

November		Coconino County Community Services Department Senior Nutrition Program 850 W. Grant, Williams, AZ 86046 928-679-7485 Congregate Meals Served Daily at 12 Noon				2019	
Su n	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
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3	4 Tea and Games 10:00 am	5 Bible Study 9:00 am Movie After Lunch	6 Medical Shuttle to Flagstaff 12:30	7  After Lunch Senior Board Meeting 9:00am	8  Shopping Trip To Prescott 9:00am	9	
10	11 Tea and Games 10:00 am	12 Bible Study 9:00 am	13 Medical Shuttle to Flagstaff 12:30	14 Lowell Observatory And Lunch In Flagstaff, 9:00am	15	16	
17	18 Tea and Games 10:00 am	19 Bible Study 9:00 am Caregiver Workshop 1:30-3:00	20 Medical Shuttle to Flagstaff 12:30	21  Senior Thanksgiving Dinner	22	23	
24	25 Tea and Games 10:00	26 Bible Study 9:00 am	27 Medical Shuttle to Flagstaff 12:30	28	29	30	

- Each Congregate Meal is served 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 are subject to change without notice.
- Suggested Contribution: Seniors (60 and over or spouse) \$4.00.
- Mandatory Lunch Fee: Adult (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