# The Gilpin County Senior Program Calendar of Events

## JUNE 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Weds.</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Happy Birthday</strong></td>
<td>Grocery Shopping Wal-Mart</td>
<td>Free Exercise</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Program by Lauren &amp; Mirasy: China Today</td>
</tr>
<tr>
<td>We wish a very Happy Birthday to Carol Snyder, Karen Barnhardt, Judy Hain, and Kathy Schott</td>
<td></td>
<td>Class @ 1:30-3:30</td>
<td>Lunch @ 12:15</td>
<td>Program by Lauren &amp; Mirasy: China Today</td>
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<td>4</td>
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<td>7</td>
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<tr>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Matter of Balance Class @ 1:30-3:30 Community Center</td>
<td>Grocery Shopping Wal-Mart</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Sing along W/Bruce</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Program by Lauren &amp; Mirasy: China Today</td>
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<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
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<tr>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Matter of Balance Class @ 1:30-3:30 Community Center</td>
<td>Grocery Shopping King Soopers</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Senior Reach Free Bingo</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Program by Lauren &amp; Mirasy: China Today</td>
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<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
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<tr>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Matter of Balance Class @ 1:30-3:30 Community Center</td>
<td>Grocery Shopping Wal-Mart</td>
<td>Free Exercise Class 11-12 Blood Pressure Clinic 11:30 Lunch @12:15 Free Bingo</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Program by Lauren &amp; Mirasy: China Today</td>
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<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Matter of Balance Class @ 1:30-3:30 Community Center</td>
<td>Grocery Shopping King Soopers</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Birthday Party</td>
<td>Field Trip: Butterfly Pavilion</td>
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<td>28</td>
<td></td>
<td></td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Program by Lauren &amp; Mirasy: China Today</td>
<td>Grocery Shopping King Soopers</td>
<td>Free Exercise Class 11-12 Lunch @ 12:15 Birthday Party</td>
<td>Field Trip: Butterfly Pavilion</td>
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</tbody>
</table>

Rides to Lunch, Events and Medical Appointments are available to Gilpin County Seniors Please call 303-515-4292 for reservations.
It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.

June Events

6/03 Free Exercise 11-12 Lunch @ 12:15
   Matter of Balance Class 1:30-3:30 @ Community Center
6/04 Grocery Shopping @ Bergen Park Wal-Mart
6/05 Free Exercise 11-12 Lunch @ 12:15 Sing Along with Bruce
6/06 Grocery Shopping @ Bergen Park Wal-Mart
6/07 Free Exercise 11-12 Lunch @ 12:15
   Program by Lauren & Mirasy: China Today
6/10 Free Exercise Class 11-12 Lunch @ 12:15
   Matter of Balance Class 1:30-3:30 @ Community Center
6/11 Grocery Shopping Bergen Park King Soopers
6/12 Free Exercise 11-12 Lunch @ 12:15 Senior Reach Free Bingo
6/14 Free Exercise Class 11-12 Lunch @ 12:15
   Ellen Allires-Trujillo will be here at 11:30 to answer any legal questions
   Call Mary Ellen to book your appointment
6/17 Free Exercise 11-12 Lunch @ 12:15
   Matter of Balance Class 1:30-3:30 @ Community Center
6/18 Grocery Shopping @ Bergen Park Wal-Mart
6/19 Free Exercise Class 11-12 Lunch @ 12:15 Free Bingo
   Blood Pressure Clinic
6/20 Grocery Shopping @ Bergen Park Wal-Mart
6/21 Free Exercise Class 11-12 Lunch @ 12:15
   Foot Clinic 10-2 Please RSVP for your spot $15.00 Please bring a towel
   Andrea w/ VOA will be coming to do a nutrition program
6/24 Free Exercise Class 11-12 Lunch @ 12:15
   Matter of Balance Class 1:30-3:30 @ Community Center
6/25 Grocery Shopping Bergen Park King Soopers
6/26 Lunch @ 12:15 Free Exercise Class 11-12 BIRTHDAY PARTY!
6/27 Field Trip to The Butterfly Pavilion
   RSVP Early for your spot on the van - space is limited
   Entrance fee paid by our donation fund, lunch is on you
6/28 Free Exercise 11-12 Lunch @ 12:15 Free Bingo

We ask for a $2.50 donation for lunches for Seniors over 60
   Guests under 60 $8.50
   Please RSVP at least 1 business day before the lunch you want to attend
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Chef Salad</td>
<td>Wheat Roll with Butter</td>
<td>BBQ Pulled Pork on a</td>
<td>Cobb Salad</td>
<td>Wheat Crackers</td>
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<tr>
<td></td>
<td>Wheat Roll with Butter</td>
<td>Cottage Cheese with Pineapple</td>
<td>Whole Wheat Bun</td>
<td>Wheat Crackers</td>
<td>Cornbread with Butter</td>
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<tr>
<td></td>
<td>Cottage Cheese with Pineapple</td>
<td>Walnuts</td>
<td>Baked Beans</td>
<td>Cottage Cheese</td>
<td>Cottage Cheese</td>
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<tr>
<td></td>
<td>Walnuts</td>
<td>Apple</td>
<td>Pasta Salad</td>
<td>Orange</td>
<td>Orange</td>
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<tr>
<td></td>
<td>Apple</td>
<td>Skim Milk</td>
<td>Fresh Melon</td>
<td>Apple Crisp</td>
<td>Apple Crisp</td>
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<tr>
<td></td>
<td>Skim Milk</td>
<td></td>
<td>Orange Juice</td>
<td>Skim Milk</td>
<td>Skim Milk</td>
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<tr>
<td></td>
<td>Herb Baked Chicken</td>
<td>Scalloped Potatoes</td>
<td>Kielbasa Sausage</td>
<td>Beef and Cheese Burrito</td>
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<tr>
<td></td>
<td>Scalloped Potatoes</td>
<td>Zucchini and Tomatoes</td>
<td>Parsley Buttered New Potatoes</td>
<td>with Salsa, Sour Cream &amp; Lettuce</td>
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<tr>
<td></td>
<td>Zucchini and Tomatoes</td>
<td>Tossed Vegetable Salad</td>
<td>Cabbage and Carrots</td>
<td>Brown Rice with Cilantro &amp; Lime</td>
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<tr>
<td></td>
<td>Tossed Vegetable Salad</td>
<td>Wheat Roll with Butter</td>
<td>Spinach Salad with Egg</td>
<td>Black Beans</td>
<td></td>
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<tr>
<td></td>
<td>Wheat Roll with Butter</td>
<td>Apple</td>
<td>Rye Bread with Butter</td>
<td>Zucchini and Peppers</td>
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<tr>
<td></td>
<td>Apple</td>
<td>Skim Milk</td>
<td>Banana</td>
<td>Fruit Cocktail</td>
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<td></td>
<td>Skim Milk</td>
<td></td>
<td>Skim Milk</td>
<td>Skim Milk</td>
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<tr>
<td></td>
<td>Vegetable Stir Fry with Hawaiian Shrimp</td>
<td>Steamed Brown Rice</td>
<td>Beef Soft Taco</td>
<td>Cornded Beef Sandwich on a</td>
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<tr>
<td></td>
<td>Hawaiian Shrimp</td>
<td>Steamed Brown Rice</td>
<td>Spanish Rice</td>
<td>Whole Wheat Bun with Mustard</td>
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<tr>
<td></td>
<td>Steamed Brown Rice</td>
<td>Tossed Vegetable Salad</td>
<td>Pinto Beans</td>
<td>and Onions</td>
<td></td>
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<tr>
<td></td>
<td>Tossed Vegetable Salad</td>
<td>Wheat Roll with Butter</td>
<td>Zucchini and Tomatoes</td>
<td>Green Beans and Tomatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wheat Roll with Butter</td>
<td>Pineapple Tidbits</td>
<td>Tropical Fruit</td>
<td>Buttered Cabbage</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pineapple Tidbits</td>
<td>Walnuts * Skim Milk</td>
<td>Skim Milk</td>
<td>Three Bean Salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walnuts * Skim Milk</td>
<td></td>
<td></td>
<td>Sliced Peaches * Skim Milk</td>
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<tr>
<td></td>
<td>Beef Roast with Gravy</td>
<td>Mashed Potatoes</td>
<td>Spaghetti with Meatballs</td>
<td>Chicken Mandarin Salad</td>
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<tr>
<td></td>
<td>Mashed Potatoes</td>
<td>Seasoned Green Beans</td>
<td>and Marinara Sauce</td>
<td>Vegetable Soup</td>
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<tr>
<td></td>
<td>Seasoned Green Beans</td>
<td>Tossed Vegetable Salad</td>
<td>Italian Vegetables</td>
<td>Wheat Roll with Butter</td>
<td></td>
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<tr>
<td></td>
<td>Tossed Vegetable Salad</td>
<td>Wheat Roll with Butter</td>
<td>Tossed Vegetable Salad</td>
<td>Banana</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wheat Roll with Butter</td>
<td>Fruit Cocktail</td>
<td>Garlic Bread</td>
<td>Skim Milk</td>
<td></td>
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<tr>
<td></td>
<td>Fruit Cocktail</td>
<td>Brownie * Skim Milk</td>
<td>Sliced Apricots</td>
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<tr>
<td></td>
<td>Brownie * Skim Milk</td>
<td></td>
<td>Banana Pudding * Skim Milk</td>
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</tbody>
</table>
## Nutrition

### MONDAY
- **Calories**: 815
- **Fat**: 38g
- **Saturated Fat**: 11g
- **Protein**: 47g
- **Carbohydrates**: 79g
- **Fiber**: 12.5g
- **Sodium**: 1102mg

### TUESDAY
- **Calories**: 777
- **Fat**: 22g
- **Saturated Fat**: 6g
- **Protein**: 36g
- **Carbohydrates**: 112g
- **Fiber**: 12g
- **Sodium**: 976mg

### WEDNESDAY
### THURSDAY
- **Calories**: 1007
- **Fat**: 31g
- **Saturated Fat**: 11g
- **Protein**: 59g
- **Carbohydrates**: 124g
- **Fiber**: 11.6g
- **Sodium**: 957mg

### FRIDAY
- **Calories**: 755
- **Fat**: 18g
- **Saturated Fat**: 8g
- **Protein**: 24g
- **Carbohydrates**: 82g
- **Fiber**: 9.5g
- **Sodium**: 774mg

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### MONDAY
- **Calories**: 781
- **Fat**: 34g
- **Saturated Fat**: 6g
- **Protein**: 42.5g
- **Carbohydrates**: 79g
- **Fiber**: 9.5g
- **Sodium**: 1199mg

### TUESDAY
- **Calories**: 643
- **Fat**: 26g
- **Saturated Fat**: 8g
- **Protein**: 24g
- **Carbohydrates**: 82g
- **Fiber**: 9.5g
- **Sodium**: 1061mg

### WEDNESDAY
### THURSDAY
- **Calories**: 782
- **Fat**: 18g
- **Saturated Fat**: 7g
- **Protein**: 39g
- **Carbohydrates**: 119g
- **Fiber**: 16g
- **Sodium**: 1075mg

### FRIDAY
- **Calories**: 619
- **Fat**: 20g
- **Saturated Fat**: 5g
- **Protein**: 29g
- **Carbohydrates**: 86g
- **Fiber**: 14g
- **Sodium**: 1170mg

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### MONDAY
- **Calories**: 1149
- **Fat**: 43g
- **Saturated Fat**: 14g
- **Protein**: 68g
- **Carbohydrates**: 127g
- **Fiber**: 12g
- **Sodium**: 602mg

### TUESDAY
- **Calories**: 797
- **Fat**: 13.5g
- **Saturated Fat**: 5g
- **Protein**: 47g
- **Carbohydrates**: 126g
- **Fiber**: 13g
- **Sodium**: 750mg

### WEDNESDAY
### THURSDAY
- **Calories**: 615
- **Fat**: 17g
- **Saturated Fat**: 5g
- **Protein**: 44.5g
- **Carbohydrates**: 77g
- **Fiber**: 11.4g
- **Sodium**: 431mg

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