Elders

Aki Community Center Elder Meals Menu 2016

February
Depression is more common in the winter months. Socialization is proven to help with depression. Make an effort to spend time with friends, attend the Elders Meal Lunch and visit with other Elders. Pick up the phone and Chit chat with someone you haven't talked to in a while.

Please contact Noelle Cross with any questions Phone: 231-398-6886
E-mail: ncross@lrboi-nsn.gov

Meals served at 12 o'clock
- No Charge to Elders, their Spouse and Handicap/Disabled individuals who reside with Elder.
- Guests Meals are $6.00

Donations are appreciated and will be

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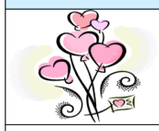
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	1 Hot Turkey Mashed Potato Winter Mix Veggie Language Class 12:30	2 Chicken/ Beef Stir Fry Rice Mixed Veggie Movie Day	3 Pork Roast Whipped Sweet Potato Peas Activity: Wii Bowling	4 Hamburger Sweet Tator Tots Corn Applesauce February Birthday	5	6. Elder Committee Meeting. Lunch served at Noon.
7	8 Fish Filet Potato Wedge Cole slaw Applesauce	9 Beef Stroganoff Green Beans Pears	10 Ham and Bean Soup Grilled Cheese Fruit cup Activity: Wii Bowling	11 Pot Roast Red Potato Carrots	12	13
	15 Spaghetti Meat Sauce Spaghetti Squash Broccoli Garlic breadsticks	16 Egg Salad Sandwich Tomato Soup Mixed Veggies Apple	17 Beef Hotdogs Baked Beans Peas and Carrots Activity: Wii Bowling	18 Salisbury Steak Mashed Potato Corn	19 Muskegon Meal Please RSVP with Noelle @ 231-398-6886	20
21	22 Chicken Tenders Mac n Cheese Peas	23 Vegetable Soup Ground Bologna Sandwich Fresh Fruit Cup	24 Sirloin Steak Mashed Potato Spinach	25 Chefs Choice	26	27
The only Elders Birthdays printed are those who are 70 years of age or older.			Coffee, milk and water are available at every meal.		Menu subject to change with out notice. Meals meet 1/3 of the RDI based on a 1600 to 2000	