



# LUCERNE ALPINE SENIOR CENTER August

## LUNCH AND ACTIVITIES CALENDAR

### Activities

#### WED

##### CHAIR EXERCISE CLASS

Wednesdays

10:00AM-

11:00AM



#### THU

##### GUITAR CLASS

Thursdays

12:00PM



#### FRI

##### TAI CHI CLASS

Fridays

2:30PM-3:30PM



AA

Fridays

6:00PM-7:00PM



TUE	WED	THU	FRI
			1 ALFREDO PASTA Garlic Bread Garden Salad Fruit
5 CHEF SALAD Breadsticks Fruits & Veggies	6 Katsu Chicken Steamed Rice Green Beans Fruit	7 CHICKEN SALAD SANDWICH Garlic Bread Fruits & Veggies	8 SPAGHETTI Garlic Bread Fruits & Veggies
12 Turkey Wrap French Fries Garden Salad Fruit	13 CHICKEN CAESAR SALAD Breadsticks Fruits & Veggies	14 QUESADILLA Spanish Rice Beans Fruit	15 CLUB SANDWICH Pasta Salad Garden Salad Fruit
19 TACO TUESDAY Spanish Rice Elote Salad fruit	20 BAKED ZITI Garlic Bread Italian Salad Fruit	21 TERIYAKI CHICKEN Steamed Rice Fruit Veggie	22 BEEF STROGANOFF Dinner rolls Garden Salad Fruit
26 BBQ CHICKEN Coleslaw Dinner Rolls Fruit	27 JAMBALAYA Breadstick Steamed Rice Fruit	28 TACO SALAD Spanish Rice fruit	29 SPAGHETTI Garlic Bread Salad Fruit

If you are 60 years or older, the cost for lunch is a donation of \$5 (if you have it).

If you are under 60 years old, lunch will be \$10 per person.

A REGISTRATION FORM MUST BE COMPLETED ON THE FIRST VISIT.

If you have any questions, please see Amanda, the Director.