

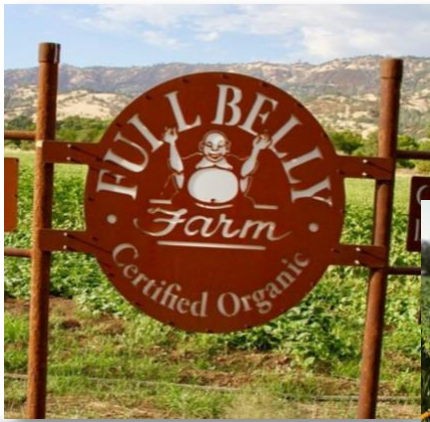
The Annunciation Senior League invites you to a

# TOUR OF FULLY BELLY FARM, CAPAY VALLEY AND LUNCH & FUN AT CACHE CREEK CASINO THURS. OCT. 24TH

Bus departs promptly 9:00am  
from Church

Returns approx. 4:00pm

\$50/person



## FULL BELLY FARM TOUR

We will be visiting The Full Belly Farm which is a 400 acre "Certified Organic Farm" located in beautiful Capay Valley north of Sacramento. It has been certified organic since 1985! They foster sustainability in all levels – from fertility in soil, care for the environment to stable employment for farmworkers. The farm produces an amazing diversity of vegetables, herbs, nuts and flower year around. It also has a flock of chickens, sheep, a tribe of goats and several cows. We will take a one-hour ride around the farm or for those who do not want to go on the tour, the Farm has planned an activity. The Full Belly Farm markets over 80 different crops, producing year-round employment for farm labor using cover crops, and nitrogen which provides organic matter for the soil. They sell weekly boxes of their organic produce to their members within a 120-mile radius within the Sacramento and Bay areas as well as to Farmer's Markets. We will have the opportunity to buy some of the produce – so bring your own bag!



## CACHE CREEK CASINO – LUNCH AT HARVEST BUFFET AND FUN!

The Cache Creek Casino and Resort is also located in Capay Valley – just a short ride from The Full Belly Farm. We will have our lunch at the beautiful Cache Creek Buffet with a little time for recreation after our meal. The Casino opened as a Bingo Hall in 1985 and renovation was complete in 2004 as a destination resort.

*Return this portion along with check payable to: ASL (\$50/person) to:*

*Georgia Econome, 5310 Del Rio Road, Sacramento, CA 95822 - ph. 916-442-4125*

*Due by Wednesday, October 16, 2019 • Sorry, no refunds after Wednesday, October 16, 2019*

Name

Address

Home Ph.

Cell Ph.

Amount Paid