

DC RETIREES' CLUB LUNCHEON

Wednesday, September 15, 2021

FROM: Jim Pollack (989-835-2394) and Dave Romenesko (989-832-3148)

TIME: 11:00 a.m. to 12:00 noon – Social Hour
12:00 Noon – Lunch followed by the Program

WHERE: The Great Hall in Valley Plaza, 5021 Bay City Road, Midland 48642 - (989-496-2158)

PROGRAM: *Speaker:* **Jessica Perkins, Registered Dietitian at MidMichigan Health**
Topic: **Senior Nutrition**
Description: Nutrition effects on mental and physical health for older people.

COST: \$16.00 per person (Retiree members and their guest)

RSVP: Reservation deadline is Friday, September 10, 2021.

Please fill out and return the lower part of this form with your check payable to DC RETIREES' CLUB OR DCRC.

Mail to: **DC RETIREES' CLUB**
P.O. Box 2272
Midland, MI 48641-2272

NOTE: Please sign up early. US Mail delivery has been slow.

For your added safety, Valley Plaza personnel will be serving plated meals (no buffet) to the tables including dessert. Maximum six people per table. Carafes with water, lemonade and iced tea will be on the tables.

REFUND POLICY: You must cancel by the deadline date to receive a refund, as we are responsible for paying for the number of registrations we have provided The Great Hall by the reservation deadline.

You may always find out what is happening in the club by visiting the Retiree Web Site at <https://dcretireesclub.com/>. Or visit our Facebook page at: <https://www.facebook.com/groups/dcretireesclub/>.

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NAME: _____ **GUEST:** _____

PHONE: _____ **NUMBER OF ATTENDEES:** _____

ENCLOSED IS: _____ (**\$16.00 per person**) – Please indicate “Nutrition” on the check.

Check #: _____ **Date:** _____