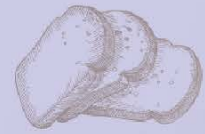




Seniors

60+ Adults



Nutritious meals

and good company!

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

January (Wednesdays and Fridays, except 1st 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.

- Wed., Jan 2 Lunch at Oskar Blues
- Fri., Jan 4 Baked Chicken/Scalloped Potatoes/Stewed Tomatoes/Apple/Whole Wheat Roll
- Wed., Jan 9 Tore's Meatloaf/Baked Potato/Glazed Beets/Almond Peaches/Whole Wheat Roll
- Fri., Jan 11 Roasted Red Pepper, Mozzarella and Basil Chicken/Rice Blend/Tossed Salad/Orange/Whole Wheat Roll
- Wed., Jan 16 Roasted Turkey/Potato Wedges/Green Beans and Mushrooms/Tangerine/Whole Wheat Roll
- Fri., Jan 18 Smothered Chicken Burrito/Black Bean Relish/Guac and Sour Cream/Bananas and Oranges
Free Hand & Shoulder Massage w/ Taryn Pinson of Om Bodyworks & Musical Performance by K.C.Groves
- Wed., Jan 23 Herb Baked Chicken/Mashed Potatoes with Gravy/Tossed Salad with Ranch/Orange/Whole Wheat Roll
Presentation by Patti Murphy, BCAA Dietitian, "Vitamins and Supplements"
- Fri., Jan 25 Battered Fried Fish/Spinach Bake/Tomato and Cucumber Salad/Pear Half/Whole Wheat Roll
- Wed., Jan 30 Baked Tilapia/Brown Rice/Tossed Salad w/ Balsamic Orange/Whole Wheat Roll

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