

September 2017 Meals on Wheels/Golden Circle Menu

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|---|--|
| <p>GOLDEN CIRCLE MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING</p> | | <p>Please leave your name and number here if you plan to use this calendar as your Meals on Wheels order form.</p> <p>Name : _____</p> <p>Phone: _____</p> | Denotes golden circle option ONLY Both meal options are available to Meals on Wheels clients. | | <p>¹ Ziti w/ Sausage & Marinara</p> <p>Meatball Sub w/ Provolone Cheese</p> | <p>² Chicken Pot Pie</p> <p>NO GOLDEN CIRCLE</p> |
| <p>³ Hamburger</p> <p>NO GOLDEN CIRCLE</p> | <p>⁴ Pork Ribs</p> <p>LABOR DAY</p> <p>NO GOLDEN CIRCLE</p> | <p>⁵ Beef Tacos</p> <p>Chicken Chow Mein</p> | <p>⁶ Meatballs & Marinara</p> <p>Ruben Sandwich</p> | <p>⁷ Chicken Picatta</p> <p>Mongolian Beef</p> | <p>⁸ Chicken Chili</p> <p>French Dip Philly</p> | <p>⁹ Glazed Ham</p> <p>NO GOLDEN CIRCLE</p> |
| <p>¹⁰ Crab Cakes</p> <p>NO GOLDEN CIRCLE</p> | <p>¹¹ Honey Roasted Curry Chicken</p> <p>Pork Chop</p> | <p>¹² Salmon w/ Lemon & Dill</p> <p>Chicken Teriyaki</p> | <p>¹³ Beef Bourguignon</p> <p>Spaghetti w/ Meat Sauce</p> | <p>¹⁴ Pork Loin w/ Mushroom Sauce</p> <p>Italian Sub Sandwich</p> | <p>¹⁵ Beef Chili & Baked Potato</p> <p>Shrimp Creole</p> | <p>¹⁶ Meatballs & Marinara</p> <p>NO GOLDEN CIRCLE</p> |
| <p>¹⁷ Roast Turkey</p> <p>NO GOLDEN CIRCLE</p> | <p>¹⁸ Sloppy Joe</p> <p>Chicken Bacon Avocado Sandwich</p> | <p>¹⁹ BLT Sandwich & Soup</p> <p>Meatloaf</p> | <p>²⁰ Pepper Steak</p> <p>Chicken Cacciatore</p> | <p>²¹ Chicken Marsala</p> <p>Beef Stew</p> | <p>²² Chicken Pot Pie</p> <p>Pork & Bean Burrito</p> | <p>²³ Beef Bourguignon</p> <p>NO GOLDEN CIRCLE</p> |
| <p>²⁴ Pork Loin w/ Mushroom Sauce</p> <p>NO GOLDEN CIRCLE</p> | <p>²⁵ Chicken Sandwich w/ Avocado</p> <p>Bratwurst</p> | <p>²⁶ Beef Stroganoff</p> <p>Quiche</p> | <p>²⁷ Baked Citrus Tilapia</p> <p>Chicken Enchilada</p> | <p>²⁸ Chicken Parmesan</p> <p>Liver & Onions</p> | <p>²⁹ Yankee Pot Roast</p> <p>Seafood Crepes</p> | <p>³⁰ Sloppy Joe</p> <p>NO GOLDEN CIRCLE</p> |

NOTES:

MEALS ON WHEELS • You must **REGISTER** for Meals on Wheels before receiving any meals. Call **884-2370** to REGISTER for Meals on Wheels.

GOLDEN CIRCLE • Please call **884-2304 BEFORE 2PM** the day before you expect to eat at a Golden Circle site. **THANK YOU!**

Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

September 2017 Transportation Recreation Calendar

Sept 4 - Monday - Closed in Observance of Labor Day

Sept 7 - Thursday – Acacia Park Farmers Market: Downtown Colorado Springs Times: 9:00 am to 11:00 am

Sept 9 - Saturday – Briarfest Market and Community Expo – Music, art, handcrafted items, silent auction, food vendors, carnival midway, Shroud of Turin exhibit (church lobby). St Gabriel the Archangel, 8755 Scarborough Dr. Times: 10:00 a.m. to 2:00 p.m. Donate a canned food at gate.

Sept 11 - Monday – Carefree Bingo: 3440 N Carefree Cir, Times: 11 am -2:30 pm

Sept 13 - Wednesday - Briargate Farmers Market – 9:00 am to 11:00 am, 7610 N Union Blvd.

Sept 20 - Wed - Holley Library – Movie: Beauty and Beast 2017 – (not animated) – An enchantress casts a curse on a cold hearted prince turning him into a beast which can't be lifted unless he learns to love another...685 N Murray Blvd, Times: 11:00 am – 2:30 pm

Sept 21 - Thursday – Shopping and Lunch with friends at the Chapel Hills Mall, 1710 Briargate Blvd, Times: 10:00 am – 2:00 pm. Drop off and pick up @ Food Court entry.

Sept 25 - Monday - Carefree Bingo: 3440 N Carefree Cir, Times: 11 am – 2:30 pm

Sept 27 – Wednesday – East PPLD: Movie: “The Zookeeper’s Wife” - Real life story of a working wife and mother fighting to save the Warsaw Zoo under her care during WWII in Germany and covertly begins working with the Resistance. 5550 N Union Blvd, Times: 11:00 am – 2:30 pm. Bring Sack lunch

Sept 28 – Thursday – Free Flu shots – C.S. Senior Center - No appt necessary, must have your Medicare/insurance card - Aetna, Humana, or Rocky Mountain HMO and those with Medicare Part B (only). 2:00 to 4:00 pm. 1514 N Hancock Ave.

Sept 30 – Saturday – Fall Foliage Tour to Cripple Creek and back. Times: 9:00 to 4:00 pm. Bring lunch money.

Transportation Reservations please call **719.884.2380 5 working days in advance** at **719.884.2380**. Dining and admission expenses are the responsibility of the individuals participating.

Upcoming Events with Silver Key

Sept 9 - Saturday - Rockin' the Beach, The Antler's. Call Laurie Onstott at 719.884.2318 for more information.

Sept 14 - Thursday - PPLD Decorate a Canvas Bag - Come join us for fellowship and fun as we decorate canvas bags. All materials will be supplied. 1:00—2:30 p.m. Silver Key Community Room, 1655 S. Murray Blvd. **RSVP 884.2350**

Sept 20 - Wednesday - Navigating Medicare - 1:30p-2:30p - Silver Key Community Room, 1655 S. Murray Blvd. Please **RSVP 884.2350**



1625 S. Murray Blvd.
Colorado Springs, CO 80916
719.884.2300

www.silverkey.org
info@silverkey.org



We are proud to provide the following services:
Nutrition Services
Meals on Wheels
Golden Circle
Emergency Food Pantry
Case Management
Emergency Assistance
Guardianship
Transportation Services
Thrift Store

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Colorado Springs, CO 80916
SILVER KEY

Visit www.rmhc.org or call 719-314-2327 ext. 878 to learn more.

The national PACE model - Program of All-Inclusive Care for the Elderly - is considered the gold standard of care for seniors nationwide. Our goal is to keep people living in the community as independently as possible.

A Program of Rocky Mountain Health Care Services



Enriching the lives of seniors through coordinated health care

Silver Key Thrift Store



Please consider donating the following gently-used items to our thrift store:



- Clothing
- Jewelry
- Kitchen Items
- Furniture
- Household Items
- Durable Health Equipment



Come shop or donate
Monday - Saturday

9am-4pm
719.884.2366 **1605 S. Murray Blvd 80916**

Silver Key Food Pantry



We are in need of the following items to help stock our Pantry:

- Toilet Paper
- Tooth Paste
- Tooth Brushes
- Hair Care
- Paper Towels
- Pet Food

Drop of donations
Monday - Friday

9am-4pm
 719.884.2366
1605 S. Murray Blvd 80916