



# April 2024



Monday	Tuesday	Weds.	Thursday	Friday
<b>1</b> <i>Free Senior Fit Exercise Class 11AM</i>	<b>2</b> 	<b>3</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Lunch @ 12:15</b>	<b>4</b> <b>Grocery Shopping Bergen Park Wal-Mart</b>	<b>5</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Lunch @ 12:15</b> <b>Free Bingo</b>
<b>8</b> <i>Free Senior Fit Exercise Class 11AM</i>	<b>9</b>	<b>10</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Lunch @ 12:15</b> <b>Free Bingo</b>	<b>11</b> <b>Grocery Shopping Bergen Park Wal-Mart</b>	<b>12</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Lunch @ 12:15</b> <b>Social Time</b>
<b>15</b> <i>Free Senior Fit Exercise Class 11AM</i>	<b>16</b> 	<b>17</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Lunch @ 12:15</b> <b>Birthday Party</b>	<b>18</b> <b>Grocery Shopping Bergen Park King Soopers</b>	<b>19</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Lunch @ 12:15</b> <b>Free Bingo</b>
<b>22</b> <i>Free Senior Fit Exercise Class 11AM</i>	<b>23</b>	<b>24</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Blood Pressure Clinic 11:30</b> <b>Lunch @ 12:15</b> <b>Foot Clinic 10-12</b> <b>RSVP</b>	<b>25</b> <b>Grocery Shopping Bergen Park Wal-Mart</b>	<b>26</b> <i>Free Senior Fit Exercise Class 11AM</i> <b>Lunch @ 12:15</b> <b>Social Time</b>
<b>29</b> <i>Free Senior Fit Exercise Class 11AM</i>	<b>30</b>			

**Rides to Lunch, Events and Medical Appointments are available to Gilpin County Seniors \$2:50 one way trip**  
**Please call Direct # 303-515-4292 for reservations.**

As we continue to welcome more people back to the senior luncheons, please let us know if you want to be included in our monthly birthday celebrations. If you have not been to senior luncheon in a while, We don't automatically put you on the birthday list. We would love to celebrate you, so call the month prior to your birthday month and we will put you on the birthday list.



**Happy Birthday to**

**Katre Smith, Taffy Skudneski and Linda Sullivan**

**Please RSVP for Senior lunches at least 2 business days ahead of the luncheon you would like to attend (303-515-4292). Sometimes we have cancellations, so don't hesitate to call the morning of. We ask for a \$2.50 donation for lunches.**

**All transportation is \$2.50 each one-way trip.**

**We are doing medical transportation at this time please call for details.**

**We accept donations for the Senior Fit exercise classes**

# Menu

## **Wednesday 4/3**

Roast Pork w/ Gravy  
Mashed Potatoes  
Three Bean Salad  
Mixed Vegetables  
Fresh Greens  
Mandarin Oranges  
Skim Milk

## **Wednesday 4/10**

Spaghetti w/ Meat Sauce  
Steamed Spinach  
Fresh Greens w/ Cheddar  
Orange Applesauce  
Skim Milk

## **Wednesday 4/17**

Sweet and Sour Chicken  
Rice  
Broccoli  
Fresh Greens  
Mandarin Oranges  
Skim Milk

## **Wednesday 4/24**

Hawaiian Chicken w/ Rice  
Calico Beans  
Glazed Carrots  
Fresh Greens  
Mandarin Oranges  
Skim Milk

## **Friday 4/5**

Seasoned Salmon  
Rice Pilaf  
Steamed Asparagus  
Fresh Greens  
Wheat Bread  
Cantaloupe  
Skim Milk

## **Friday 4/12**

Taco Beef  
Fresh Greens  
Rice and Beans  
Salsa and Sour Cream  
Tortilla Chips  
Pineapple  
Skim milk

## **Friday 4/19**

Grilled Chicken w/ Marinara  
Baked Sweet Potato  
Zucchini and Corn  
Cantaloupe  
Skim Milk

## **Friday 4/26**

Meatballs w/Gravy  
Baked Potato  
Corn Chips  
Fresh Greens w/Cheddar  
Watermelon  
Skim Milk

**Apr-24**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>3-Apr</b>			<b>5-Apr</b>	
Calories g	981		Calories g	1029
Protien g	47.86		Protien g	56.28
Fat g	33.47		Fat g	40.08
Sat. Fat g	9.764		Sat. Fat g	8.541
Carbohydrates g	126.94		Carbohydrates g	111.48
Fiber g	19		Fiber g	10.5
Sodium mg	289		Sodium mg	958
<b>10-Apr</b>			<b>12-Apr</b>	
Calories g	799		Calories g	917
Protien g	37.22		Protien g	33.92
Fat g	24.29		Fat g	27.93
Sat. Fat g	7.062		Sat. Fat g	7.733
Carbohydrates g	116.03		Carbohydrates g	135.76
Fiber g	11.9		Fiber g	14
Sodium mg	638		Sodium mg	582
<b>17-Apr</b>			<b>19-Apr</b>	
Calories g	796		Calories g	702
Protien g	42.5		Protien g	49.17
Fat g	12.42		Fat g	9.69
Sat. Fat g	2.426		Sat. Fat g	3.888
Carbohydrates g	130.74		Carbohydrates g	112.41
Fiber g	11.6		Fiber g	14.2
Sodium mg	720		Sodium mg	483
<b>24-Apr</b>			<b>26-Apr</b>	
Calories g	717		Calories g	777
Protien g	47.71		Protien g	46.47
Fat g	6.7		Fat g	18.15
Sat. Fat g	2.043		Sat. Fat g	2.956
Carbohydrates g	118.69		Carbohydrates g	116.05
Fiber g	17.5		Fiber g	10.4
Sodium mg	286		Sodium mg	724
<b>1-May</b>			<b>3-May</b>	
Calories g	722		Calories g	712
Protien g	41.41		Protien g	25.52
Fat g	4.81		Fat g	21.22
Sat. Fat g	1.097		Sat. Fat g	6.797
Carbohydrates g	134.56		Carbohydrates g	113.51
Fiber g	24.6		Fiber g	10.1
Sodium mg	761		Sodium mg	745