

Pelican Perch

September Edition



Friendly Fork Café Lunch (Dine-in & Curbside Pickup)

Enjoy a great lunch at the Friendly Fork Café with your friends and neighbors! Enjoy a cup of coffee, and visit with your friends as you wait to be served at your table! Or, if you are short on time, you can still grab your lunch to-go... just park on the east side of the Windsor Rec Center, as you wait, and a meal will be delivered to you in your car. Sponsored by the Weld County Area Agency on Aging, the Friendly Fork Café lunch provides a well-balanced meal at a great price. Reservations are required by 9 a.m. one business day prior. Call 970-674-3500 to make your reservation.

When: Mondays - Fridays, 11:00 a.m. - 11:30 a.m.

Cost: Ages 60+: \$5 (suggested donation)
Ages 59 and Under: \$12

Day Trip / Garden of the Gods (Colorado Springs)

Join us on a vehicle tour, with a couple of stops to stretch your legs, of The Garden of the Gods. As the legend goes, one surveyor, in 1859, wanted to build a beer garden there, but another man said it was better suited "for the Gods to assemble." He coined the name, and it stuck. The crazy rock formations you'll see were created along a fault line and are as old as the mountains. Humans have been drawn to these rocks since ancient times. Native American artifacts dating back to 250 B.C. have been discovered in this area. But it was in the 1870s, during the gold rush and railroad time, the rocks hit the Western radar. The head of the Burlington Railroad bought the area for his summer home, but he left it relatively untouched and welcomed the public to enjoy it. We'll make a stop in the gift shop and a local restaurant for lunch before heading back home (Walking Level: Easy).

When: Th Sept 7 7:00 a.m. - 5:30 p.m.

Cost: \$30, lunch on your own

Jay's Bingo Emporium

Calling all Bingo nuts! Play Bingo on the **2nd Monday** of each month at noon. Try your luck at winning one of several gift cards sponsored by Bank of Colorado and the Town of Windsor. No registration required... just show up!

When: M Sep11 12:00 - 1:30 p.m. Spruce Room

Cost: Free

Humana presents: Medicare 101

Brian Carr an independent agent with Humana will be doing an educational Medicare 101 session. Stop in to learn more and have your questions answered.

When: Tu Sep12 10:00 - 11:00 a.m. Pine Room

Cost: Free

Hike / Calypso Cascades (RMNP)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Bring snacks, a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This hike is 5.8 miles, 1,269' elevation gain.

When: Tu Sept 12 7:00 a.m. - 5:00 p.m.

Cost: \$20, lunch on your own

Day Trip / Rockies vs Cubs (Denver)

Spend a relaxing day at the ball park watching the Colorado Rockies! Seats are located on the main level in the outfield box or right field mezzanine. We try to get seats in the shade, but there is no guarantee. Price includes ticket, transportation, and parking, Lunch is on your own. Departure for all games is at 11 a.m. (Walking Level: Moderate).

When: W Sep 13 11:00 a.m. - 5:30 p.m.

Cost: \$39, lunch on your own

Evening Trip / Beetlejuice (Buell Theatre)

It's showtime! Based on Tim Burton's dearly beloved film. This hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes. With an irreverent book, an astonishing set, and a score that's out of this Netherworld, Beetlejuice is "SCREAMINGLY GOOD FUN!" (Variety). And under its uproarious surface (six feet under, to be exact), it's a remarkably touching show about family, love, and making the most of every Day-O! Note: the driver will make a stop for dinner, at a restaurant of his choice, on the way down to the show (Walking Level: Easy -Moderate).

When: Th Sept 14 4:00 p.m. - 11:00 p.m.

Cost: \$80, lunch on your own

Dementia Together.Org presents: Memory Cafe

Memory Café is an interactive, joyful gathering for those living with mild to moderate cognitive impairment and their families. Regardless of theme, the agenda is joy. September's theme is laughter! Join us for a social time of singing, reminiscing, game and trivia. We will show clips from hilarious comedies, share jokes and play a game that makes everyone smile. A good time is guaranteed!

When: Tu Sep19 10:00 a.m. - 11:30 a.m. Pine Room

Cost: Free,

Hike / Antelope/Bitterbrush Trail (Lyons)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Bring snacks, a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This hike is 4.4 miles, 856' elevation gain.

When: Th Sept 21 7:00 a.m. - 5:00 p.m.

Cost: \$20, lunch on your own

Day Trip / Rockies vs Dodgers (Denver)

Spend a relaxing day at the ball park watching the Colorado Rockies! Seats are located on the main level in the outfield box or right field mezzanine. We try to get seats in the shade, but there is no guarantee. Price includes ticket, transportation, and parking, Lunch is on your own. Departure for all games is at 11 a.m. (Walking Level: Moderate).

When: Tu Sep 26 11:00 a.m. - 5:30 p.m.

Cost: \$39, lunch on your own

*Contains nuts

Friendly Fork Daily Menu

September 2023

Day	Date	Meal
Friday	1	Beef & Broccoli Stir Fry with Vegetable Brown Rice Pilaf and Side of Soy Sauce, Fresh Fruit Mix, Salted Nuts*, 1% Milk
Monday	4	*CLOSED in Honor of Labor Day*
Tuesday	5	Salisbury Steak & Mashed Potatoes with Beef Gravy, Wheat Roll with Butter, Steamed Peas, Diced Cantaloupe, 1% Milk
Wednesday	6	Beef & Pork Stew over Biscuit, Green Bean Almondine*, Banana, Chia Pudding, 1% Milk
Thursday	7	Chicken Breast with Gravy, Baked Potato with Side of Butter & Sour Cream, 3 Bean Salad, Blueberries, Molasses Cookie, 1% Milk
Friday	8	Krautburger with Side of Mustard, Potato Salad, Steamed Broccoli & Cauliflower, Cinnamon Applesauce, 1% Milk
Monday	11	Roasted Tilapia with Lemon Butter Sauce, Scalloped Potatoes, Turnip Vegetable Medley, Apple Slices, 5 Layer Dessert Bar*, 1% Milk
Tuesday	12	Chicken Parmesan over Whole Wheat Penne Pasta with Marinara, Caesar Salad, Watermelon, Chocolate Chip Cookie, 1% Milk
Wednesday	13	Hamburger on Bun with Lettuce, Onion, Tomato, Pickles, Side of Mayo, Mustard & Ketchup, Roasted Sweet Potatoes, Peas & Carrots, Pineapple, 1% Milk
Thursday	14	Beef Shepherd's Pie, Wheat Roll with Butter, Cheesy Cauliflower, Mixed Fresh Fruit, Carrot Cake, 1% Milk
Friday	15	Fried Pork Cutlet with Country Gravy, BBQ Baked Beans, Buttermilk Coleslaw, Banana, Lemon Crumb Bar, 1% Milk
Monday	18	Beef Tacos on Whole Wheat Tortillas with Cheese, Lettuce, Tomato, Side of Salsa & Sour Cream, Black Beans, Mixed Fresh Fruit, Chocolate Chip Cookie, 1% Milk

*Contains nuts

Friendly Fork Daily Menu

September 2023

Day	Date	Meal
Tuesday	19	Pork Loin with Mushroom Gravy, Brown Sugar Glazed Sweet Potatoes, Beet Cucumber Salad, Fresh Fruit Mix, Ginger Pear Crisp, 1% Milk
Wednesday	20	Chicken & Dumplings, Corn Bread with Butter, Garlic Roasted Green Beans, Orange Slices, 1% Milk
Thursday	21	French Dip Sandwich with Side of Au Jus, Broccoli/ Olive/ Sundried Tomato Salad, Apple Slices, Chocolate Rice Krispy Treat, 1% Milk
Friday	22	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Wheat Roll with Butter, Corn O'Brien, Mandarin Oranges, 1% Milk
Monday	25	Chicken Salad Sandwich on Wheat with Lettuce & Tomato, Chicken Noodle Soup with Crackers, Capri Mixed Vegetables, Pear, 1% Milk
Tuesday	26	Beef Stew, Wheat Roll with Butter, Vegetable Pasta Salad, Orange Slices, Apple Crisp, 1% Milk
Wednesday	27	Austrian-Style Pork over Garlic Mashed Potatoes, Wheat Roll with Butter, Peas/ Mushrooms/ Bacon/ Onion Sauté, Mixed Fresh Fruit, 1% Milk
Thursday	28	Turkey & Cheddar Sandwich with Lettuce, Tomato, Side of Mustard & Mayo, Mandarin Orange Spinach Salad with Pumpkin Seeds*, Oil & Vinegar Dressing, Banana, Chia Pudding, 1% Milk
Friday	29	Herb Baked Chicken with Gravy, Balsamic Roasted Brussels Sprouts, Vegetables/ Black Olives/ Parmesan Pasta Salad, Grapes, Orange Vanilla Chia Pudding, 1% Milk



Weld County Area Agency on Aging

• Friendly Fork (Senior Nutrition) •

Need to order or cancel your lunch?

Please call the Windsor Recreation Center Front Desk by
9am one business day prior to the meal day. 970-674-3500

Pelican Perch

October Preview



Friendly Fork Café Lunch (Dine-in & Curbside Pickup)

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Ages 59 and Under: \$12

Day Trip / Elk Bugling (RMNP)

Elk Bugling is one of the top fall sights in Rocky Mountain National Park. From mid-September through mid-October and sometimes into November, it is elk breeding season. During this time, visitors can see up to hundreds of elk at a time gather amidst the unbeatable Rocky Mountain scenery for an unforgettable sight. It's common to hear males bugling through the crisp mornings just before dawn and tranquil evenings just before dusk. Visitors should listen for the distinct sounds of different bulls; each bull's bugle is made up of a series of grunts, high-pitched squeals and "shouts." Note: we'll stop for dinner in Estes Park after the Elk bugling and before heading home. Walking Level: Moderate.

When: Th Oct 5 2:30 p.m. - 10:00 p.m.

Cost: \$25, dinner on your own

Jay's Bingo Emporium

Calling all Bingo nuts! Play Bingo on the **2nd Monday** of each month at noon. Try your luck at winning one of several gift cards sponsored by Bank of Colorado and the Town of Windsor. No registration required... just show up!

When: M Oct 9 12:00 - 1:30 p.m. Spruce Room

Cost: Free

Hike / Raccoon Trail (Golden Gate Canyon State Park)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Bring snacks, a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This hike is 3.4 miles, 728' elevation gain.

When: Tu Oct 10 7:00 a.m. - 5:00 p.m.

Cost: \$20, lunch on your own

Day Trip / Animal Wildlife Sanctuary (Keenesburg)

The Sanctuary's two primary missions involve rescuing and caring for

animals - and educating people about the Captive Wildlife Crisis. To that end, we invite people who want to learn more about the work we do to visit our unique facility in person. However, the Sanctuary is not a Zoo and offers a completely different experience than what most people are used to. Our rescued animals live in large acreage open habitats and are never forced to remain front-and-center just so people can see them easier. Yet, our elevated walkway (which is more than 1.5 miles long) spans across numerous habitats and provides plenty of opportunities for our guests to see many of the rescued animals closer. Walking Level: Moderate-Difficult.

When: Th Oct 12 9:00 a.m. - 4:00 p.m.

Cost: \$40, lunch on your own

Hike / Kruger Rock (Near Estes)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Bring snacks, a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This hike is 4.0 miles, 977' elevation gain.

When: Tu Oct 17 7:00 a.m. - 5:00 p.m.

Cost: \$20, lunch on your own

Day Trip / Tina—The Tina Turner Musical (Buell Theatre)

Her voice is undeniable. Her fire is unstoppable. Her Triumph is unlike any other. An uplifting comeback story like no other, *TINA – The Tina Turner Musical* is the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. Note: the driver will make a stop for lunch, at a restaurant of his choice, on the way down to the show. Walking Level: Easy -Moderate

When: Th Oct 19 10:30 a.m. - 6:00 p.m.

Cost: \$60, lunch on your own

Hike / Sugarloaf Mountain Trail (Near Estes)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Bring snacks, a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This hike is 1.3 miles, 439' elevation gain.

When: Th Oct 26 7:00 a.m. - 5:00 p.m.

Cost: \$20, lunch on your own