

Be Our Guest for Lunch!

The Volunteers of America Seniors' Nutrition Program offers a hot nutritious meal for people age 60 and over!

AND
Have Fun
Dancing!!

Lunch is served at 12:00 Noon at
The Mile High Vineyard Church
5445 Old Wadsworth Blvd., Arvada

The Volunteers of America offers a hot, nutritious MEAL and DANCE for people age 60 years and over EACH WEDNESDAY! Opportunity to meet new friends and have some fun with line-dancing, polkas, and waltz's!

1st and 3rd Wednesday of every month: dance to the 5 piece band of Colorado Country Cuzzins from 10am-12pm!
Donations welcome!

2nd and 4th Wednesday of every month: Mark Saiki and the Sing Along Group. We have been entertaining nursing homes and dances for over 10 years. We sing live country dance music, big band (Glenn Miller), and oldies (Frank Sinatra, Patti Page, Rosemary Clooney and Mitch Miller). If you love to dance, sing, play board games, or just listen to music, please check us out!
Donations welcome!

Months that have 5 weeks are April 30th, July 30th and Oct. 29th :
Dance to the music of 16 piece band "Sentimental Sounds" playing Glen Miller type music. Dance from 10:30 to 11:30.
Reservations a must! Donations Welcome!

Donations suggested at \$2.50 for lunch but not required. Please make reservations by the Friday before you plan to attend.

Please call Luella Teter at 720-300-3707 for more information and reservations!

