

NOVEMBER

THURSDAY LUNCH

Every Thursday
Doors open at
11:30am, lunch
served at
12:00pm

Douglas H. Buck
Recreation Center
2004 W. Powers Ave.
Littleton CO 80120

\$6.50 Resident
\$7.50 Nonresident



NOVEMBER 1—BIRTHDAY CELEBRATION

Meatloaf with gravy, twice baked potato, 3-bean salad, rolls and butter.

Dessert: **Variety of cheese cake bites**

*Special thanks to Visiting Angels for the birthday treats!
11-12 Ultrasound Vein Screenings by United Vein Centers

1:00 TED Talk: "Brain Magic"

NOVEMBER 8

Creamy chicken alfredo, tossed spring salad, steamed broccoli and garlic bread.

Dessert: **Tiramisu**

1:00 Presentation by Horan and McConaty

NOVEMBER 15—THANKSGIVING CELEBRATION

Roasted turkey, mashed potatoes, stuffing, green bean casserole, cranberry sauce, rolls and butter.

Dessert: **Pumpkin Pie**

12:45 Discuss & Recall with Bob Mallin

NOVEMBER 22—CLOSED—HAPPY THANKSGIVING

NOVEMBER 29

Spaghetti and Italian sausage, tossed spring salad, fried zucchini sticks.

Dessert: **Cream puffs**

1:00 Presentation by Prudential Financial Wellness

RESERVATIONS

Call 303.730.4605 Mon-Fri. Messages checked daily.
Reservations must be made or cancelled by Tues, 1pm.

 EXPLORE. ENJOY.



NOVEMBER HIGHLIGHTS

Brilliant Life Expo

Saturday, November 10

9-11:30 am

Multi-purpose rooms

Take control of your health and happiness by living a life of intention. Looking for opportunities to volunteer, travel, connect with others in a social or intellectual setting? This event is for you!

FREE

Continental Breakfast

Local resources

9:30 “Restore Your Health—A Lifestyle Prescription” by Cate Reade, MS, RD, SFS

10:30 “Create Clarity to Unfold Your Brilliant Life” by Paula Stephens, MA

11:15 Q&A with Cate and Paula

“Navigating the Senior Care Maze”

Wednesday, November 14

11:15 am

Atchison Room

Free, no reservations needed.

This is a 30-minute presentation that describes the various care options for seniors. Included here are descriptions of the differences among independent living, assisted living, skilled nursing, hospital settings, types of in-home care, nursing care and companion care. Related issues such as the cost of these services and who pays for them are also discussed.

