

November
December
January
2002-2003

The Way of Longevity and a Whole Life

Macro NewsBite

The Newsletter of the Macrobiotic Foundation of Central Florida

S A T U R D A Y N O V E M B E R 1 6 , 2 0 0 2

Thanksgiving Potluck Dinner
Saturday, November 16
6:30-9:00 pm

LOCATION Marks Street Senior Center
(I-4 exit at Colonial Dr. East to Magnolia Ave. Go left (one-way)
up to next spotlight at Mark's St. turn left, then right into lot)

\$5 members, \$7 non-members with a dish
\$12 members, \$15 non-members w/o a dish
Call the Macro Hotline to register or for information

RSVP 407-672-2356

Leave name and phone number by November 13

Thanksgiving Potluck Dinner



The Macrobiotic Board members wishes to extend an invitation to all our members and guests to attend our Thanksgiving Potluck Dinner. The Board members will make a tofu turkey and the rest is up to you. Let's give thanks and be grateful!

M O N D A Y , D E C E M B E R 1 6 , 2 0 0 2



Catered Holiday Dinner
Monday, December 16
6:30 - 10:00 PM

LOCATION Momo's Japanese Restaurant
ADDRESS 110 S. Semoran Blvd., Winter Park,
PHONE 407-677-5800

(S.W. corner of 436 & University Blvd.
behind the Mobil Gas Station, in
the University Shoppe Plaza)

\$20 members, \$25 non-members

Holiday Dinner & Party

Momo's Japanese Restaurant will host this year's holiday dinner party. Join us for a joyful and festive private Macrobiotic Holiday Celebration. We've planned a very delicious meal for your enjoyment.

M E N U

Miso Soup
Green Tea Noodle Salad (Cucumbers and Carrots with Sesame Salad Dressing)
Wakame Sunomono (Sea Vegetables & lotus root)
Yasai Itame (Stir Fried Vegetables)
Tofu Steak
Kuri Kitan (Sweet Potato with Chestnuts)
Tsukemono (Dikon and Cucumbers)
Brown Rice
Plum Wine
Hot Tea

Please RSVP

by December 6, 2002.
Seating is limited, so please
call early to reserve!

Call to RSVP 407-672-2356