



Coconino County Community Services Department
 Senior Nutrition Program
 850 W. Grant, Williams, AZ 86046
 928-679-7485
 Congregate Meals Served Daily at 12 Noon

2016

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Menu Approved by NACOG AAA Nutritionist on 10/14/2016			1 Senior Business Meeting After Lunch	2 Dancing Divas 9:00-10:00	3
4	5 Tea & Games 10:00am	6 Wii Bowling All Day Long	7 Medical Shuttle to Flagstaff 12:30	8 Dancing Divas Performance 11:30am Community Dinner 12:00 Noon	9 Dancing Divas 9:00-10:00	10
11	12 Tea & Games 10:00am	13 Wii Bowling All Day Long Senior Dance After Lunch	14 Medical Shuttle to Flagstaff 12:30	15 Senior Christmas Party 11:00am	16 Dancing Divas 9:00-10:00	17
18	19 Tea & Games 10:00am	20 Wii Bowling All Day Long	21 Flagstaff Seniors For Lunch Medical Shuttle to Flagstaff 12:30	22	23 Dancing Divas 9:00-10:00	24
25	26 Center Closed 	27 Wii Bowling All Day Long	28 Medical Shuttle to Flagstaff 12:30	29 	30 Dancing Divas 9:00-10:00 New Year's Party	

- Each Congregate Meal is serve with Coffee, Tea or Low Fat Milk.
- To cancel a home delivered meal (MOW) for the day, please call 679-7487 before 9:00am.
- MOW participants: Please return plastic trays to the delivery driver the following day. Plastic trays can be heated in a microwave oven, however, do not put aluminum trays in a microwave. You may be charged for damaged trays.
- Menus ar subject to change without notice.
- Suggested Contribution: Seniors (60 and over or spouse) \$4.00.
- Mandatory Luch Fee: Adults (59 and under) \$5.00, Children (12 and under) \$3.00

Senior Nutrition Program is funded in part by Area Agency on Aging (NACOG) and DES