

# Active Adults 50+

## September 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
<b>September 7</b> Ginger Beef Pot Roast with Potatoes, Carrots and Onions, Steamed Cabbage, Rye Roll, Butter, Sugar Free Lime Gelatin and Pears	<b>September 7</b> Blood pressure checks Aimee - talk on hearing loss
<b>September 14</b> Navy Bean Soup, Wheat Crackers, Egg Salad Sandwich on Wheat Bread with Tomato and Lettuce, Melon Mix, Peanut Butter Cookie	<b>September 14</b> CarFit
<b>September 21</b> Beef Enchilada Casserole, Spanish Brown Rice, Aztec Black Bean, Shredded Lettuce and Diced Tomato, Tropical Fruit Salad	<b>September 21</b> Fall Prevention and Medication Awareness
<b>September 28</b> Swedish Meatballs over Parslied Penne Pasta, Harvard Beets, Green Beans and Tomatoes, Wheat Roll, Butter, Kiwi	<b>September 28</b> Wranglerettes