

SEPTEMBER

# 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**



## **SEPTEMBER 6—BIRTHDAY CELEBRATION**

Beef Stroganoff, cucumber tomato salad and mixed vegetables.

Dessert: **Short Cake and Strawberries**

\*Special thanks to Visiting Angels for the birthday treats!

**1:00 TED Talk —"Five Ways to Listen Better"**

## **SEPTEMBER 13**

Baked Barbeque Chicken, 5 bean salad and scalloped potatoes.

Dessert: **Blueberry Pie**

## **SEPTEMBER 20**

Chicken Tetrazzini, garlic roasted potatoes and spinach pecan strawberry salad.

Dessert: **Chocolate Chip Cookie**

**1:00 Discuss & Recall**

## **SEPTEMBER 27—OKTOBERFEST CELEBRATION**

Kielbasa Sausage and Cabbage, cucumber dill salad, German potato salad and a dinner roll.

Dessert: German Chocolate Cake

**1:00 How to Use Essential Oils for Relaxation—**

**Class# 703919**

**\$15 R / \$17 NR**

## RESERVATIONS

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

*The District's Scholarship program offers financial assistance for District Residents to participate in recreation activities. Call 303.730.4609 for more information.*

 EXPLORE. ENJOY.

