
















<p>ACTIVITIES</p> <p>TUE</p> <p>Food Truck/Senior Baskets 10th & 24th 9:30AM - 10:30AM</p> <p> REDWOOD EMPIRE FOOD BANK</p> <p>WED</p> <p>Chair Exercise Class Every Wednesday 10:00AM-11:00AM</p> <p>THU</p> <p>Arts & Crafts 19th 10:00AM</p> <p>Guitar Class Every Thursday 12:00PM</p> <p>FRI</p> <p>Tai Chi Class Every Friday 2:30PM-3:30PM</p> <p>AA 6:00PM-7:00PM</p>	TUE	WED	THU	FRI
	3	4	5	6
	Penne Bolognese Garlic Bread Veggies and Fruit	Katsu Chicken Steamed Rice Pasta Salad Fruit	CLOSED	Chicken Caesar Salad French Bread Veggies and Fruit
				
	10	11	12	13
	Tzatziki Gyro Hummus w/ Veggie sticks and Fruit	Hamburger Sliders French Fries Veggies and Fruit	Alfredo Pasta Garlic Bread Veggies and Fruit	BLT Potato Salad Veggies and Fruit
				
	17	18	19	20
	Chef Salad Breadsticks Veggies and Fruit	Pad Thai Asian Salad Veggies and Fruit	Chicken Salad-Sandwich Pasta Salad Veggies and Fruit	Spaghetti Garlic Bread Veggies and Fruit
				
	24	25	26	27
	Chicken Cutlets Mashed Potatoes Veggies and Fruit	Turkey Wrap French Fries Veggies and Fruit	Quesadilla Spanish Rice Veggies and Fruit	Club Sandwich Potato Salad Veggies and Fruit
				

If you are an age 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.