

# Active Adults 50+

## October 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 303.926.2793 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>October 5</b> Tomato Bisque Soup, Whole Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Lettuce and Tomato, Confetti Bean Salad, Lemon Coconut Bar, Milk 1%	<b>October 5</b> Blood pressure checks Hand craft show after lunch in the Columbine Lounge
<b>October 12</b> Barbecued Pork on a Wheat Bun, Oven Brownd Potatoes, Asparagus, Corn & Roasted Red Pepper Blend, Pears with Raspberries, Milk 1%	<b>October 12</b> Erie High School Choir
<b>October 19</b> Salisbury Steak, Mashed Potatoes, Broccoli & Cauliflower, Wheat Pumpkin Roll, Butter, Oranges Slices, Milk 1%	<b>October 19</b> Safety Talk
<b>October 26</b> Lemon Baked Cod, Tarter Sauce, Lemon, Creamed New Potatoes, Vegetable Medley, Cool Cucumber Salad, Banana Muffin, Butter, Milk 1%	<b>October 26</b> Spellbinder