

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

Caretel Inns will be offering another taste sampling opportunity. This program will concentrate on making summer salads. Something light and easy with a homemade dressing,. Sounds delicious on a hot summer day.

Date: Thursday, June 18, 2015



10:45—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: Ham, Scalloped Potatoes, Green Bean Casserole, Caroline Fruit Salad, Roll
Choice of salad : Spinach or sandwich: Egg Salad

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/

=====
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)