

Schaumburg Senior Care  
The Barn  
231 S. Civic Drive  
Schaumburg, 60193

Days: *Mondays-Fridays*  
Times: *10:00am-2:00pm*  
Phone: *(847) 524-7496*







**Community Nutrition Network  
& Senior Services Association**



**May 2015**

*Manager: Marina Lvovich*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal when it is delivered: <b>REFRIGERATE IT RIGHT AWAY!!</b> Do not leave it sitting out!!! Please be safe!!!</p>	<p>Remove meal from the freezer or refrigerator Punch a few holes in the clear cover with a fork. Leave the cover on the food. Set microwave to defrost for 2-4 minutes, then full power for 3-5 minutes. If it has been refrigerated, it will not take as long</p>			<p>1. Oriental Beef, Seasoned Rice, Broccoli, Carrots and Water Chestnuts, Cran-apple Juice, Multigrain Bread, Fresh Orange <u>Market Day Lunch at 11:30</u></p>
<p>4. Roast Pork/Gravy, Mashed Potatoes, Brussels Sprouts &amp; Carrots, Rye Bread (2) Applesauce</p> 	<p>5. Swiss Steak, Cheesy Potatoes, Stewed Tomatoes, Apple Juice, Whole Wheat Bread, Banana Muffin OR <u>Fresh Bar</u></p>	<p>6. Chicken Parmigiana, Roasted Potato Wedges, Spinach, Tossed Salad, Multigrain Bread Fruited Gelatin Cup or Sugar Free Gelatin</p>	<p>7. Seafood Salad OR Cheeseburger Minestrone Soup w/ Beans Cauliflower with Cheese Sandwich Bun, Fresh Apple</p>	<p>8. <u>Mother's Day Sweet Treat</u> Table Chicken Cordon Royale, Au Gratin Potatoes, Green Beans Almondine, Grape Juice, Whole Wheat Bread, Vanilla Pudding Vanilla Pudding</p>
<p>11. <u>Alden Poplar Creek Mothers' Day Party</u> \$4.00 <b>HAPPY MOTHER'S DAY!</b></p>	<p>12. Breaded Fish w/ Cheese OR Crispy Chicken Fillet Potatoes O'Brien Blended Fruit Juice Sandwich Bun Strawberry Yoghurt Pineapple Chunks</p>	<p>13. Meatloaf w/Gravy, Mashed Potatoes, Vegetables Soup w/Beans, Grape Juice Whole Wheat Bread Blueberry Muffin OR <u>Fresh Bar</u></p>	<p>14. Beef Stroganoff over Rice, Glazed Carrots, 4-Bean Salad Rye Bread Orange Juice Sorbet</p>	<p>15. Turkey Breast/ Stuffing Succotash Tossed Salad Dinner Roll Fresh Pear <u>Market Day Lunch at 11:30</u></p>
<p>18. Macaroni &amp; Cheese Entrée OR Ham &amp; Potato Bake, Mixed Vegetables, Coleslaw Whole Wheat Bread (2) Cinnamon Applesauce Cup</p>	<p>19. Herb Chicken with White &amp; Wild Rice Lima Beans, Orange Juice, Soft Breadstick Sliced Peaches OR <u>Fresh Bar</u></p>	<p>20. Beef Pot Roast w/ Potatoes &amp; Vegetables Creamed Spinach, Beet and Onion Salad, Whole Wheat Bread, Cupcake</p>	<p>21. Chicken Marsala Spiral Noodles, Navy Bean Soup, Peas &amp; Carrots, Whole Wheat Bread, Sliced Pears</p> 	<p>22. Cheese Lasagna With Tomato Sauce, Zucchini &amp; Tomatoes Tossed Salad, Soft Bread Stick, Fresh Banana or <u>Fresh Bar</u></p> 
<p>25. Memorial Day Holiday Sites closed*</p>	<p>26. Italian Chicken Breast, Scalloped Potatoes, Diced Carrots, Blended Fruit Juice, Whole Wheat Bread, Cranberry Nut Bread</p> 	<p>27. Taco Meat OR BBQ Fajita Chicken with Cheese Stick, Whole Kernel Corn, Refried Beans, Soft Flour Tortilla (2) Shr. Lettuce/ Mild Salsa, Fruit Cocktail OR <u>Fresh Bar</u></p>	<p>28. Spaghetti with Meat Sauce, Italian Mix Vegetables Tossed Salad Soft Bread Stick, Fresh Apple</p>	<p>29. Jumbo Beef Hot Dog Baked Beans Country Vegetables Hot Dog Bun Apricot Halves <u>Market Day Lunch at 11:30</u></p>










Schaumburg Barn  
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Activities – May ,2015

(847)524.7496

Senior Service Coordinator: Marina Lvovich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May is Older Americans Month and the theme is "Safe Today, Healthy Tomorrow." With this theme, we recognize older adults for their contributions and sacrifices by helping them stay safe and active as they age. <b>Let's celebrate and honor our Seniors with Special Treats by Color!</b> Week 1: Splurge Treats <u>Week 2: Red Treats</u> <u>Week 3: White Treats</u> Week 4: Green Treats <u>Week 5: Yellow and Orange Treats</u>				1. <b>Market Day</b>  @1:00-2:30pm Lunch @ 11:30 Bingo after Lunch <b>"Splurge Treats"</b>	2.
4. Bunco with Gloria and Pat at 10:30 Prizes included Bingo after Lunch <b>"Red Treats"</b>	5. Bingo after Lunch Balloon Volleyball at 11:00am <u>Hot Lunch/Fresh Bar</u>	6. Health Clinic 10:30 Lexington of Schaumburg Bingo Sponsorship	7. \$2.00 Special Lunch Card Playing Walking Club after Lunch	8. Special Mother's Day  Treats and Trivia Bingo after Lunch Free Bagels from Linda	9.
11. Alden Poplar Creek  <b>Mother's Day Party</b> <b>\$4.00</b>	12. Book Club with Lisa Nusret at 10:30 <b>"White Treats"</b>	13. Humana Medicare Educational Seminar with treats at 11:15am <u>Hot Lunch/Fresh Bar</u>	14. Special Thursday Lunch \$2.00 Movie Day at 1:30 	15. <b>Market Day</b>  @1:00-2:30pm Lunch @ 11:30 Bingo after Lunch	16. Weekend Party from Big Sammy's Hot Dog, fries, drink, and dessert! \$3.00 Bingo after Lunch
18. Bingo after Lunch	19. BNC Auto Body Bingo Sponsorship and Split the Pot <u>Hot Lunch/ Fresh Bar</u> Senior Advisory Council Meeting at 1:30	20. Health Clinic 10:30 Bingo at 1:00 <b>"Green Treats"</b>	21. \$2.00 Special Lunch Card Playing Wii Bowling at 11:00	22. Bingo Sponsored by Firstlight Home Care <u>Hot Lunch/Fresh Bar</u> Free Bagels from Linda Dressler	23.
25. Memorial Day Holiday The Barn will be CLOSED 	26. Manor Care of Elk Grove Gift Bingo after Lunch	27. Intergenerational Garden planting at 10:30am <u>Hot Lunch/Fresh Bar</u> Bingo at 1:00 <b>"Staying Safe and Active" with the Police Department</b>	28. Planting Day Back-Up 10:30 Special Thursday Lunch \$2.00 <b>"Yellow and Orange Treats"</b>	29. <b>Market Day</b>  @1:00-2:30pm Lunch @ 11:30 Comfort Keepers Bingo@ at 12:00	Senior Bus: 847.882.1929 Pace Bus: 847.352.8097

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 Community Nutrition Network, Inc. does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Humans Right Act, The U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, The Age Discrimination Act, The Age Discrimination in Employment Act, and The U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8965[Voice and TDD] or contact Williams Burns, Director of Personnel at [312] 207-5290  
*We serve nutritious lunches to Village of Schaumburg & Village of Hoffman Estates (Schaumburg Township) seniors and disabled friends for a small donation of \$3.25 either Fresh Bar or Hot Meal. Eat Well. Age Well.*