

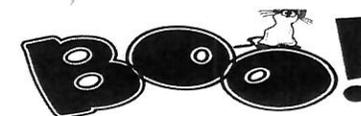
OCTOBER 2018 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1 Goulash Lettuce Salad Assorted Veggies Homemade Garlic Apple Crisp</p>	<p>2 Breaded Pollack Fish Baked Potato Creamed Peas/Carrots Tarter & Sr. Cream Homemade WW Bread Mixed Fruit</p>	<p>3 Pulled Pork Sandwich on a Homemade Bun Au gratin Potatoes Cole Slaw Salad Frozen Fruit & Yogurt</p>	<p>4 Oven Baked Chicken Breast Mashed Potatoes Creamed Corn Homemade Dinner Roll Peaches</p>	<p>5 Salisbury Steak Scalloped Potatoes Green Bean Casserole Homemade WW Dinner Roll Pears</p>
<p>8 Creamed Chicken Over Homemade Biscuit with Gravy Broccoli w/ Cheese Sause Cranberry Salad Cherry Chocolate Cake</p>	<p>9 Sliced Beef Mashed Potatoes Gravy Corn Homemade Dinner Roll Strawberries/Bananas</p>	<p>10 BBQ Meat Balls Scalloped Potatoes Butter Beets Homemade WW Sliced Bread Apricot Salad</p>	<p>11 Tater Tot Casserole 7 Layer Salad Mandarin Oranges & Jell-O Homemade Banana Muffin</p>	<p>12 Pork Chop & Dressing Mashed Potatoes & Gravy Malibu Veggie Blend Homemade WW Dinner Roll Strawberry Applesauce</p>
<p>15 BBQ Chicken Baked Potato Dilled Carrots Homemade WW Dinner Roll Fruit Salad</p>	<p>16 Sliced Ham w/Pineapple Glaze Mashed Sweet Potatoes Green Beans w/Almonds Homemade Rye Bread Applesauce Bars</p>	<p>17 Pork Riblet Patty Mayo/Lettuce Creamed Potatoes Italian Peas Homemade Bun Tapioca Fruit Salad</p>	<p>18 Meat Loaf Mashed Potatoes & Gravy Creamed Corn Homemade Dinner Roll Cherry Jell-O w/ Mixed Fruit</p>	<p>19 Evening Meal Potato or Chili Soup Carrot & Celery Sticks Crackers Fruit Pie Homemade Sliced Bread All You Can Eat Soup</p>
<p>22 Spaghetti w/ Meat Sauce Lettuce Salad Assorted Veggies Garlic Bread Stick Peaches</p>	<p>23 Meat Balls with Mushroom Sauce Au gratin Potatoes Scalloped Corn Pumpkin Muffin Fruit Salad</p>	<p>24 Sliced Pork Roast Mashed Potatoes & Gravy Bavarian Sr. Kraut Green Beans w/Almonds Homemade Rye Bread Hidden Pear Salad</p>	<p>25 Turkey Tetrzzini w/ Noodles/Celery/Onion Harvest Beets Home Made Biscuit Strawberry Shortcake</p>	<p>26 Ham Balls Baked Potatoes Stewed Tomatoes Homemade Dinner Roll Mandarin Oranges w/ Cottage Cheese Salad</p>
<p>29 Fish Sandwich Mayo/Lettuce Leaf Homemade Bun Pea Salad w/Egg & Cheese Au gratin Potatoes Peach Cobbler</p>	<p>30 Chicken Breast w/Cream Sauce Mashed Potatoes California Blend Veggies Mandarin Oranges Homemade WW Sliced Bread</p>	<p>31 Spooky Lasagna Caesar Scary Salad Homemade Garlic Bone Oozing Cherry Blood Crisp Vampire Cranberry Juice Goblin Grape Juice Have a Nightmare time!</p>		



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October Activities 2018



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1</p> <p>9:15 FROG Exercises Walking, Quilting Welcome Acme Club Hand & Foot, Pitch Pool 2:20 Coffee time</p>	<p>2</p> <p>Morning Walking Quilting Pitch Afternoon Bridge Club 2:20 Coffee time</p>	<p>3</p> <p>Morning Walking 9:15 Frog Exercises 12:00 Birthday Celebration with Connie Webber Hand & Foot, Pitch 2:20 Coffee time</p>	<p>4</p> <p>Morning Walking Quilting 11:15 Magnuson-Hopkins Eyecare Clinic Dinner Time Music w/ Connie Afternoon Bridge Club & Pitch 2:20 Coffee time</p>	<p>5</p> <p>9:15 FROG Exercises, Walking, Quilting 11-12 Herman Chiropractic Spinal Clinic Bingo, Pitch, Hand & Foot Pool, 2:20 Coffeetime National Denim Day!</p>
<p>8</p> <p>9:15 FROG Exercises Morning Walking Quilting 9:15 Toe Clinic W/Rachael Welcome Minerva Club Pitch, Hand & Foot 2:20 Coffee t me</p>	<p>9</p> <p>Morning Walking 9am Nails By Shelly 11:45 Fire Safety w/ Fire Chief—Phil Mohonan Afternoon Bridge Club Pitch 2:20 Coffee time</p>	<p>10</p> <p>Morning Walking 9:15 Frog Exercises Brookdale Luncheon Bring your Teddy Bear for National Teddy Bear Day Hand & Foot, Pitch 2:20 Coffee time</p>	<p>11</p> <p>Morning Walking Quilting 11:30 Spotlight on Promise Pitch Afternoon Bridge Club 2:20 Coffee time</p>	<p>12</p> <p>9:15 FROG Exercises, Walking, Quilting 11:45 Visit w/ Careage Century Club Careage Fine Dining Friday w/Careage Bingo, Pitch, Hand & Foot 2:20 Coffee time</p>
<p>15</p> <p>9:15 FROG Exercises Walking, Quilting Welcome Acme Club Hand & Foot, Pitch Pool 2:20 Coffee time</p>	<p>16</p> <p>Morning Walking Quilting PMC Flu shots—9:00 to 11:00 Please sign up Welcome Duo Club Pitch Afternoon Bridge Club</p>	<p>17</p> <p>9:15 FROG Exercises, Walking Quilting 9-12 Mary Nichols-Health Clinic Pitch, Hand & Foot 12:30 Board Meeting 2:20 Coffee time</p>	<p>18</p> <p>Morning Walking Quilting Frog Exercises today! Dinner Time Music w/ Connie Pitch Afternoon Bridge Club Bingo TODAY 2:20 Coffee time</p>	<p>19</p> <p>Morning Walking, Quilting Coffee Pot is on, No Noon Meal 1-2:30 Pool, Pitch, Hand & Foot 2:30 Coffee time Evening meal @ 5:30 Burt Heithold Band Begins @ 5-5:30 & 6-6:30</p>
<p>22</p> <p>9:15 FROG Exercises Walking, Quilting Welcome Minerva Club Pitch, Hand & Foot Pool 2:20 Coffee time</p>	<p>23</p> <p>Morning Walking Quilting 9-3:30 Ship Assistance w/ Medicare Part D enrollment Sign up sheet at Center 11:30 Jay & Bill -Clarinet Pitch, Afternoon Bridge Club 2:20 Coffee time</p>	<p>24</p> <p>9:15 FROG Exercises, Walking Quilting State Evaluation of Center We serve Wednesday w/ PMC Volunteers 11:30 Deb Dickey-Piano Pitch, Hand & Foot 2:20 Coffee time</p>	<p>25</p> <p>Morning Walking Quilting Dinner Time Music w/ Connie Pitch Afternoon Bridge Club 2:20 Coffee time</p>	<p>26</p> <p>9:15 FROG Exercises Walking Quilting Pool Providence Luncheon Bingo Pitch, Hand & Foot 2:20 Coffee time</p>
<p>29</p> <p>9:15 FROG Exercises Walking Quilting Pool Hand & Foot, Pitch 2:20 Coffee time</p>	<p>30</p> <p>Morning Walking, Quilting 10 am Caregiver Support Group 10:30 & 12:30 Preschool Halloween Parade Brookdale Luncheon Afternoon Bridge Club, Pitch 2:20 Coffee time</p>	<p>31</p> <p>9:15 FROG Exercises Walking Quilting Halloween Madness 12:15 Brookdale Fun Pitch, Hand & Foot 2:20 Coffee time</p>	<p>Great Friend's, Dancing, & Great Food Burt Heithold Band will Begin @ 5pm Dinner served @ 5:30 Music will resume following your meal. Sign up early as reservations fill up fast.</p>	