

Sedona Community Center
2615 Melody Lane
West Sedona
www.sccsedona.org
928-282-2834



SEPTEMBER 2026



Daily in-house lunch guests 60 & over ~ \$7 suggested contribution for NACOG Clients, \$7 payment for non-NACOG, all others a \$10 required payment. Reservations ~ please call 928-282-2834 the day prior. Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES. DAAS to NACOG Aging. Menu subject to change based on available food items. THANK YOU!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Shepherd's Pie Yellow Squash Dinner Roll House Salad Lemon Cake	2 Pepperoni & Cheese Pizza Italian Veggie Blend Cheese Pasta Caesar Salad Fruit	3 Turkey & Bacon Wrap Lettuce & Tomato Coleslaw Spice Cake	4 Parmesan Encrusted Chicken Mashed Potatoes String Beans House Salad Mixed Berries
7 	8 Chicken Cacciatore w/ WG Egg Noodles Veggie House Salad Fruit	9 Stuffed Peppers Stewed Tomatoes Cauliflower & Corn House Salad Cantaloupe	10 Spinach & Tomato Quiche Roasted Red Potatoes Peppers & Onions Cottage Cheese Pineapple	11 <i>Patriot Day</i> Ham & Cheese Sub w/ Lettuce & Tomato Potato Chips Cookies <i>Rosh Hashanah at sundown</i>
14 Swedish Meatballs Egg Noodles Peas House Salad Peach Cobbler	15 Asian Salad w/Chicken WW Pita Bread Birthday Cake	16 Bratwurst on Bun Scalloped Potatoes Sauerkraut Coleslaw Fruit	17 Chicken Enchiladas Black Beans Mexican Rice House Salad Brownies	18 Pork Ribs Rice Pilaf Veggie Blend House Salad Applesauce
21 <i>Yom Kippur</i> Herb Crusted Salmon Rice Pilaf Green Beans House Salad Lemon Bars	22 <i>First Day of Fall</i> Chicken Fried Steak Mashed Potatoes Veggie House Salad Fruit	23 Sloppy Joes w/WG Bun Carrots Tator Tots House Salad Watermelon	24 Meatloaf Sweet Potatoes Mixed Veggie House Salad Fruit	25 Chicken a la King w/ Peas & Carrots Egg Noodles House Salad Apple Squares
28 Beef Burrito Mexican Rice Pinto Beans Romaine Lettuce & Tomatoes Fruit	29 Chicken Tenders Mashed Potatoes Veggie House Salad Fruit	30 Pork Teriyaki Broccoli Fried Rice House Salad Fruit	 SEPTEMBER IS HEALTHY AGING MONTH	
			 September 26th JOHNNY APPLESEED DAY	

Name: _____

Healthy Lifestyle Word Search

CHOLESTEROL
GOODHYGIENE
MEDITATION
VEGETABLES
EATHEALTHY
HEARTRATE
NUTRITION
EXERCISE
CHECKUPS
ACTIVITY
JOGGING
FITNESS
AEROBIC
WEIGHT
ENERGY
WATER
SLEEP
RELAX
GOALS
FRUIT
WALK
DIET
BMI
RUN



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

Meals on Wheels Clients ~ Please call us at **928-282-2834** if you know you are not going to be home for a meal delivery. We ask that you call us as soon as you know, or before 9:30am on the day you won't be home.

OATMEAL APPLE CRISP

Ingredients:

- 4 tart cooking apples sliced
- ½ cup (1 stick) butter
- ¾ cup firmly packed brown sugar
- ¾ cup quick-cooking oats
- ½ cup all-purpose flour
- 1 tsp ground cinnamon

Instructions:

- Preheat oven to 350 degrees.
- In a shallow greased baking dish place apples
- In saucepan over medium heat, melt butter. Stir in brown sugar, oats, flour, and cinnamon, mix well and sprinkle over apples.
- Bake for 45 minutes, or until top is golden and apples are soft.
- Serve warm with whipped cream or vanilla ice cream.