




Garden Valley Senior Center

April 2024

<p>Tuesday Lunches</p> <p>11:30am-12:30pm by donation</p> 	<p>April 2 – Ham, scalloped potatoes, side salad, pineapple, roll, dessert</p> <p>April 9 – Meat loaf, baked potato, side salad, carrots, bread, peaches, dessert</p> <p>April 16 – Cook’s choice!</p>	<p>April 23 – BBQ chicken, potato salad, side salad, peas, roll, desserts</p> <p>April 30 – French dip sandwich, baked beans, green beans, side salad, chips, orange wedges, dessert</p>
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WANT TO BE PART OF THE GVSC TEAM?! Currently searching for Board Members and volunteers. Being involved is a wonderful way to give back to seniors and other members of our community.

SENIOR CENTER OFFICE HOURS are Mondays, Tuesdays, and Thursdays from 10am-12pm. The phone number is 208-462-3943. Website: gvseniorcenter.org

VOLUNTEER SPOTLIGHT!! Non-profit organizations rely on volunteers...it takes a village! We are so grateful for our growing group of volunteers! A very special thank you goes out to these special folks -

- * **Elaine Grimm** for her weekly help at the center and for the lovely table decorations
- * **Eileen Mitchell** for the beautiful room decorations
- * **Jean Rob Reed** who helps Eileen with decorating the center
- * **Brian Wilson** for his dishwashing skills during the weekly lunches

BINGO! Friday, April 5! Packet sales begin at 6:30pm!! Games start at 7pm!! Many thanks to our volunteer team that makes the fun evening fun for everyone!

FOOD BOXES will be distributed on April 4th and April 18th from 9:30am-11:30am at the Senior Center.

MONTHLY GVSC BOARD MEETING – The April meeting has been canceled.

MONDAY NIGHT @ THE MOVIES! – Join the gang for a FREE movie on Monday, April 15th at 7pm. Bring your own comfy chair, beverages, and snacks. Snacks will be available for a donation. Movie will be AVITAR.

LOW IMPACT AEROBICS FOR SENIORS – Enjoy a 30-minute session of exercise and music every Tuesday and Thursday from 10:30am-11:00am.

MARTIAL ARTS FOR SENIORS – Classes take place every Tuesday and Friday afternoon from 1:30pm-3:30pm.

FREE INCOME TAX SERVICE – Every Thursday afternoon from 1pm-4pm. No appointment needed. Must bring 2022 tax return, photo ID and social security card. Many thanks to AARP for once again providing this service to our community.