

OCTOBER 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7 Salisbury Steak Scalloped Potatoes Green Bean Casserole Biscuit Pears</p>	<p>1 Creamed Chicken Over a Biscuit Broccoli w/Cheese Sauce Cranberry Salad Cherry Chocolate Cake</p> <p>8 Breaded Chicken Patty On A Bun Creamed Potatoes Buttered Peas Tapioca Fruit Salad</p>	<p>2 Breaded Pollack Baked Potato Creamed Peas and Carrots WW Bread Mixed Fruit</p> <p>9 Sliced Roast Beef Mashed Potatoes w/Gravy and Corn Dinner Roll Strawberries and Bananas</p>	<p>3 Goulash Lettuce Salad Asst. Veggies Garlic Bread Stick Apple Cake</p> <p>10 Ham Balls Stewed Tomatoes Baked Potato Dinner Roll Apple Crisp</p>	<p>4 Oven Baked Chicken Mashed Potatoes Creamed Corn Peaches Dinner Rolls</p> <p>Evening 11 Meal Potato Soup Chili Soup Relish Tray Asst. Fruit Pie White Bread</p>
<p>14 Italian Chicken Baked Potato Malibu Blended Veggies White Bread Frozen Fruit and Yogurt</p>	<p>15 Tater Tot Casserole 7 Layer Salad Mandarin Orange Jello Banana Muffin</p>	<p>16 Sliced Ham w/ Glaze Mashed Sweet Potatoes Green Beans w/ Almonds Applesauce Bars & Juice Rye Bread</p>	<p>17 BBQ Chicken Au Gratin Potatoes Dilled Carrots WW Dinner Roll Fruit Salad</p>	<p>18 Meatloaf Mashed Potatoes w/Gravy & Creamed Corn Dinner Roll Fruited Cherry Jello</p>
<p>21 Hamburger Vegetable Soup Blueberry Muffin Grandmas Lime Green Fruited Jello Salad w/Cottage Cheese Juice</p>	<p>22 Spaghetti Lettuce Salad Asst. Veggies Garlic Bread Stick Peaches</p>	<p>23 Sliced Pork Roast Mashed Potatoes w/ Gravy & Sauerkraut Green Beans w/ Bacon Rye Bread & Apricot Salad</p>	<p>24 Meatballs w/ Mushroom Gravy Au Gratin Potatoes Scalloped Corn Pumpkin Muffin Cherry Fruited Jello</p>	<p>25 Turkey Tetrazzini Italian Peas Biscuit Strawberry Shortcake Tomato Juice</p>
<p>28 Lasagna Caesar Salad Garlic Bread Cherry Crisp Cranberry or Grape Juice</p>	<p>29 Fish Sandwich On A Bun Maple Glazed Carrots Au Gratin Potatoes Fruit Salad</p>	<p>30 Country Hamb. Steak Mashed Potatoes w/ Gravy & WW Bread Mixed Veggies Mandarin Oranges</p>	<p>31 BBQ Meatballs Scalloped Potatoes Butter Beets Dinner Roll Fresh Fruit</p>	<p>Enjoy Misty's Homemade Breads Baked Daily 2% or Skim Milk Coffee & Water Served Daily</p>

OCTOBER 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
 Quilting & Puzzles Daily	1 Morning Walking Quilting Afternoon Bridge Club Pitch - Hand & Foot	Monthly 2 B. Day Party Morning Walking Quilting & FROG's Birthday Celebration @ Noon Music by Connie Hand & Foot - Pitch - Pool	3 Morning Walking Quilting Dinner Time Music by Connie Afternoon Bridge Club Pitch - Hand & Foot	4 Morning Walking Quilting & FROG's BINGO Hand & Foot - Pitch Pool
7 Morning Walking Quilting & FROG's 9:15 Toe Nail Clinic Hand & Foot Pitch & Pool	8 Morning Walking Quilting 11 to Noon - Shredding 11:30 Spotlight on Promise Bridge - Pitch - Hand & Foot	9 Morning Walking Quilting & FROG's Hand & Foot Pitch Pool	10 Morning Walking & Quilting 11 to Noon - Eye Glass Clinic Dinner Time Music by Connie Early Bird Century Club Cert. Afternoon Bridge Club Pitch - Hand & Foot	EVENING 11 MEAL 5:00 Music by Burt Heithold & Band 5:30 - Meal More music Following NO NOON MEAL or BINGO
14 Morning Walking Quilting & FROG's Hand & Foot Pitch Pool	15 Morning Walking Quilting Special Luncheon Drawing Afternoon Bridge Club Pitch - Hand & Foot	16 Morning Walking Quilting & FROG's 9:30 to noon/Health Clinic 12:30 Board Meeting Hand & Foot - Pitch - Pool	Flu Shot 17 Registration due Morning Walking Quilting Dinner Time Music by Connie Afternoon Bridge Club Pitch - Hand & Foot	18 Morning Walking Quilting & FROG's BINGO Hand & Foot - Pitch Pool
21 Morning Walking Quilting & FROG's Special Luncheon Drawing Hand & Foot Pitch Pool	22 Morning Walking Quilting 9:00 to 11:00 - Flu Shot Clinic Afternoon Bridge Club Pitch Hand & Foot	23 Morning Walking Quilting & FROG's 11:30 - Music by Val Koeber Hand & Foot Pitch Pool	24 Morning Walking Quilting Dinner Time Music by Connie Afternoon Bridge Club Pitch Hand & Foot	FINE 25 DINING Morning Walking Quilting & FROG's 11:30 Music by Jerry Junk Providence BINGO Cert. Hand & Foot - Pitch Pool
28 Morning Walking Quilting & FROG's 10:00 Care Givers Support Group Hand & Foot Pitch Pool	29 Morning Walking Quilting 9:00 - 3:00: Medicare 1st Open Enrollment Afternoon Bridge Club Pitch - Hand & Foot	30 Morning Walking Quilting & FROG's 10:30 & 12:30 - New Beginnings Pre-School Hand & Foot Pitch & Pool	31 Morning Walking Quilting Dinner Time Music by Deb Dickey Afternoon Bridge Club Pitch - Hand & Foot	 Coffee Time Daily 8:00 am & 2:30 pm