



LUNCH AND ACTIVITIES CALENDAR

LUCERNE

ALPINE

SENIOR CENTER



September

<div>Activities</div> <div>WED</div> <div>CHAIR EXERCISE CLASS</div> <div>Wednesdays</div> <div>10:00AM-11:00AM</div> <div>THU</div> <div>GUITAR CLASS</div> <div>Thursdays</div> <div>12:00PM</div> <div>FRI</div> <div>TAI CHI CLASS</div> <div>Fridays</div> <div>2:30PM-3:30PM</div> <div>AA</div> <div>Fridays</div> <div>6:00PM-7:00PM</div>	TUE	WED	THU	FRI
	2 QUESADILLA Spanish Rice Pinto Beans Fruit	3 CHICKEN SALAD SANDWICH Pasta Salad Fruits	4 TERIYAKI CHICKEN Steamed Carrots Rice Fruit	5 CHICKEN CAESAR SALAD Romaine Lettuce Dinner Roll Fruit
	9 ALFREDO PASTA Garlic Bread Garden Salad Fruit	10 BEEF STROGANOFF Dinner rolls Garden Salad Fruit	11 TACO SALAD Spanish Rice Fruit	12 BBQ CHICKEN Coleslaw Dinner Roll Fruit
	16 FAJITAS Spanish Rice Pinto Beans Fruit	17 SPAGHETTI Garlic Bread Salad Fruit	18 CHEF SALAD Dinner Roll Fruit	19 BAKED ZITI Garlic Bread Italian Salad Fruit
	23 KATSU CHICKEN Steamed Rice Green Beans Fruit	24 TURKEY WRAP French Fries Garden Salad Fruit	25 SPAGHETTI Garlic Bread Garden Salad Fruit	26 CLUB SANDWICH Pasta Salad Garden Salad Fruit
	30 TACOS Spanish Rice Elote 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.