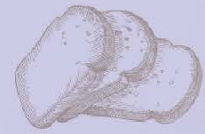




Seniors

60+ Adults



*Nutritious meals*

*and good company!*

Walt Self Senior Housing Community Room, 335 Railroad Avenue  
Catered meals served at 12:00

**February (Wednesdays and Fridays, except 1<sup>st</sup> Wednesday)**

Please call 303-441-1415 to reserve a meal. Walk-ins may not be accommodated.

60+ and volunteers: suggested donation of \$3.00. All others: \$8.25 charge.

- Fri., Feb 1            Baked Cod with Rice/Marinated Carrots and Cauliflower/5 Way Mixed Vegetables/Melon Cup/Whole Wheat Roll  
**Medicare Q&A w/ Susan Thompson from Boulder County AAA**
- Wed., Feb 6            Lunch at Oskar Blues
- Fri., Feb 8            Oven Fried Chicken/Mashed Potatoes/California Vegetables/Orange/Whole Wheat Roll
- Wed., Feb 13            Cheese Stuffed Chicken/Baked Potato/Asparagus/ Orange
- Fri., Feb 15            Baked Chicken/Mashed Potatoes/Stewed Tomatoes/Apple/Whole Wheat Roll
- Wed., Feb 20            Chicken Enchiladas/Sour Cream and Salsa/Spanish Rice/Tossed Salad w Ranch/Orange
- Fri., Feb 22            Crunchy Fish/Roasted New Potatoes/Creamy Coleslaw/Canned Pears/Whole Wheat Roll  
**Free Hand & Shoulder Massage w/ Taryn Pinson of Om Bodyworks**
- Wed., Feb 27            Pepper Steak/Brown Rice/Green Beans w/ Mushrooms/Strawberries and Bananas/Multigrain Bread  
**February Birthday Celebration after Lunch**

**As an alternative salads are served daily. Salad options available: chicken, chef, or vegetarian**



*Volunteers always needed!*



Programs & Services for Healthy Aging

**303-441-1415**

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)