



Senior Center Newsletter

September, 2022

The latest news, views, and
announcements



610 Sullivan Street
Berlin, NH 03570
603-752-2545

Access Senior Meals Menu on Line
www.tccap.org

Services

Senior Meals of Coos County/Berlin
Senior Center
DOWNLOAD Senior Center Menu



The Dining Room is now open
Monday thru Thursday for lunch

Card Players daily 12:30-3

Crafting Tuesday @1PM

Mahjong Tuesday @ 12:30

Line Dancers Thursday @ 1



The Berlin Senior Center is open Monday thru Thursday from 9AM to 3PM. Serving a well- balanced noon lunch for those 60 years of age and older. Suggested donation of \$3.00 per meal. Please call and register by 10 AM.

NEW SERVICE AVAILABLE!

Try our new take out service for those 60+ which is available Monday thru Thursday. It's easy, just call 752-2545 by 10AM and give your name to pick up your meal between 11:45-Noon. Suggested donation per meal \$3.00.

September is Senior Center Month

**Don't forget to Renew your
membership for \$25.00 and
support the Senior Center**

**September is the only
time to become a
member!**

Tickets on Sale Now

Come Meet the new staff and visit with friends at our Meet and Greet celebration on Friday, September 30th. Get your tickets today. Member tickets are \$6.00 and non-members \$10.00. A lunch buffet will be served noon. Come join the fun with a 50/50, door prize and more!

Deliver a Difference



SENIOR MEALS OF COÖS COUNTY

NUTRITION EVENTS · COMMUNITY EDUCATION
TRI-COUNTY COMMUNITY ACTION, INC

September 2022, Menu

<p>Your Donation of \$3.00 per meal Is greatly appreciated</p>	<p>Menu subject to change without notice</p>	<p>Please notify us if you are not going to be home for your meal delivery 752-2545</p>	<p>1 Roasted Pork Mashed Potato Peas & Carrots Berry Crisp</p>	<p>2 Broccoli Cheese Quiche Sausage link Summer squash Applesauce</p>
<p>5 CLOSED LABOR DAY</p>	<p>6 Spaghetti w/meatballs Broccoli Fresh fruit</p>	<p>7 Maple glazed chicken Beans & Rice Cider braised cabbage and apples Jell-O w/fruit</p>	<p>8 Mushroom Swiss burger Harvard Beets Bread Pudding</p>	<p>9 Tuna Casserole Zucchini Peaches</p>
<p>12 Thai Barley Stir Fry Grilled Chicken Sauteed spinach Fresh Fruit</p>	<p>13 Corn Chowder Tuna Salad 3 bean salad Fresh Fruit</p>	<p>14 Hamburg stew w/biscuit Green Beans Rice Pudding</p>	<p>15 Grilled Hawaiian Bowl w/Pork & Brown Rice Stir fried vegetable Pineapple upside down cake</p>	<p>16 Lemon Garlic chicken Sweet Potato Wedges Mixed vegetable Mousse</p>
<p>19 Stuffed fish Barley Bake Broccoli Peaches</p>	<p>20 Hearty Bean & Vegetable Soup Egg Salad Roll Coleslaw Fresh Fruit</p>	<p>21 Stuffed cabbage casserole Normandy blend veg Dessert</p>	<p>22 Turkey w/gravy Mashed potato Roasted Carrots Cookie</p>	<p>23 Chicken pot pie Vegetable Jello w/fruit</p>
<p>26 Eggplant parmesan w/ spaghetti Steamed Spinach Mixed Fruit</p>	<p>27 Caesar Salad with Grilled Chicken Fresh Fruit</p>	<p>28 Baked Fish au gratin Garlic mashed potato Peas & Onions Tapioca pudding</p>	<p>29 BirthDay Celebration Meatloaf Mashed Potato Maple Glazed Carrots & dill Chocolate cake</p>	<p>30 Chicken stir fry w/Brown rice Sauteed cabbage Fresh Fruit Meet & Greet Celebration Tickets needed</p>