

Grand Center Staff

Director: Lorette "Yordy" Eastwood 259-4102

Kitchen Manager: Brooke Brox 259-4999

Facility Coordinator: Kris Pogue 259-6623

Cooks: Tiffany Hester & James Leech

Maintenance Tech: Joe Thurman

Maintenance: Dayana Chaires

Home Delivery Jenny McDougall

Fax (435)259-2601



Congregate meals are served M-F excluding Thursdays. We serve promptly at noon. If you would like to join us, please call the day before. (435) 259-6623. If it is a meal where individual items are made (like fry bread) we ask 48 hours advance notice. Meals are a suggested donation of \$2.50 for seniors aged 60 or above. We are delighted to have you join us if you are under 60. The cost is \$6.

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
Calories	Per serving	Per container	
	220	440	
	% DV*	% DV*	
Total Fat	5g	10g	13%
Saturated Fat	2g	4g	20%
Trans Fat	0g	0g	
Cholesterol	15mg	30mg	10%
Sodium	240mg	480mg	21%
Total Carb.	35g	70g	25%
Dietary Fiber	6g	12g	43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g	8g	16%
Protein	9g	18g	
Vitamin D	5mcg	10mcg	50%
Calcium	200mg	400mg	30%
Iron	1mg	2mg	10%
Potassium	470mg	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE: FOX

ABC NEWS

Nutritional information details the nutrients (calories, fats, carbs, protein, vitamins, minerals, fiber, salt, sugar) in food, found on labels to help you make healthier choices, showing amounts per serving and as % Daily Value (%DV) to see if a food is high or low in nutrients, guiding you towards balanced eating for better health. Seniors generally need more protein than younger adults. It is crucial for prevention of muscle loss, strength and function A 150# senior citizen should have between 68-109 grams of protein daily.

Alex Leech Jan. 2nd

Pat Marshall Jan. 5th

Cherie Major Jan. 6th

Terry Leech Jan. 7th

Casey Hearne Jan. 10th

Konnie Gritts Jan. 12th

Bette Badger Jan. 13th

Ralph Browning Jan 24th

Jamey Dodson Jan. 25th

Mark Beeson Jan. 26th

Jed Taylor Jan 27th

Beverly Bunge Jan. 30th

Inalyn Meador Jan. 30th

Dorothy Markle Jan. 31st





Hot Chocolate Word Search



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

CHOCOLATE
 COCOA
 CREAM
 CUP
 DARK
 DRINK
 ENJOY
 HEAT
 HOMEMADE

HOT
 MARSHMALLOWS
 MILK
 MIX
 MUG
 ORDER
 POWDER
 SIP
 SPOON

STEAM
 STIR
 SUGAR
 SWEET
 WARM
 WATER
 WHIPPED
 WINTER



MISSING SNOWFLAKE



WHICH SNOWFLAKE IS MISSING FROM THE SECOND IMAGE?

