





Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Exercise Class- 9:15AM Beg. 930 Line Dance 1030 Pokeno 1PM Arts/Crafts 1PM	3 Bingo 10AM Rummikkub 12:30PM Knit/Crochet By Appt Arts/Crafts 9am-12	4 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	5 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm
8 Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12	9 Exercise Class- 9:15AM Beg. 930 Line Dance 1030 Pokeno 1PM Arts/Crafts 1PM	10 Bingo 10AM Rummikkub 12:30PM Knit/Crochet By Appt Arts/crafts 9-12 10am Tech Help	11 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm 10am Popcorn/Movie	12 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm
15 Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12 11:15 Healthy Aging Pres	16 Exercise Class- 9:15AM Beg. 9:30 Line Dance 10:30 Pokeno 1PM Arts/Crafts 1PM	17 Bingo 10AM Rummikkub 12:30PM Knit/Crochet By Appt Arts/Crafts 9am-12 1130 Archwell Pres.	18 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm 10am Hair Cuts W/ Darlene 10am LIVE Band W/ Tatted Remnants	19 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm
22 Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12 11am AHEC Pres.	23 Exercise Class 9:15AM Beg 930 Line Dance 1030 Pokeno 1PM Arts/Crafts 1PM	24 Bingo 10AM Rummikkub 12:30PM Knit/Crochet By Appt Arts/Crafts 9am-12	25 Exercise Class- 9:15AM Bible Study- 10:30AM Line dance 1PM 10am Popcorn/Movie	26 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm
29 Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12 1130 UHC INS. PRES.	30 Exercise Class 9:15am Beg/Line Dance 930 Line Dance 1030 Arts/Crafts 9am-12 Pokeno 1pm	<div></div>		
				

Special Events

HAPPY LABOR DAY



REMINDER

Meals are served from 12:00 PM - 1:00 PM, Monday - Friday and require a 2-day advance reservation. To reserve a meal, please call or stop by your local center to sign up. Meals must be consumed on site and may contain or have been exposed to allergens such as: Dairy, Gluten, Soy, and Shellfish

MANAGEMENT

Ishtar Jorden
Senior Center Supervisor
(904) 291 - 3520
ijorden@agingtrue.org

FOR ADDITIONAL ASSISTANCE
ISHTAR JORDEN AND
HECTOR JIMENEZ
ARE AVAILABLE



SENIOR CENTER OF AGING TRUE MIDDLEBURG
Community Senior Services
Clay County

SEPTEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED LABOR DAY!	2 Pork Sausage Northern Beans Cabbage Hot Dog Bun/ Mustard Fruit Cup Milk	3 Taco Meat Pinto Beans Mexican Corn Lettuce/Tomato SHED/Chee/Flour Tor. Milk/Fresh Fruit Taco Sauce	4 Chicken Salad Green Pea Salad Garbanzo Bean Salad Saltine Crackers Fresh Fruit Milk	5 Chop Steak/Gravy Whipped Potatoes Summer Vegetables Wheat Bread Fresh Fruit Milk
8 Sweet/Sour Chicken Fried Rice Japanese Vegetables Dinner Roll Fruit Cup Milk	9 BBQ Rib Patty Red Beans/Rice Cabbage Dinner Roll Fruit cup Milk	10 Meatballs/Spaghetti Sauce Penne/Tomatoes Green Peas Wheat Bread Fresh Fruit Milk	11 Smothered Chicken Lima Beans Country Vegetables Dinner Roll Fresh Fruit Milk	12 Hamburger Patty Baked Pinto Beans Lettuce/Tomato Hamburger Bun Fresh Fruit Milk Mustard/Ketchup/Mayonaise
15 Chili Mac Whole Kernel Corn Garden Vegetables Wheat Bread Fruit Cup Milk	16 Chicken Chow Mein Buttered Rice Green Peas Wheat Bread Fruit Cup Milk	17 Chicken Salad Potato Salad Lettuce/Tomato Wheat Bread Fresh Fruit Milk	18 Sloppy Joe Mixed Beans California Vegetables Hamburger Bun Fresh Fruit Milk	19 Pork Sausage Blackeyed Peas Green Beans Hot Dog Bun Fresh Fruit Milk Mustard
22 Meatballs/ Mushroom Gravy Country Ranch Potatoes Italian Green Beans Wheat Bread/Fruit Cup Milk	23 BBQ Chicken Macaroni/Cheese Green Peas Hamburger Bun Fruit Cup Milk	24 Beef/Frito Pie Whole Kernel Corn Spanish Rice Corn Chips Fresh Fruit Milk	25 Orange Glazed Chicken Delmonico Potatoes Cabbage Dinner Roll Fresh Fruit Milk	26 Hamburger Patty Baked Pinto Beans Lettuce/Tomato Hamburger Bun Fresh Fruit Milk Mustard/Ketchup/Mayonaise
29 Beef and Rice Casserole Herbed Green Beans Glazed Carrots Wheat Bread Fruit Cup Milk	30 Pork Sausage Northern Beans Cabbage Hot Dog Bun/ Mustard Fruit Cup Milk			

CONTACT US

3916 Section Street
Middleburg, FL.
32068

(904) 291 - 3520

Hours of Operations

Monday - Friday

9:00 AM till 4:30 PM

Saturday - Sunday

Office Closed



agingtrue.org/clay-county/



facebook.com/agingtrue

OTHER LOCATIONS

Keystone Heights

125 N.E. Commercial Circle
Keystone Heights, FL. 32656
(352) 473 - 7121

Green Cove Springs

604 Walnut Street
Green Cove Springs, FL. 32043
(904) 284 - 3134

Orange Park

414 Stowe Avenue
Orange Park, FL. 32073
(904) 269 - 4731

OTHER SERVICES

- Meals on Wheels
- Case Management
- Mental Wellness
- Long Term Care
- In-home Services
- Respite Care
- R.E.L.I.E.F. Program
- Adult Day Health Services
- Utility Assistance (EHEAP)