

In The Know Awareness—Healthy Eating Program

presented by: Caretel Inns of Tri-Cities



Location: Riverside Activity Center,
800 J. F. Kennedy Dr. Bay City

A Taste of Fall

Caretel Inns will be offering another taste sampling opportunity. This program will concentrate on “A Taste of Fall.” Imaging something easy to prepare, good for you and tastes good too. Come and get a sampling.

Date: Thursday, November 12, 2015



11:00—11:30 a.m. Program
12:00 noon—Lunch
12:30—Shuffleboard Club

Suggested donation for Lunch:
\$2.50 (60 years & better)
\$4.75 (59 years & under)

Menu: Entrée: Spanish Rice with Meat, Cauliflower, Biscuit, Tropical Fruit Salad
Choice of salad : Taco Salad or sandwich: Turkey Swiss Wrap

Call Sandy for any transportation requests and reservations at
893-7070 or main office at 895-4100 or toll free 1-877-229-9960.
Visit our web page at www.baycounty-mi.gov/Aging/

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Name: _____ Phone # _____
Address: _____ Amt. Paid: _____
Indicate menu request: Entrée: _____ Salad: _____ Sandwich: _____
Eligible (60 yrs & better) _____ Non Eligible (59 yrs. & under) _____
Indicate if Release and Waiver of Liability is on file: Yes _____ Need to Sign _____
(only need one release on file)