

# Pelican Perch

## December Edition



### Friendly Fork Café Lunch (Dine-in & Curbside Pickup)

Enjoy a great lunch at the Friendly Fork Café with your friends and neighbors! Enjoy a cup of coffee, and visit with your friends as you wait to be served at your table! Or, if you are short on time, you can still grab your lunch to-go... just park on the east side of the Windsor Rec Center, as you wait, and a meal will be delivered to you in your car. Sponsored by the Weld County Area Agency on Aging, the Friendly Fork Café lunch provides a well-balanced meal at a great price. Reservations are required by 9 a.m. one business day prior. Call 970-674-3500 to make your reservation.

**When:** Mondays - Fridays, 11:00 a.m. - 11:30 a.m.

**Cost:** Ages 60+: \$5 (suggested donation)  
Ages 59 and Under: \$12

### Day Trip / Botanic Gardens Holiday Lights

The holiday light trips are always popular, so we have two dates to choose from. Either way, enjoy a wonderful evening touring spectacular holiday displays in Denver. Start the evening with dinner and then drive by the annual display at the Denver City and County Building. The building is usually ablaze with lights during the Christmas season. If time and weather permit, we'll also drive by locations near Larimer Square before heading to the Botanic Garden's holiday display where you will take in the Blossom of Lights™ walking tour. Be sure to dress appropriately for outdoor weather conditions. Register for one of two dates.

**When:** Tu Dec 5 4:00 - 10:00 p.m.  
Th Dec 14 4:00 - 10:00 p.m.

**Cost:** \$25, dinner on your own

### Hike / Eugenia Mine Trail (Estes Park)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Bring snacks, a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This hike is 2.7 miles, 508" elevation gain.

**When:** W Dec 6 7:00 a.m. - 5:00 p.m.

**Cost:** \$20, lunch on your own

### Day Trip / Six (Buell Theatre)

From Tudor Queens to Pop Icons, the SIX wives of Henry VIII take the microphone to remix five hundred years of historical

heartbreak into a euphoric celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over! SIX has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics) and the Outer Critics Circle Award for Best Musical. Note: The driver will make a stop for dinner, at a restaurant of his choice, on the way down to the show. Walking Level: Moderate.

**When:** Th Dec 7 4:00 - 11:00 p.m.

**Cost:** \$90, dinner on your own

### Jay's Bingo Emporium

Calling all Bingo nuts! Play Bingo on the **2nd Monday** of each month at noon. Try your luck at winning one of several gift cards sponsored by Bank of Colorado and the Town of Windsor. No registration required... just show up!

**When:** M Dec 11 12:00 - 1:30 p.m. Spruce Room

**Cost:** Free

### Day Trip / Denver Zoo Holiday Lights

One of Denver's most anticipated events, Zoo Lights, which is a great opportunity for folks of all ages to enjoy the holidays or kick off the New Year with family, friends and colleagues, is back a bigger than ever. The holiday magic spans across over 70 acres, with more than two million lights, nightly entertainment, sweet treats, animal encounters, plus illuminated animal sculptures that swing through trees, jump across lawns, hide in bushes and appear in places where they're least expected. Before the Zoo lights, we'll enjoy a stop for dinner. Walking Level: Moderate

**When:** Tu Dec 12 4:00 - 10:00 p.m.

**Cost:** \$25, dinner on your own

### Hike / Chasm Falls (RMNP)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Bring snacks, a sack lunch, water bottle, rain jacket, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This hike is 3.2 miles, 500' elevation gain.

**When:** Th Dec 28 8:00 a.m. - 5:00 p.m.

**Cost:** \$20, lunch on your own

\*Contains nuts

## Friendly Fork Daily Menu

**December 2023**

<b>Day</b>	<b>Date</b>	<b>Meal</b>
Friday	1	Chicken Noodle Bake, California Blend Vegetables, Apricots, Morning Glory Muffin*, 1% Milk
Monday	4	Cranberry Harvest Chicken Breast, Mashed Sweet Potatoes, Corn Bread with Butter & Honey, Mixed Vegetables, Sliced Peaches, 1% Milk
Tuesday	5	Pork Loin with Gravy, Macaroni & Cheese, Roasted Eggplant/Zucchini/Pepper Blend, Orange Slices, Carrot Cake, 1% Milk
Wednesday	6	Beef & Cabbage Casserole, Mandarin Orange Spinach Salad with Italian Dressing & Pumpkin Seeds*, Dried Fruit & Nut Cup*, Cinnamon Applesauce, 1% Milk
Thursday	7	Honey Ginger Chicken over Jasmine Rice, Side of Soy Sauce, Bok Choy & Snow Pea Vegetable Blend, Apple Slices, Almond Cookie*, 1% Milk
Friday	8	Pulled Pork Sandwich, BBQ Baked Beans, Coleslaw, Diced Pears, 1% Milk
Monday	11	Oven Roasted Turkey Breast with Gravy and Side of Cranberry Orange Compote, Sage Stuffing with Gravy, Wheat Roll with Butter, Harvard Beets, Fresh Fruit Mix, 1% Milk
Tuesday	12	Mike Adams World Famous Chili, Cinnamon Roll, Baby Carrots, Crackers, 1% Milk
Wednesday	13	Prime Rib with Side of Horseradish Sauce, Au Gratin Potatoes, Five Spice Roasted Vegetables, Wheat Roll with Butter, Cranberry Dream Salad*, 1% Milk
Thursday	14	Chicken Fried Steak & Mashed Potatoes with Country Gravy, Wheat Roll with Butter, Green Bean Almondine*, Blueberries, 1% Milk
Friday	15	Krautburger, Peas & Pearl Onions, Pineapple, Gelatin Parfait*, 1% Milk

\*Contains nuts

## Friendly Fork Daily Menu

**December 2023**

Day	Date	Meal
Monday	18	*Closed for Christmas Break*
Tuesday	19	*Closed for Christmas Break*
Wednesday	20	*Closed for Christmas Break*
Thursday	21	*Closed for Christmas Break*
Friday	22	*Closed for Christmas Break*
Monday	25	*Closed for Christmas Break*
Tuesday	26	*Closed for Christmas Break*
Wednesday	27	*Closed for Christmas Break*
Thursday	28	*Closed for Christmas Break*
Friday	29	*Closed for Christmas Break*
Monday	January 1	*Closed for New Year's Holiday*
Tuesday	January 2	*Closed for New Year's Holiday*
Wednesday	January 3	Lunches Resume... menu TBA



**Need to order or cancel your lunch?**

**Please call the Windsor Recreation Center Front Desk by  
9am one business day prior to the meal day. 970-674-3500**

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## January Preview



### Friendly Fork Café Lunch (Dine-in & Curbside Pickup)

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**Cost:** Ages 60+: \$5 (suggested donation)  
Ages 59 and Under: \$12

### Jay's Bingo Emporium

Calling all Bingo nuts! Play Bingo on the **2nd Monday** of each month at noon. Try your luck at winning one of several gift cards sponsored by Bank of Colorado and the Town of Windsor. No registration required... just show up!

**When:** M Jan 8 12:00 - 1:30 p.m. Spruce Room

**Cost:** Free

### Snowshoe Trip / Nymph Dream/Haiyaha Lakes (RMNP)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Dress and prepare for winter conditions. Bring snacks, a sack lunch, water bottle, snowshoe gear, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This trail is 4.0 miles, 846" elevation gain.

**When:** Th Jan 11 7:00 a.m. - 5:00 p.m.

**Cost:** \$23, lunch on your own

### Day Trip / National Western Stock Show & Rodeo

World champion bulls and broncs, cowboys and cowgirls roll into Denver for the first major pro rodeo competition of the season. From barrel racing to bronc riding – steer wrestling and mutton bustin', you do not want to miss a minute of the match-up between these two and four-legged athletes.

Whether you prefer thrills and spills or speed and agility, the

NWSS Pro Rodeos are the event for you. You'll also have access to the Expo Hall, vendor booths and enjoy lunch in the food court at one of the many vendors on site. Walking Level: Moderate.

**When:** Th Jan 18 10:30 a.m. - 5:00 p.m.

**Cost:** \$51, lunch on your own

### Snowshoe Trip / Bierstadt Lake (RMNP)

Stay fit by exploring the great outdoors. Trails will be easy to moderate in length and difficulty. Destinations include Rocky Mountain National Park, Poudre Canyon and the Horsetooth area. Dress and prepare for winter conditions. Bring snacks, a sack lunch, water bottle, snowshoe gear, sunscreen and money for entrance into the park (or bring your park pass). For more information, call 970-674-3515. This trail is 2.9 miles, 620" elevation gain.

**When:** Tu Jan 23 7:00 a.m. - 5:00 p.m.

**Cost:** \$23, lunch on your own

### Day Trip / Breckenridge Snow Sculptures

Breckenridge's International Snow Sculpture Championships is a world-renowned snow sculpting competition where teams from around the world descend on Breckenridge, Colorado to hand-carve 25-ton blocks of snow into enormous, intricate works of art. Artists are only allowed to use hand tools, creativity, and inspiration to bring their ideas to life. No power tools allowed! Teams sculpt countless hours across five days (totaling around 94 hours), resulting in a temporary outdoor art gallery in historic downtown Breckenridge! We'll travel by motor coach for this trip, so grab a friend and get registered as we'll need at least 35 people at minimum. Be sure to dress for winter mountain weather conditions as you'll be mostly outdoors. Lunch plans are on your own at one of many restaurants in the downtown area. Carving week is January 22-26, 2024, so the sculptures won't be entirely done but you'll get to see the artists at work as they race to meet the deadline. Walking Level: Moderate.

**When:** F Jan 26 8:30 a.m. - 5:00 p.m.

**Cost:** \$53, lunch on your own