



LUNCH AND ACTIVITIES CALENDAR



LUCERNE
ALPINE
SENIOR CENTER



October

Activities	TUE	WED	THU	FRI
		1	2	3
WED <u>CHAIR EXERCISE CLASS</u> Wednesdays 10:00AM-11:00AM 		YELLOW CURRY CHICKEN & VEGETABLES Steamed Rice Fruit 	BACON BROCCOLI PASTA Garlic Bread Garden Salad Fruit 	LEMON HERB CHICKEN Mashed Potatoes Steamed Carrots Fruit 
	7	8	9	10
THU <u>GUITAR CLASS</u> Thursdays 12:00PM 	CHEF SALAD Dinner Roll Veggies Fruit 	CHICKEN CUTLETS Roasted Potatoes Veggies Fruit 	QUESADILLA Rice/Beans Veggies Fruit 	PULLED PORK SANDWICH Garden Salad Fruit 
	14	15	16	17
FRI <u>TAI CHI CLASS</u> Fridays 2:30PM-3:30PM 	SHRIMP SCAMPI Breadstick Coleslaw Fruit 	SESAME CHICKEN Vegetable Stir fry Steamed Rice Fruit 	SAUSAGE & PEPPERS Cajun Rice Veggies Fruit 	ENCHILADAS Black Beans Spanish Rice Fruit 
	21	22	23	24
AA Fridays 6:00PM-7:00PM 	ITALIAN SANDWICH Cole Slaw Veggies Fruit 	CHILI Honey Cornbread Garden Salad Fruit 	SPAGHETTI Garlic Bread Steamed Carrots Fruit 	TERIYAKI CHICKEN Steamed Rice Pasta Salad Fruit 
	28	29	30	31
	CREAMY CHICKEN SOUP Buttermilk Biscuit Steamed Veggies Fruit 	TURKEY WRAP Pasta Salad Veggies Fruit 	ORANGE CHICKEN Vegetable Stir Fry Steamed Rice Fruit 	BEEF STEW Dinner Roll Veggies 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.