

# Senior Highlights

VOLUME 1, ISSUE 4

NOVEMBER 2017

**Tulelake Senior Center** a division of T.E.A.C.H. INC.

810 Main Street  
530-667-2147  
Alturas Office: 530-233-3111

## Holiday Season is Here!!

### Special points of interest:

- *Socialization*
- *Nutrition*
- *Resources*

The Senior Center offers meals to anyone over 60.

There is a suggested donation of 3.00 per meal for seniors over 60.

Anyone else is welcome to join as well at a cost of 7.00 per meal.

Meals are served with an entrée, Salad, and Milk. Tuesday, Wednesday, and Thursday at 11:30.

Menu is printed on the back, and subject to change.

Christmas is just around the corner and we are excited to announce the Honker will be hosting a Christmas Bazaar on 12/9/17. Please call Kelly at the Honker if you are interested in having a table.

We are happy to announce that

### LOCAL SERVICES

Did you know that Legal services of California can assist low income seniors at no cost, with many different issues that may arise. They visit the Honker once a month on the 3rd Wednesday of the month.

BINGO will be returning after the first of the Year here at the Honker. We will have more information as it becomes available. If you are willing to volunteer to make the event fun and exciting, please come in and visit or give us a call at the Honker.

### For Your Information

We have a list of people seniors can contact for Free leaf, snow, and ice removal from sidewalks and lawns when needed. Please call the senior center for more information.

The Senior Center will be closed on the 22nd and 23rd of November in observance of Thanksgiving.

Happy  
Thanksgiving

