

Active Adults 50+

November 2017— Monthly Bulletin

Thursday Lunch!



Our lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at noon.

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
November 2 Marinara Meat Sauce with Wheat Rotini, Broccoli Cuts, Pears and Blueberries, Wheat Roll, Butter, Milk 1%	November 2 Blood pressure checks Talk on Veterans Benefits
November 9 Hamburger on Whole Bun, Lettuce, Tomato, and Onion with Mustard and Ketchup, Coleslaw, Kiwi, Crunchy Fruit Nut Cup, Milk 1%	November 9 Online and Financial Security Talk
November 16 Chicken Kiev, Baked Potato with Sour Cream, Butter, Roasted Beets, Lime Gelatin with Pears, Wheat Pumpkin Roll, Butter, Milk 1%	November 16 Less Than Perfect
November 30 Beef Stew, Asparagus-Glazed Carrots, Roasted Red Potatoes, Orange-Banana-Pears, Wheat Roll, Butter, Sandy's Cookie, Milk 1%	November 30 Longmont Community Djembe Orchestra