

Carver Heights Senior Center



DCHHS
Safe families, healthy lives
Dallas County Health and Human Services



Keeping Older Adults Active!

Older Adult Services Program

April 2020

The Carver Heights Baptist Church and Dallas County Older Adult Services Program have partnered to provide services to enrich and improve the quality of life for seniors and support a more healthy and active lifestyle. Join the fun and fellowship with other seniors from the community.

Due to Coronavirus (Covid-19), the center is temporary closed. Drive Thru and Go Meals will be available.



B-I-N-G-O

Left –
Playing Bingo with friends

S-T-R-E-T-C-H

Below –
Stretching exercises with resistance bands build strength



Together in Spirit

Wear Yellow on Fridays

Drive Thru



and Go Meals

Monday–Friday
11:00 am–12:00 pm



Location & Hours of Operation

Carver Heights Senior Center
2510 E. Ledbetter Dr., Dallas, TX 75216
Monday–Friday 8:30 a.m.– 2:00 p.m.

Transportation Services

Need a ride to the center?
Contact us for more information at
214-819-1860



Reservations required.

CONTACT INFORMATION
(214) 954-7337 / (214) 819-1860

This program is supported, in part, by Dallas County, the Community Council of Greater Dallas/Dallas Area Agency on Aging and the Texas Health and Human Services.

Lunch Served Daily at 11:00 am – 12:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Oven Fried Chicken Thigh Ranch Whipped Potatoes Italian Green Beans Wheat Bread Cherry Gelatin w/ Peaches Milk	Smoked Sausage* Baked Beans Sliced Carrots Hot Dog Bun Fudge Cream Cookie ¹ Milk Mustard	Hamburger Patty~ Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranberry Crisp# Milk Mustard & Ketchup
6	7	8	9	10
Beef Stroganoff Broccoli Country Tomatoes Whole Wheat Breadstick Gingerbread Cookie Milk	Southwest Chicken Spanish Rice Cilantro Lime Corn Wheat Bread Creamsicle Pudding Milk	Swiss Steak~ Whipped Potatoes Mixed Vegetables  Dinner Roll  Frosted Birthday Cake Chocolate Ice Cream Milk	Chicken Chili# Confetti Rice Mixed Greens Corn Muffin Fresh Orange Milk Margarine	<u>Easter</u> Turkey Breast w/ Gravy Roasted Sweet Potatoes Italian Green Beans Dinner Roll Oatmeal Cream Cookie ¹ Milk
13	14	15	16	17
Breaded Chicken Patty~ Chuckwagon Corn Catalina Vegetables Hamburger Bun Sugar Cookie Milk Mayonnaise	Salisbury Beef~ Onion Gravy Delmonico Potatoes Lemon Brussels Sprouts Wheat Bread Strawberry Cereal Bar# Milk	Turkey Gumbo Cajun Rice Collard Greens Saltine Crackers Caramel Vanilla Pudding Milk	Turkey Pastrami Swiss Cheese Lettuce & Tomato Three Bean Salad Wheat Bread (2) Fresh Apple Milk Mustard	Spinach Lasagna Torte Green Beans Braised Carrots Wheat Bread Orange Gelatin w/ Pineapple Milk
20	21	22	23	24
Beef Spanish Rice Mexican Corn Cauliflower Wheat Bread Gingerbread Cookie Milk	Turkey Noodle Casserole Green Beans w/ Onions Lemon Zest Broccoli Wheat Bread Animal Crackers Milk	BBQ Chicken Thigh Macaroni & Cheese Peas & Carrots Texas Bread Lime Gelatin w/ Pears Milk	Smoked Sausage* Lima Beans Stewed Tomatoes Corn Muffin Fresh Orange Milk Margarine	Hamburger Patty~ Lettuce/Tomato/Onion Baked Beans Hamburger Bun Spiced Peaches Milk Mustard & Ketchup
27	28	29	30	
Loaded Potato Casserole#* Green Peas Country Tomatoes Wheat Bread Fresh Apple Milk	Country Fried Steak~ Country Gravy Whipped Potatoes Green Beans Wheat Bread Nutty Buddy Bar ¹ Milk	Turkey Breast w/ Gravy Mashed Spiced Yams Sliced Carrots Dinner Roll Butterscotch Swirl Pudding Milk	Beef Pepper Caserole Broccoli Cauliflower Dinner Roll Strawberry Gelatin w/Fruit Milk	

* - Contains Pork

- New Menu Item

¹ - Contains Peanuts

~ - Entrée Contains Soy