

# What's happening at the Senior Center:

**Wednesday, September 12**

Walmart Shopping trip at 12:30pm

**Tuesday, September 18**

September Birthday Party at noon  
with Entertainment by Shelly Lehman

**Thursday, September 20**

Coffee with a Cop at 8:00am



**Powell Senior Citizens Center**  
Ago-Go, Inc.

248 N. Gilbert Street • 754-4223 or 754-2711

## Golden Fitness

Chair-based exercise to focus on stretching, balance and strength. Games and fun incorporated!



**M-W-F at 10:30am**

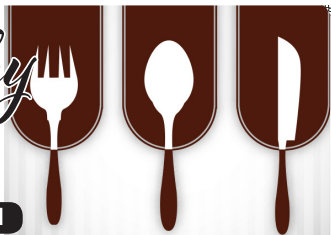
Call us today for  
more information!

**639 W. Coulter • M-F: 5:30am-6pm**  
307-754-9262 • FB @ PowellGottsche

*Eat Healthy*  
at the

**POWELL SENIOR  
CITIZEN'S CENTER**

248 N. Gilbert • 754-4223 • 754-2711



**Wednesday, September 12**

HAMBURGER STEAK w/Grilled Onions, Baked Potato, Veggie Salad, Bread, Plum Whip.

**Thursday, September 13**

OVEN FRIED CHICKEN, Mashed Potatoes, Poultry Gravy, Beet Salad, Mandarin Oranges, Gingerbread Cake.

**Friday, September 14**

BARBECUE PORK SANDWICH on Wheat Bun, Potato Salad, Fanny's Cole Slaw, Mandarin Orange, Pineapple, Grape Cup, Lemon Bar.

**Saturday, September 15\***

CHICKEN POT PIE w/ Potatoes, Peas w/ Carrots & Biscuit, French Style Green Beans, Mixed Green Salad, Fruit Pizza.

**Monday, September 17**

HAWAIIAN CHICKEN, Baked Sweet Potato, Key Largo Vegetables, Banana Bread/Muffin, Tropical Fruit Cup, Coconut Macaroon.

**Tuesday, September 18**

**BIRTHDAY DINNER** - CHICKEN FRIED STEAK, Mashed Potatoes, Country Style Gravy, Garden Blend Vegetables, Cucumber & Tomato Salad, Cherry Crisp, Orange Juice.

\*Lunch served at noon at the Rocky Mountain Manor on Saturdays