

Active Adults 50+

August 2017— Monthly Bulletin

Thursday Lunch!



Our lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at 12:15 pm. Join us for social hour beginning at 11:00 am. Reservations are required by Tuesday, at 5:00 pm.

Call 303.926.2795 to make reservations.

\$4.00 - Suggested Donation for 60 +

\$12.00 - Fee for under 60

Meals subject to change based on product availability.

MENU	LUNCH PROGRAM
August 3 Hamburger, Wheat Bun, Lettuce, Tomato, Onion, Pineapple and Blueberries, Creamy Red Potato Salad, Ketchup, Mustard, Crunchy Fruit and Nut Cup	August 3 Advance Care Planning Talk
August 10 Krautburger, Roasted Red Potatoes, Grapes, Melon and Bananas, Nut Cup, Butter	August 10 Mile High Banjos
August 17 Chicken Noodle Casserole, California Blend Vegetables, Rainbow Fruit Salad, Wheat Roll, Butter, Fig Bar	August 17 Advance Care Planning back to help with paperwork
August 24 Herbed Pork, Whipped Sweet Potatoes, California Vegetable Mix, Cottage Cheese with Pineapple Tidbits, Spice Cake	August 24 Jerry Barlow, musician
August 31 No Lunch	August 31 No Lunch