

December 2017

Menu and Activities Calendar Santa Cruz Council on Aging, Inc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Beef Picadillo, Beans, Rice, Soup, Salad bar	2
3	4 Chorus Classes 9:30am to 11:30am Bbq Chicken, Mashed Potatoes, Roll, Soup	5 Exercise Class 10am Blood Pressure Check Spaghetti with Meat, Veggies, Roll, Soup	6 Cheese Burger, French Fries, Soup	7 Alzheimer's Presentation 11am Exercise Class 10am Lasagna, Veggies, Roll, Soup	8 Chicken Tacos, Beans, Rice, Soup, Salad Bar	9
10	11 Chorus Classes 9:30am to 11:30am Machaca Con Papas, Beans, Rice, Soup	12 Exercise Class 10am Tacos al Vapor, Rice, Beans, Soup	13 Alicia Zepeda Knitting Chilaquiles, Rice, Beans, Soup	14 Exercise Class 10am Chicken Mole, Rice, Beans, Soup	15 Beef & Broccoli, Rice, Soup, Salad Bar	16
17 Jesus Martinez	18 Chorus Classes 9:30am to 11:30am Birria, Beans, Rice, Soup	19 Exercise Class 10am Beef Tostadas, Rice, beans, Soup	20 Chicken Fajita, Rice, Calabacitas, Soup	21 Maria Xebille ***Christmas Lunch*** Ham, Mashed Potatoes, Baby back ribs - Music	22 Cheese Enchiladas, Rice, Beans, Salad bar	23
24	25 Maria Evangelina Brouillette CLOSED	26 CLOSED	27 Delfina Steel Paul Blocher CLOSED	28 Delia Garcia CLOSED	29 Dora Quintero CLOSED	30

<p>31</p> <p>Notes: Birthdays Activities-Cards/Bingo daily after lunch Menu</p>	<p>THANKS TO OUR PARTNERS</p>	<p>Menu Approved by: Suzanne Lau Southwest Foodservice Excellence 9366 E. Raintree Dr, Suite 101 Scottsdale, AZ 85260 Email: suzanne.lau@sfellc.org</p>
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