

Momentia Monthly Meet-up: TangoStride



Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. This month, we feature TangoStride, a technique that uses music, collaboration and tango-inspired movements to benefit overall well-being.

Friday, Sept. 20th | 1-2:30pm

Light snacks and socializing to follow

Chinese Film Series: *If You Are The One*

Qin Fen, in his late forties, returns to China after many years overseas. He did not earn a degree while he was overseas, but he is good at convincing others. After selling an invention to an investor, Qin becomes a multimillionaire and with his new fortune he decides to put an end to his bachelor life, advertising for potential marriage partners.

Friday, September 30th

1-3pm

(Chinese with English subtitles)

Watercolor Painting with Kathleen Coyle



Kathleen Coyle is back with a weekly watercolor class where participants will be introduced to the creative possibilities of watercolor painting. All levels are welcome, beginners encouraged.

Wednesdays | 1-3pm
Lake City Community Center



This class is made possible with a grant from 4 Culture.

Scarecrow Video Presents
 their **Silver Screeners Cinema Club**
 a **FREE** senior outreach program
 1-3pm / Inspiration Room
 Lake City Community Center

September 9th *Carmen* (1984, 2h 32m)

Based on Bizet's opera, the film follows the unrequited love story between soldier Don José and the bold and striking factory worker Carmen.

(Spanish with English subtitles)

September 23rd *Midnight in Paris* (2011, 1h 40m)

When screenwriter and aspiring novelist Gil Pender goes for a walk on a vacation in Paris, he is met by a familiar cast of famous writers and artists from the Jazz Age. As he spends more time with them, he becomes increasingly enamored with the past.

(English with Spanish subtitles)

Lake City SENIORS COMMUNITY MEAL

Mondays, Wednesdays, and Fridays: 12 – 1 pm
 Lake City Community Center—12531 28th Ave NE

Suggested Donation \$4 for seniors 60 and over (Suggested \$6 for under 60)

we accept EBT

For a calendar of daily activities, visit the front desk, or LakeCitySeniors.org

September Menu

(Please note the menu is subject to change)



<p>Monday, September 2: Labor Day Teriyaki Turkey Sliders Earl's Homemade Roll Buns Pineapple Tidbits Mixed Green Salad Chocolate Cookies</p>	<p>Monday, September 4 Sausage Penne Pasta Vegetable Caesar Salad Earl's Homemade Garlic Rolls Seasonal Fruit Crisp</p>	<p>Friday, September 6 Moroccan Salmon Noodles with Butter Roasted Vegetables Apricot Cups Sesame Cardamom Cookies</p>
<p>Monday, September 9 Frittata with Broccoli, Cheddar, and Caramelized Onion Spring Mix Salad with Walnuts Fresh Fruit Earl's Homemade Rolls Vanilla Ice Cream</p>	<p>Wednesday, September 11 Beef Curry on Brown Rice Earl's Whole Wheat Rolls Dried Fruit Roasted Broccoli and Red Pepper Chocolate Chip Cookies</p>	<p>Friday, September 13 BBQ Pulled Pork Sandwiches with Pickled Onions Roasted Carrots Broccoli Slaw Strawberry Fruit Tart</p>
<p>Monday, Sept 16 : Mexican Independence Day Turkey Stuffed Green Peppers Pomegranate Seed Garnish Green Salad Earl's Homemade Rolls Fruit Cobbler</p>	<p>Wednesday, September 18 Teriyaki Chicken Thighs Earl's Homemade Rolls Apricot Cups Stir Fried Asian Vegetables Dark Chocolate Squares</p>	<p>Friday, September 20 Chicken, Sausage, and Shrimp Jambalaya Brown Rice Cornbread Green Salad Ice Cream with Strawberries</p>
<p>Mon, September 23 Baked Chicken Thighs Broccoli Cheddar Soup Green Salad Earl's Homemade Rolls Oranges Brownies</p>	<p>Wednesday, September 25 Baked Ham Au Gratin Potatoes Green Peas Green Salad Earl's Homemade Rolls Apple Pineapple Coconut Ambrosia</p>	<p>Friday, September 27 Hot Turkey Sandwich Apple Gravy Peas and Carrots Green Salad Pumpkin Spice Cookies</p>
<p>Monday, September 30 : Birthday Day Tuna Casserole with Peas Earl's Homemade Rolls Seasonal Vegetables Fresh Fruit Birthday Cake</p>		

This meal is a collaboration of

