

8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

WE BEGIN SERVING LUNCH
AT 11:30

October 2017

Nutrition Notes:

MONDAY	WEDNESDAY	THURSDAY
10:00 GENTLE AEROBICS 2 12:30 VEGGIE MOBILE	CENTER CLOSED FOR ANNUAL MEETING 4	9:15 LINE DANCING w/ GLORIA 5 12:00 CARDS AND GAMES
10:00 GENTLE AEROBICS 9 BLOOD PRESSURE CHECK 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 11 10:00 BIBLE STUDY 12:00 CARDS AND GAMES	9:15 LINE DANCING w/ GLORIA 12 12:00 CARDS AND GAMES
10:00 GENTLE AEROBICS 16 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 18 10:00 BIBLE STUDY 12:00 CARDS AND GAMES	9:15 LINE DANCING w/ GLORIA 19 12:00 CARDS AND GAMES
10:30 GENTLE AEROBICS 23 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 25 10:00 BIBLE STUDY 12:00 CARDS AND GAMES	9:15 LINE DANCING w/ GLORIA 26 12:00 CARDS AND GAMES
10:30 GENTLE AEROBICS 30 10:30 ADVISORY BOARD 12:30 VEGGIE MOBILE HALLOWEEN PARTY		

BOOST THE BENEFITS

Boost the benefits of your meal by adding apple or banana chunks to cold cereal, oatmeal or yogurt. Enjoy fruit or vegetable juice with breakfast and carry a fresh fruit with you if you leave the house or have a small bowl of fruit on your kitchen table available for snacking during the day.

Autumn Fruit Salad

Ingredients: 2 tbs honey, 2 tbs lemon juice, 2 granny smith apples, cubed, 2 red pears, cubed, 1/2 c dried apricots, sliced into thin strips, 3 (8-oz) low-fat spiced apple yogurt or low-fat vanilla yogurt.

Instructions: Whisk together honey and lemon juice then add fruit and toss well. Spoon fruit over serving of yogurt.

~Wishing you wellness...

Cassie Hollenbeck, Nutrition Director