



WELLESLEY COA SENIOR LUNCHPROGRAM

September 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 **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 Brueger's	FRIDAY Express Gourmet
		<u>September 2</u> Beef Stew over White Rice Steamed Vegetables Chocolate Ice Cream
<u>September 6</u> Roast Beef and Swiss Panini Reese Cookie	<u>September 8</u> "Herby Turkey Sandwich" <i>(Turkey, onion, lettuce, light herb garlic cream cheese and sundried tomato spread on a sesame bagel)</i> Sea salt potato chips Chocolate Chip Cookie	<u>September 9</u> Annual Welcome Back Social! Pre-registration required 
<u>September 13</u> Chicken Quesadilla Garden Salad Chocolate Muffin	<u>September 15</u> "Leonardo Da Veggie Sandwich" <i>(Red pepper, muenster cheese, onion, lettuce, tomato and light herb garlic cream cheese on an asiago bagel)</i> BBQ potato chips Oatmeal Raisin Cookie	<u>September 16</u> Turkey Delight Sandwich (Turkey, Honey Mustard, Sprouts, Bacon & Apple Slices) Potato Chips Oatmeal Raisin Cookie
<u>September 20</u> Smoked Brisket Garlic Bread and Cole Slaw Chocolate Pudding	<u>September 22</u> Garden Veggie and Hummus Sandwich <i>(Hummus, muenster, lettuce, onion, cucumber, green & red pepper on sesame bagel)</i> Chicken Spaetzle Soup <i>(Spaetzle dumplings with chicken & vegetables in chicken broth)</i> Apple	<u>September 23</u> Chicken Kabobs over Rice Pilaf Steamed Vegetables Chocolate Chip Cookie
<u>September 27</u> Salmon over Garden Salad Mint Chip Ice Cream	<u>September 29</u> Ham and Swiss Sandwich (Ham, Swiss, onion, and lettuce on a pumpernickel bagel) Sea salt potato chips Chocolate Chip Cookie	<u>September 30</u> Pulled Pork Sandwich Potato Chips Vanilla Ice Cream

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 September movie schedule!



Free Friday Movies at the Wellesley Council on Aging

September 2016

Movies start at 12:30 p.m.

September 2: Daddy's Home (2015) After marrying an alluring divorcee with two children, Brad steps eagerly into his role as stepdad. However, chronic interference from the kids' suave natural father leads to a slapstick rivalry between the two determined men. Starring: Will Ferrell, Mark Wahlberg, and Linda Cardellini. Rated PG-13, 1hr. 35 min.

September 9— No film. Welcome Back Social (pre-registration required)

September 16 : Miracles from Heaven (2016) Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified. Starring: Jennifer Garner, Kylie Rogers, and Martin Henderson. Rated: PG, 1hr 49 min.

September 23: My Big Fat Greek Wedding 2 (2016) In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos class-and with it comes a new assortment of family crises and secrets. Starring: Nia Vardalos, John Corbett and Lainie Kazan. Rated: PG-13, 1hr 34 min.

September 30: Whiskey Tango Foxtrot (2016) Based on reporter Kim Barker's memoirs about her experiences covering the Afghanistan war, this satirical look at a hopelessly confused conflict also chronicles the obstacles encountered by female journalists in a rigidly conservative region. Rated: R, 1hr 51 min.

