

#### 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.

# Senior Highlights

VOLUME 1, ISSUE 4

NOVEMBER 2017

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

530-667-2147 Alturas Office: 530-233-3111

## Holiday Season is Here!!

Christmas is just 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 dif-

ferent issues that may arise. They

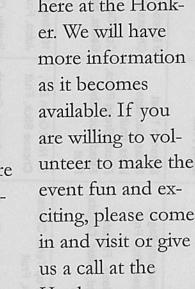
visit the Honker once a month on

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 volevent fun and exin 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

the 22nd and 23rd

will be closed on

of November in

observance of

Thanksgiving.

