

OCTOBER CCS LUNCH MENU



Catholic Community Services (CCS) lunch is for seniors 60+ for a suggested donation of \$3.50. Under 60 years is \$6 and served on Monday & Wednesday. CCS lunch is open to the Public; GHSC membership is not required.

Monday & Wednesday October lunches hosted by Catholic Community Services will be sack lunches, made fresh each Monday & Wednesday and delivered to GHSC. This change is temporary, due to the current renovation to the Center's kitchen.

Please be patient with us, as we look forward to a beautiful, new kitchen hopefully by November.

Thursday lunches are for GHSC members only, sponsored by volunteers & local organizations. Menus vary; space is limited; pre-sign up required.

VACCINE CLINIC
Gig Harbor Senior Center
6509 38th Avenue

WEDNESDAY, OCTOBER 16
9:30-11:30 am
Flu, and most recent COVID Booster

Sponsored by Tacoma/Pierce County Health Dept. & Administered by Purdy Cost Less Pharmacy

Please bring insurance cards
Open to the Public

October Wisdom Wednesday Talks

enjoyable/informational/educational sessions

Wednesday, October 2

Scam Update

Scammers are becoming more sophisticated and increasingly eager to take control of your money. Keep informed and aware. Realize it's ok to say NO.

Wednesday, October 9

Tradition and Modernity in the Lives of Kenyan Women

There are Kenyan women who still live the lives of their ancestors, while others have a global presence, including a winner of the Nobel Peace Prize and one who won an Oscar.
Presented by Celia Nyamweru

Wednesday, October 16

Brain Games

Workouts for your mind that stretch your soft skills, improve cognitive function, and boost mental fitness. Keep the brain active and thriving. Come and join in for an active session.

Wednesday, October 23

Institution of Marriage of the Kikuyu Culture Kenya's Largest Ethnic Group

Hear about the institution of marriage among Njuguna's own people, the Kikuyu. Drawing on his own family experience, as well as on the written accounts from the early 20th century, he will outline the complex negotiations between families that were essential to a Kikuyu marriage. He will also show how the influence of the Christian missionaries has led to many young people being ignorant of their own cultural traditions. Yet today are seeking to understand their culture, and many of them are now coming to him for guidance.

Presented by Njuguna Mwangi