Carnivores From the Past

Tuesday, Oct. 19
10 a.m.
Downtown Senior Center
1005 “O” St.

Top predators capture our attention, whether we watch for the thrill of the chase or sympathize for the prey. Big fish weren’t safe from 30-foot-long marine reptiles in the Cretaceous Seas. Large saber-toothed carnivores lurked in the tall grass ready to pounce.

University of Nebraska State Museum paleontologist Shane Tucker will highlight these and other predators from Nebraska’s geologic past. $4 suggested meal contribution age 60 and over.

Call 402-441-7154 to reserve a meal.

Downtown Fright Fest

Friday, Oct. 29
10 a.m.
Downtown Senior Center
1005 “O” St.

Join us for our annual Downtown Center Fright Fest!

Come dressed as your favorite spook or character and win the costume contest!

We will have treats provided by Brentwood Estates, scary decorations and The Music Bingo Guy!

A spooky Halloween lunch will be served from 11:30 a.m. to 12:15 p.m. Bingo starts at 10 a.m.

$4 suggested meal contribution age 60 and over.

Call 402-441-7154 to reserve a meal.

Veterans Salute

Friday, Nov. 5
Auld Pavilion at Antelope Park
1650 Memorial Dr.
Dinner: 5:30 p.m.
Show: 6 p.m.
Cost: $10 per person
$5 transportation within Lincoln

Join us for a dinner and dance to honor those who have served us so well during our nation’s history.

As a special thank you, we are celebrating with an evening of classic rock and roll from Mojo Filter.

Menu: Chicken fried steak, mashed potatoes with gravy, veggie, roll and apple crisp.
Catered by Hy-Vee.

Make your reservations by noon Friday, Oct. 25 by calling 402-441-7154.

* Events subject to cancellation.
Asian Center
Asian Community and Cultural Center
144 N. 44th St., Lincoln, NE 68503
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: 10 a.m.
Manager: Duy Linh Bui, 402-477-3446 (leave message)

Belmont Center
Belmont Recreation Center
1234 Judson St., Lincoln, NE 68521
Open: Monday through Friday, 9 a.m. to 1 p.m.
Lunch served: noon
Manager: Pam Lander, 402-441-7990

Wednesdays
Special Event Programs
Oct. 6  9 a.m. – Group socializing
  • 9:30 a.m. – Nia dance senior fitness led by Geris, Asian Center volunteer.
  • 10 a.m. – “COVID-19 Symptoms,” presented by Linh Bui, center manager. Presentation and material in Vietnamese.

Oct. 13  9 a.m. – Group socializing
  • 9:30 a.m. – Nia dance senior fitness led by Gerise, Asian Center volunteer.
  • 10 a.m. – “Heart Healthy Eating,” presented by Linh Bui, center manager. Presentation and material in Vietnamese.

Oct. 20  9 a.m. – Group socializing
  • 9:30 a.m. – Nia dance senior fitness led by Gerise, Asian Center volunteer.
  • 10 a.m. – Come to enjoy meals with your friends.
  • 10:30 to 11:30 a.m. – Lincoln Fresh Produce.

Oct. 27  9 to 11 a.m. – Health clinic: Aging Partners nurses will perform blood pressure screenings. They will also provide individual education about your readings, medications and referrals.
  • 9:30 a.m. – Nia dance senior fitness led by Gerise, Asian Center volunteer.
  • 10:30 to 11:30 a.m. – Lincoln Fresh Produce.

*Events subject to cancellation.

Monday through Friday
► 9 a.m. – Dominoes, Rummikub, SkipBo, Pitch and other card games. Please come and join us in some friendly competition!

Tuesdays
► 11 a.m. – Movement, music and fun exercise with Mitzi.

Wednesdays
► 11 a.m. – BINGO!

Thursdays
► 9 a.m. – Pitch

Fridays
► Husker football predictions. Whoever has the guess for the closest score will win a prize.

Special Event Programs
Oct. 1  11:30 a.m. – Mental floss multiple choice trivia.
Oct. 4  11:30 a.m. – “Soup,” a handout on the history of the varieties of soup, provided by Aging Partners Nutrition.
Oct. 7  11:30 a.m. – Word search and word picture.
Oct. 8  11:30 a.m. – Bulletin board trivia.
Oct. 11  11:30 a.m. – Mental floss multiple choice trivia.
Oct. 14  11 a.m. – UPBEAT support group. We will be sharing positive stories and random acts of kindness.
Oct. 15  12:15 p.m. – October birthday party. Celebrating those born in October.
Oct. 18  11:30 a.m. – Bulletin board trivia.
Oct. 21  11:15 a.m. – “Laughing Matters,” health education presentation by Tracie Foreman, Aging Partners. Please join us to find out all the benefits of laughter.
Oct. 22  11:15 a.m. – Classic pop musical entertainment with Sylvia Griffith.
Oct. 25  11 a.m. – Fall craft activity.
Oct. 28  11:30 a.m. – Halloween memory tray. Remembering what you see on the tray and write down the items you recall.
Oct. 29  11 a.m. – Halloween party. Please wear a costume if you dare!

*Events subject to cancellation.
Mondays
▶ 10 a.m. – Join us for our Color and Create Class. Supplies are provided for you to express yourself through adult coloring.

Tuesdays
▶ 9:45 a.m. – Introduction to Spanish. This class, in the Madonna Room, is led by volunteer Oria Marrero. (No class Oct. 5 and 19.)

Wednesdays
▶ 10 a.m. – BINGO. Visiting Angels is our prize sponsor this month. Thank you for your generous support!

Fridays
▶ 10 a.m. – Come and enjoy popcorn and a good movie.
▶ 10:30 a.m. – Heart and Sole exercise group. Join us in the lower level for programmed exercise.

Special Event Programs
Oct. 1 10 a.m. – Visiting Angels’ Natalie Leon and Zeke (right) will be here to provide pet therapy.

Oct. 5 10 a.m. – Medicare BINGO with Johnathan Burlison, SHIP.

Oct. 7 10 a.m. – All-day Halloween craft time with Blanche Sanchez.

Oct. 11 10 a.m. to noon – Walgreen’s flu clinic in the Madonna Room. Please bring your insurance cards (Medicaid/Medicare).

Oct. 12 11 a.m. – Painting demonstration with Garry DeFreece. Garry will explain the techniques he uses when painting.

Oct. 14 10 a.m. – Brian Gerkensmeyer (aka Pickle) performs for our birthday bash! Join us for a piece of cake as we celebrate all October birthdays.

Oct. 18 10:30 a.m. – Environmental trivia with Peggy Apthorpe. This is a fun game where participants are given the chance to answer questions related to environmental issues in Nebraska. Everyone gets a prize.

Oct. 19 10 a.m. – “Carnivores From the Past,” presented by University of Nebraska State Museum paleontologist Shane Tucker. Have you ever wondered what happened to Nebraska’s carnivores? Join us to find out.
  • Nutritional handout: “Soup,” a handout on the history of the varieties of soup, provided by Aging Partners Nutrition.
**Lake Street Senior Center**
2400 S. 11th St., Lincoln, NE 68502 (corner of 11th and Lake)
Open: Monday through Friday, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Kelle Brandt, 402-441-7157

**Northeast Senior Center**
6310 Platte Ave., Lincoln, NE 68507
Open: Monday through Friday, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m. to 12:15 p.m.
Manager: David Chapelle, 402-441-7151

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**Monday through Friday**
- 9 a.m. to 1 p.m. – Fitness room is open.

**Tuesdays**
- 10:30 a.m. – BINGO! Please bring a prize.

**Special Event Programs**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 4</td>
<td>10:30 a.m. – Nutrition handout: “Soup,” a handout on the history of the varieties of soup.</td>
</tr>
<tr>
<td>Oct. 5</td>
<td>10:30 a.m. – Priscilla the Comfort Dog.</td>
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<tr>
<td>Oct. 7</td>
<td>10 a.m. – Enjoy the music of Fine Wine.</td>
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<tr>
<td>Oct. 8</td>
<td>All day – Game day! 10-point Pitch, Dominos and/or Kings in a Corner.</td>
</tr>
<tr>
<td>Oct. 11</td>
<td>10:30 a.m. – Halloween trivia</td>
</tr>
<tr>
<td>Oct. 13</td>
<td>10:30 a.m. – Make your own Halloween jack-o’-lantern.</td>
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<tr>
<td>Oct. 14</td>
<td>10:30 a.m. – Halloween legends from the City of Lincoln and in Nebraska.</td>
</tr>
<tr>
<td>Oct. 15</td>
<td>All day – Game day!</td>
</tr>
<tr>
<td>Oct. 18</td>
<td>10:30 a.m. – Ghost stories. Hear some local tales and tales from around the country.</td>
</tr>
<tr>
<td>Oct. 20</td>
<td>10:30 a.m. – Music Bingo with Elliot Piper.</td>
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<tr>
<td>Oct. 21</td>
<td>11:45 a.m. – A visit by the Lincoln City Libraries Lied Bookmobile.</td>
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<tr>
<td>Oct. 22</td>
<td>All day – Game day!</td>
</tr>
<tr>
<td>Oct. 25</td>
<td>10:30 a.m. – Halloween pranks</td>
</tr>
<tr>
<td>Oct. 27</td>
<td>10:15 a.m. – Enjoy the music of Patty and Bill.</td>
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<tr>
<td>Oct. 28</td>
<td>12:15 p.m. – Chair exercise class with Mitzi.</td>
</tr>
<tr>
<td>Oct. 29</td>
<td>All day Halloween party (costume optional).</td>
</tr>
</tbody>
</table>

*Events subject to cancellation.*
**Northeast Senior Center**  
*continued*

**Fridays**

- 10 a.m. – Live music is back at Northeast! Join us for some toe-tapping fun with our matinee music fun. Due to limited seating please call 402-441-7151 for reservations.
- 11:15 a.m. – Senior fitness.

**Special Event Programs**

- **Oct. 1** 10 a.m. – The Patti and Bill Show; country at its best.
- **Oct. 8** 10 a.m. – Ken Miller with some toe-tapping goodness.
- **Oct. 12** 9 to 11 a.m. – Footcare and blood pressure clinic. Please come with clean feet. $15 suggested contribution. You must call 402-441-7151 to make an appointment.
- **Oct. 15** 10 a.m. – Fine Wine classic country.
- **Oct. 20** 9:45 a.m. – “Table for One: Tips for Cooking for One or Two,” presented by Devin Mueller, Aging Partners Nutrition. Recipe included!
- **Oct. 22** 10 a.m. – Rick Clarence with classic rock and roll and country music.
- **Oct. 29** 10 a.m. – Halloween party! Jimmy Mack with classic rock that is so good it’s scary!

**Saving Seniors Money Seminars**

*Medicare’s 2021 Annual Enrollment for 2022*

- Medicare Supplements
- Medicare Drug Plans
- Medicare Advantage Plans

**Fire Fighters Reception Hall**  
241 Victory Lane, Lincoln

**Mornings:** Oct. 5, 20, 29 at 9 a.m.  
**Afternoons:** Oct. 7, 11, 17, 21 at 1 p.m.  
**Evenings:** Oct. 13, 25 at 5:30 p.m.

*Everyone is welcome and bring a friend!  
No names/numbers taken  
No RSVP  
Handicap accessible  
A sales representative will be present with information and applications

For accommodation of special needs, call 402-432-4174 TTY/TDD 711  
Telecommunication Relay Service.

With my partner Rick Cuddeford (402-416-5304) and the boys – Jack, Connor and Teven!

Jim Schueth • 402-432-4174 • JimSchueth@gmail.com  
4921 Deer Creek Circle, Lincoln, NE, 68516 • NE Lic# 3187255

**Bennet Senior Center**

American Legion Hall, 970 Monroe St.  
Open: Tuesdays and Thursdays, 10 a.m. to 2 p.m.  
Lunch served: noon  
Reservations: Paula Chamberlain, Manager  
402-416-7693

This month’s BINGO prizes are sponsored by The Windcrest on Van Dorn. Special thanks to The Windcrest and Beth Fitzgerald, sales director.

**Tuesdays and Thursdays**

- 10 a.m. – Games and cards

**Special Event Programs:**

- **Oct. 5** 11:15 a.m. – Dominos  
  - 1 p.m. – On board with Conversation Station. Let’s engage in some meaningful conversation and learn more about one another.
- **Oct. 7** 11:15 a.m. – “Nutrition Facts vs. Myths,” presented by Devin Mueller, Aging Partners Nutrition. Let’s declutter our way through some common nutrition facts and myths regarding older Americans.
  - 1 p.m. – “Nebraska Commission for the Deaf and Hard of Hearing,” presented by Kim Davis, Advocacy Specialist.
  - Recognition for those celebrating an October birthday.  
    *Happy Birthday Doris King (3), Roger Pearson (14), Dolores Schriner (15), Marilyn Wissel (16), Carol Collier (17)*
- **Oct. 12** 11:15 a.m. – Dominos  
  - 1 p.m. – Columus Day trivia.
- **Oct. 14** 11:15 a.m. – Strength and balance exercises with Jonathan Anderson, Hillcrest Health Services.  
  - 1 p.m. – Vocalist Kenny Miller will entertain us!
- **Oct. 19** 11:15 a.m. – Test your skills at a game of 10-point Pitch.  
  - 1 p.m. – BINGO
- **Oct. 20** 10:30 a.m. – All-rural gathering in Hickman. We’re celebrating Bennet, Firth and Hickman Senior Centers. If you are currently attending one of our rural centers, please join us. Reservations required. Call 402-416-7693 for a catered meal and great entertainment.
- **Oct. 21** 11:15 a.m. – Halloween craft project.  
  - Nutrition handout: “Soup.” Join us to learn about the history and varieties of soup.
  - 1 p.m. – Lavender Farms, presented by owners Jerry and Holly McCabe.
- **Oct. 26** 11 a.m. – Rummikub, a game with a unique combination of tactical thinking, luck and tense competition.  
  - 1 p.m. – 10 fun facts you didn’t know about Halloween.
- **Oct. 28** 11:15 a.m. to noon – Blood pressure clinic and monthly health tip with Christy King, CHI Health Services.  
  - 1 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Village.

*Events subject to cancellation.*
Firth Senior Center
Firth Community Center, 311 Nemaha St.
Open: Mondays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Reservations: Paula Chamberlain, Manager
402-416-7693

Hickman Senior Center
Hickman Community Center, 115 Locust St.
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Reservations: Paula Chamberlain, Manager
402-416-7693

Mondays

▶ 9 to 10 a.m. – Art books, games and cards. Join us for a day of fun.

Special Event Programs:

Oct. 4 10:45 to 11:30 – Blood pressure screening and monthly health tip.
• 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Village.
• Recognition for those celebrating an October birthday. Happy birthday Ron Essink (8) and Millie Osten (11)!

Oct. 11 10:30 a.m. – Vocalist Ken Miller
• 12:15 p.m. – Halloween craft project.
• Nutrition handout: “Soup.” Learn about the history and varieties of soup.

Oct. 18 10:45 a.m. – Pricilla the Comfort Dog will be here. Pricilla is a purebred golden retriever who is AKC certified and has passed the AKC Good Citizenship Test and certification.
• 12:15 p.m. – Facts vs. Myths, presented by Devin Mueller, Aging Partners Nutrition. Let’s declutter our way through some common nutrition facts and myths regarding older Americans.

Oct. 20 10:30 a.m. – All-rural gathering in Hickman. We’re celebrating Bennet, Firth and Hickman Senior Centers. If you are currently attending one of our rural centers, please join us. Reservations required. Call 402-416-7693 for a catered meal and great entertainment.

Oct. 25 10:45 a.m. – Let’s get moving with Jonathan Anderson, Hillcrest Health Services.
• 12:15 p.m. – “Nebraska Commission for the Deaf and Hard of Hearing,” presented by Kim Davis, Advocacy Specialist.

*Events subject to cancellation.

Wednesdays

▶ 9 a.m. – Senior Walking Warriors. Join us for 30 minutes of walking. Walking improves heart health, aids weight loss, regulates blood pressure, improves circulation, fights cancer and reduces risk of diabetes.

Special Events Programs:

Oct. 6 10:45 to 11:30 a.m. – Blood pressure clinic and monthly health tip by Angela McNabb, Haven Manor.
• 12:15 p.m. – On board with Conversation Station. Let’s engage in some meaningful conversation and learn more about one another.
• Recognition for those celebrating an October birthday. Happy Birthday Ted Bellin (15)!

Oct. 13 10:45 a.m. – Halloween craft project.
• Nutrition handout: “Soup.” Join us to learn about the history and varieties of soup.
• 12:15 p.m. – Lavender Farms, presented by owners Jerry and Holly McCabe. Have you ever had a drink or sweet made with Lavender? Come learn about the many benefits and uses of Lavender.

Oct. 20 10:30 a.m. – All-rural gathering at Hickman Senior Center. Celebrating Bennet, Firth and Hickman Senior Centers. If you are currently attending one of our rural centers, please join us. Reservations required. Call 402-416-7693 for a catered meal and great entertainment.

Oct. 27 10:45 a.m. – Facts vs. Myths, presented by Devin Mueller, Aging Partners Nutrition. Let’s declutter our way through some common nutrition facts and myths with regards to older Americans.
• 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Village.

*Events subject to cancellation.
Special Holiday Celebration Meals
$6 suggested meal contribution for age 60 and over.
$9 meal fee for under age 60.
$4 transportation contribution within center boundaries, for age 60 and over.
Many of our centers will feature holiday entertainment on those days. Make your reservations two days in advance by calling your senior center manager.

Thanksgiving meal locations:
- Monday, Nov. 22
  Belmont Senior Center
  Downtown Senior Center
  Firth Senior Center
  Lake Street Senior Center
  Northeast Senior Center
- Tuesday, Nov. 23
  Bennet Senior Center
- Wednesday, Nov. 24
  Asian Senior Center
  Hickman Senior Center

Menu: sliced turkey with gravy, mashed potatoes, corn casserole, cranberry sauce, roll with butter and pumpkin pie.

Winter holiday meal locations:
- Monday, Dec. 20
  Belmont Senior Center
  Downtown Senior Center
  Firth Senior Center
  Lake Street Senior Center
  Northeast Senior Center
- Tuesday, Dec. 21
  Bennet Senior Center
- Wednesday, Dec. 22
  Asian Senior Center
  Hickman Senior Center
- Thursday, Dec. 23
  Bennet Senior Center

Menu: sliced roast beef, Brussels sprouts, macaroni and cheese, dinner roll with butter, fruitied Jell-O® and pecan pie.

Mark Your Calendar for these Upcoming Fall Holiday Events

Holiday Dinner and Dance
Wednesday, Dec. 15
Auld Pavilion, 1650 Memorial Dr.
Doors open: 5 p.m.
Cost: $10 per person dinner and show
$5 transportation within Lincoln
Dinner: 5:30 p.m., Show: 6 p.m.
‘Tis the season to be merry! Join us for a delicious dinner and dance featuring the toe-tapping, dance-until-you-drop sounds of Joe McCarthy and Mike McCracken.
Give-a-ways throughout the evening.
Menu: Ham, potatoes au gratin, veggie, roll, brownie. Catered by Hy-Vee.
Make your reservations by calling 402-441-7158 by noon Monday, Dec. 6.

Harpist Heidi Beran performs a Christmas Concert
Thursday, Dec. 23 at 10 a.m.
Downtown Center, 1005 “O” St.
$4 suggested meal contribution age 60 and over.
Enjoy a wonderful Christmas concert performed by the talented Heidi Beran. Heidi is a free-lance harpist and private music educator in the Lincoln area.
To make a meal reservation, call 402-441-7154.

A Christmas Carol
Wednesday, Dec. 8 at 7 p.m.
Omaha Community Playhouse
6915 Cass St., Omaha
Tickets: $55
A Christmas Carol is a timeless tale of remembering the joy of family, friends and the spirit of Christmas. A story that is a tradition in homes celebrating the holiday. A Christmas Carol has become a tradition at the Playhouse as well. This will be the 38th year for the Playhouse to bring Scrooge, Tiny Tim and all the characters to life for your family to celebrate the Christmas season!
We will transport to Omaha using Arrow Stage Lines from Walmart at 3400 N. 85th St. Park at the west end. Load bus at 5:15 p.m. Bus leaves Walmart at 5:30 p.m. and returns immediately following the performance. Transportation from home to Walmart within Lincoln is available for an additional $5 round trip.
We must have 30 people to make this trip.
Reservation and payment due by noon Friday, Nov. 5. Call 402-441-7158.
Social distancing and masks will be required.
### October Regular Hot Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4*</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Ham slice</td>
<td>Breaded chicken sandwich</td>
<td>Baked cod</td>
<td>Beef and bean taco salad</td>
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<td></td>
<td>Mashed potatoes</td>
<td>Three-bean salad</td>
<td>Spinach salad</td>
<td>Watermelon Pudding</td>
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<tr>
<td></td>
<td>Peas</td>
<td>Chips</td>
<td>Hushpuppies</td>
<td>Tortilla chips</td>
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<tr>
<td></td>
<td>Bread slice</td>
<td>Applesauce</td>
<td>Lemon cake</td>
<td>Fruit juice</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Peaches</td>
</tr>
<tr>
<td>11</td>
<td>Oven baked chicken breast</td>
<td>Pork roast</td>
<td>Pancakes with syrup</td>
<td>Cheesy ham and potato casserole</td>
</tr>
<tr>
<td></td>
<td>Au gratin potatoes</td>
<td>Cauliflower</td>
<td>Turkey sausage links</td>
<td>Mixed vegetables</td>
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<tr>
<td></td>
<td>Green beans</td>
<td>Dinner roll</td>
<td>Hushpuppies</td>
<td>Raisin bread</td>
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<tr>
<td></td>
<td>Roll</td>
<td>Cookie</td>
<td>Lemon cake</td>
<td>Green apple</td>
</tr>
<tr>
<td></td>
<td>Cherries</td>
<td>Peaches</td>
<td>Tomato juice</td>
<td>Apple</td>
</tr>
<tr>
<td>15</td>
<td>Chicken salad</td>
<td>Chinese salad</td>
<td>Beef broccoli</td>
<td>Creamed chicken over a biscuit</td>
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<tr>
<td></td>
<td>on a croissant</td>
<td>on a croissant</td>
<td>White rice</td>
<td>over a biscuit</td>
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<tr>
<td></td>
<td>Broccoli cheddar soup</td>
<td>Boiled egg</td>
<td>Crab Rangoon</td>
<td>Asparagus</td>
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<tr>
<td></td>
<td>Beets</td>
<td>Egg</td>
<td>Fortune cookie</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Melon mix</td>
<td>Peaches</td>
<td>Pudding</td>
<td></td>
</tr>
<tr>
<td>25*</td>
<td>French toast sticks</td>
<td>Pulled pork on a bun</td>
<td>Chicken fettuccini</td>
<td>Sloppy Joe</td>
</tr>
<tr>
<td></td>
<td>Turkey sausage patty</td>
<td>on a bun</td>
<td>Green beans</td>
<td>Fritos*</td>
</tr>
<tr>
<td></td>
<td>Yogurt</td>
<td>Baby bakers</td>
<td>Bread slice</td>
<td>Carrots</td>
</tr>
<tr>
<td></td>
<td>Glazed carrots</td>
<td>Corn</td>
<td>Fritos®</td>
<td>Fritos*</td>
</tr>
<tr>
<td></td>
<td>Cookie</td>
<td>Mixed fruit</td>
<td>Bread slice</td>
<td>Dirt n’worms</td>
</tr>
<tr>
<td></td>
<td>Blueberries</td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td>Fruit juice</td>
</tr>
</tbody>
</table>

**Menus are subject to change.**

- All meals include 1 percent milk and margarine or butter.
- *Low sodium alternative available (month of October is hamburger patty)*
- Condiments/dressing available for sandwiches/salads.

- $4 meal suggested contribution age 60 and over.
- $8 meal fee under age 60.
- $4 transportation suggested contribution age 60 and over.