9am</p>	<p><b>4</b> <i>Picnic Sack Lunch</i> BAKE A TREAT</p>
		<p><b>6</b> <i>Pulled Pork</i> <i>Mashed Potatoes</i> WATCH A FAVORITE MOVIE</p>	<p><b>7</b> <i>Spaghetti with Meat Sauce</i> TAKE A WALK Senior Only Shopping Safeway 7am – 9am</p>	<p><b>8</b> <i>Chicken Enchilada Casserole</i> WASH THE CAR</p>
<p><b>13</b> <i>Beef Quesadilla</i> <i>Refried Beans</i> GRATITUDE JOURNAL</p>	<p><b>14</b> <i>Seafood Pasta</i> WALK THE DOG Senior Only Shopping Safeway 7am – 9am</p>	<p><b>15</b> <i>Chicken Stir Fry</i> STRETCH</p>	<p><b>16</b> <i>Grilled Cheese</i> <i>Tator Tots</i> PAINT/DRAW/DOODLE Food Bank 3-6pm CSFP Delivery between 11am-1pm Senior Only Shopping Safeway 7am – 9am Alaska Marketplace 7am – 9am</p>	<p><b>17</b> <i>Picnic Sack Lunch</i> PHONE A FRIEND</p>
<p><b>20</b> <i>Rosemary Chicken</i> <i>Roasted Potatoes</i> LISTEN TO MUSIC</p>	<p><b>21</b> <i>Seared Pork Chop</i> <i>Mashed Potatoes</i> TEXT A FUNNY SELFIE Senior Only Shopping Safeway 7am – 9am</p>	<p><b>22</b> <i>Lasagna</i> PUZZLE TIME</p>	<p><b>23</b> <i>Baked Penne Pasta</i> GET ENOUGH SLEEP Food Bank 3-6pm Senior Only Shopping Safeway 7am – 9am Alaska Marketplace 7am – 9am</p>	<p><b>24</b> <i>Picnic Sack Lunch</i> ORGANIZE SOMETHING</p>
<p><b>27</b> <i>Chicken Quesadilla</i> <i>Refried Beans</i> UNPLUG</p>	<p><b>28</b> <i>Jambalaya</i> PRAY/MEDITATE Senior Only Shopping Safeway 7am – 9am</p>	<p><b>29</b> <i>Grilled Chicken Sandwich</i> STARGAZE</p>	<p><b>30</b> <i>Ham &amp; Cheese</i> <i>Macaroni Casserole</i> VIDEO CHAT WITH A FRIEND Food Bank 3-6pm Senior Only Shopping Safeway 7am – 9am Alaska Marketplace 7am – 9am</p>	<p>WHEN YOU CAN'T FIND THE SUNSHINE, BE THE SUNSHINE!</p> 

Seward Senior Citizens, Inc.  
PO Box 1195  
336 Third Avenue  
Seward, AK 99664

**NONPROFIT ORG  
US POSTAGE PAID  
SEWARD, AK 99664  
PERMIT #95**

Address Service Requested



**Seward Senior Citizens Inc. is 80% funded by grants from the** City of Seward, State of Alaska, & Kenai Peninsula Borough, **20% comes from** financial supporters like you. ☑  
*Serving Seward seniors since 1978*

**SSC Endowment:** The gift that keeps on giving! When you contribute to the Endowment, your donation is preserved. SSC benefits from the interest from your investment. Help us to reach our new goal of \$200,000.00.

**Please Donate Today!**

**New Vehicle Fund** \$ \_\_\_\_\_

**SSC Endowment Fund** \$ \_\_\_\_\_

**Emergency Nutrition Program** \$ \_\_\_\_\_

**Five & Dime Club (unrestricted)** \$ \_\_\_\_\_

**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

\_\_\_\_\_

Mail to SSC, PO Box 1195 Seward, AK 99664  
Thank you in advance for your financial support!

If you think you may be sick, please call  
**Seward Community Health Center** at  
**224-2273**  
to find out what the proper  
procedure is to be tested at this time.

**Independent Living Center is CLOSED**  
Consumers who would  
**like to purchase taxi vouchers**  
must call to order them.  
**224-8711**

**SeaView** wants to hear from you.  
Call 224-5257 (business hours 8am-5pm)  
or 223-3027 (for 24/7 support)  
& ask for Sara or Daniel

