



WELLESLEY COA SENIOR LUNCH PROGRAM

October 2016

The Wellesley Council on Aging and the Friends of the Wellesley Council on Aging are thrilled to partner with Express Gourmet of Wellesley (Tuesdays and Fridays) and Bruegger's Bagels of Wellesley (Thursdays) for our popular senior lunch program. Guests are charged \$4.00 per meal and must sign-up no later than 9:30 a.m. the day prior. *Please inform COA Staff and Volunteers of any food allergies at the time of registration*. Please call the Wellesley Council on Aging with any questions at 781-235-3961.

| TUESDAY Express Gourmet | THURSDAY Bruegger's | FRIDAY Express Gourmet |
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| <u>October 4</u> Chicken Parmesan over Pasta Garden Salad Reese Peanut Butter Cookie | <u>October 6</u> "Herby Turkey Sandwich" <i>(Turkey, onion, lettuce, light herb garlic cream cheese and sundried tomato spread on whole wheat bread)</i> Sea Salt Potato Chips Chocolate Chip Cookie | <u>October 7</u> Chicken, Tomato, Pesto & Mozzarella Panini Black Raspberry Ice Cream |
| <u>October 11</u> "Brewster Wrap" <i>(Chicken, Lettuce, Tomato, Onion, Lemon Oregano Dressing, Provolone, Avocado & Cole Slaw)</i> Sun chips Oreo Ice Cream | <u>October 13</u> "Leonardo Da Veggie Sandwich" <i>(Red pepper, muenster cheese, lettuce, tomato and light herb garlic cream cheese on whole wheat bread)</i> Tomato Soup Oatmeal Raisin Cookie | <u>October 14</u> Chicken, Broccoli & Ziti Chocolate Cookie |
| <u>October 18</u> American Chop Suey Garden Salad Vanilla Pudding | <u>October 20</u> Open-faced Plain Bagel with Garden Veggie Cream Cheese <i>(on the side)</i> Chicken Spaetzle Soup <i>(Spaetzle dumplings with chicken & vegetables in chicken broth)</i> Chocolate Chip Cookie | <u>October 21</u> "Route 16 Sandwich" <i>(Garlic Herb Butter, Lettuce, Tomato & Caramelized Onions)</i> Doritos Chips Coffee Ice Cream |
| <u>October 25</u> Steak Tips over Rice Garden Salad Oatmeal Cookie Annual COA Spooktacular at 1:00pm <i>Join us for an afternoon of festive fun!</i> | <u>October 27</u> Ham and Swiss Sandwich <i>(Ham, Swiss & lettuce on a plain "thin" bagel)</i> Sea Salt Potato Chips Chocolate Brownie | <u>October 28</u> Lemon Chicken Piccata over Linguini Garden Salad Chocolate Chip Cookie |

Special thanks to the Friends of the Wellesley Council on Aging (FWCOA) for subsidizing this senior lunch program!

For more information about FWCOA, visit their website:

www.wellesleyfriendscoa.com

Turn page for October movie schedule!





Free Friday Movies at the Wellesley Council on Aging

October 2016

Movies start at 12:30 p.m.

October 7: Joy (2015) After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her miracle Mop into an overnight marketing miracle. Starring: Jennifer Lawrence and Bradley Cooper. Rated: PG-13, 2hr. 4 min.

October 14: Eye in the Sky (2015) Leading an operation to nab a terrorist and her collaborators in Kenya, Col. Katherine Powell ends up in a political and moral quagmire as the mission changes and a drone strike is ordered, putting a young girl at risk of becoming collateral damage. Starring: Helen Mirren and Aaron Paul. Rated: R, 1 hr. 42 min.

October 21: Grease (1978) John Travolta and Olivia Newton-John star in this hit musical comedy that chronicles the summer fling between Danny and good girl, Sandy. Rated: PG 1hr. 50 min.

October 28: 45 Years (2015) Geoff and Kate Mercer's plans for a 45th anniversary party are upset by some unexpected news: A body found in the Swiss Alps has been identified as Geoff's long-ago love Katya, who perished in an accident 50 years earlier. Starring: Charlotte Rampling, Tom Courtenay, and Geraldine James. Rated R, 1hr 35 min.

