

COMMUNITY ACTION'S SENIOR MENUS

Community Action's Area Agency on Aging Senior Nutrition Program menus for the week of Sept. 18-22 are as follows:

Monday — Juice, baked chicken with gravy, buttered noodles with parsley and Parmesan cheese, baby carrots, fruit, whole grain bread, 1 percent milk.

Tuesday — Juice; soup; egg salad; lettuce, tomato, and onions; fresh fruit; whole wheat bread; 1 percent milk.

Wednesday — Pizza, salad bar, fruit crisp, 1 percent milk.

Thursday — Chef's choice, 1 percent milk.

Friday — Juice, mozzarella vegetable salad, "make-your-own" deli sandwich with turkey or roast beef, lettuce and tomatoes, assorted whole grain breads, fruit, 1 percent milk.

Coffee or tea served with all meals.

Reservations for meals are required. Meal reservations and cancellations are to be made at the nutrition site or senior center

prior to the next service day. Reservations or cancellations may be made no later than 9 a.m. on the service day if absolutely necessary. Individuals who are able to give the full cost of the meal (\$5.25) are encouraged to do so; however, all contributions are welcome. Days of congregate meals and telephone numbers of individual sites follow: Grantsville Senior Center, Tuesday, Wednesday and Thursday, (301) 895-5818; Kitzmiller Community Building, Wednesday and Thursday, (301) 453-3445; Mary Browning Senior Center, Oakland, Monday, Wednesday, and Friday, (301) 334-9431, ext. 6134; Swanton Community Building, Monday and Tuesday, (301) 387-9191; Friendsville Community Building, Monday and Wednesday, (301) 746-5300.

Menus subject to change. Check with a site manager if necessary.

For more information about the Senior Nutrition Program, persons may call (301) 334-9431, ext. 137.

Grantsville Senior Center

The Grantsville Senior Center is open each week on Tuesday, Wednesday, and Thursday from 8:30 a.m. to 4:30 p.m. Lunch is served at noon with a reservation.

Rodney Durst will give a presentation on fall prevention on Thursday, Sept. 21, at 11:15 a.m.

A pizza party and music show is set Friday, Sept. 22, from 6 to 8:30 p.m. The cost is \$5 per person. Groups set to perform are Second Wind, Rusty Halo, and the Durst Brothers.

For more information on the activities at the center, persons may call 301-895-5818.