











August 2021

www.broomfieldseniors.com

Reservations required by 4 p.m. the business day before. Please visit B-REx.com or call 303.464.5526.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham Steak w/Applesauce Salad Dessert	3 Beef Stroganoff over Wide Egg Noodles Salad Dessert	4 Healthy Hearts Balsamic Salmon Salad Dessert	5 Apricot Braised Pork Salad Dessert	6 Beach Party Lunch! Hawaiian Shredded Chicken Sliders Pear & Cabbage Slaw Yam Bake Grilled Vegetables Hawaiian Wedding Cake
9 Broccoli & Cheese Chicken Salad Dessert	10 Tuna Noodle Casserole Salad Dessert	11 Sloppy Joes Salad Dessert	12 Big BLTC Salad (Bacon, Lettuce, Tomato & Cheese w/Ranch Dressing) Dessert	13 Chicken Fettucine Alfredo w/Garlic Bread Salad Dessert
16 Cabbage Rolls Salad Dessert	17 BBQ Pulled Pork Sandwich Salad Dessert	18 Healthy Hearts Chicken Bruschetta Salad Dessert	19 Salisbury Steak w/Mushrooms Salad Dessert	20 Chicken Fried Chicken w/Country Gravy Salad Dessert
23 We are closed Aug. 23-Sept. 6. 	24 	25 	26 	27 
30 	31 	Sept. 1 	Sept. 2 	Sept. 3 

Menu items are subject to change due to availability. Located at 280 Spader Way, Broomfield, CO 8002

Drop-In Activities

Beginning Line Dancing
Friday's
1:30 - 3 p.m.

Intermediate Line Dancing
Thursday's
10 - 11:30 a.m.

Jam Session
Tuesday's
1 - 3 p.m.

Needlework
Friday's
12:30 - 2:30 p.m.

Woodcarvers
Thursday's
9 a.m. - noon

Dementia Caregiver Support Group
3rd Tuesday
10 - 11:30 a.m.

Multiple Sclerosis
1st Tuesday
11 a.m. - 1 p.m.

Parkinson's Support Group
1st Tuesday
10:30 a.m. - noon

Parkinson's Carepartners Support
Group
Friday following Parkinson's meeting
10:30 a.m. - noon

Low Vision Support Group
2nd Tuesday
1:30 - 2:30 p.m.

Grief Support Group
1st & 3rd Wednesday
10 a.m. - noon
New attendees call 720.325.2987

**The following require registration.
Please go to B-Rex.com or call
303.464.5526**

Aug 2
Explore Historic Colorado City
8 a.m.-5 p.m.

Aug 9
Newcomer's Coffee
9 - 10 a.m.

Aug 10
Fine Dining: Mateo
4:15 - 7:30 p.m.

Aug 11
Outsmart the Predators
11 a.m. - 2 p.m.

Aug 13
Stroll: Canyon View Nature Trail (3)
8:30 a.m. - 2 p.m.

Aug 16
Hike:Arthur Rock Loop
8 a.m. - 3 p.m.

Aug 17
Colorado Visiting Nurses Association
8 a.m. - 5 p.m.
Call Jana Stone, 303.549.565 to
schedule

Aug 18
Supper Club: Outworld Brewing
4:15 - 7:30 p.m.

Aug 18
Rockies vs Padres
11:30 a.m. - 5 p.m.

Aug 18
Vocal Vitality
3 - 4 p.m.

Aug 19
Estate Planning Made Easy
1 - 4 p.m.

Aug 23
Hearing Clinic
1 - 2:30 p.m.

Please call 303.464.5534 at least
three business days before the
requested date to schedule Easy
Ride transportation for any of these
events. For more information on
Senior Services programs and
events, please visit our website at
www.broomfieldseniors.com.