



# October 2023 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.</p> <p>Morning Walking Quilting &amp; FROGs Pitch &amp; Pool</p>	<p>3.</p> <p>Morning Walking Quilting Afternoon Bridge Club</p>	<p>4.</p> <p>10:45 Music by Bob Doughty Monthly B. Day Party Day Birthday Treat Morning Walking Quilting &amp; FROGs Hand &amp; Foot - Pitch &amp; Pool</p>	<p>5.</p> <p>11:30: Music by Connie Webber Anniversary celebration Mary &amp; Terry Janke - Noon Morning Walking Quilting &amp; Pitch &amp; Skip Bo Afternoon Bridge Club</p>	<p>6.</p> <p>Center <u>closed</u> for cleaning— No meals or activities. Staff will be available to take your calls</p> 
<p>9.</p> <p>Toe Nail Clinic-Call for a time</p> <p>Morning Walking Quilting &amp; FROGs Pitch &amp; Pool</p>	<p>10.</p> <p>10:00 to 11:45 Health Clinic 11:30: Spotlight on Promise</p> <p>Morning Walking Quilting Afternoon Bridge Club</p>	<p>11.</p> <p>10:45 Music by Bob Doughty</p> <p>Morning Walking Quilting &amp; FROGs Hand &amp; Foot Pitch &amp; Pool</p>	<p>12.</p> <p>10:30 to 11:30 am Immunization Clinic Morning Walking Quilting Afternoon Bridge Club Pitch &amp; Skip Bo</p>	<p>13.</p> <p>11:30: Music by Dan Hansen Sr. Day Drawing by Countryview Morning Walking Quilting &amp; FROGs Pitch &amp; Pool &amp; BINGO</p>
<p>16.</p> <p>Special Luncheon Drawing By Kinship Morning Walking Quilting &amp; FROGs Pitch &amp; Pool</p>	<p>17.</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>18.</p> <p>10:45 Music by Bob Doughty 12:30: Monthly Board Meeting Morning Walking Quilting &amp; FROGs Hand &amp; Foot Pitch &amp; Pool</p>	<p>19.</p> <p>11:15 to 11:45: Eye Glass Care w/ Wayne Eye Care Morning Walking Quilting Afternoon Bridge Club Pitch &amp; Skip Bo</p>	<p>OCTOBER 20. FEST</p> <p>Music by Dan Hansen &amp; Burt Heithold: 11:00 to 12:00 noon Morning Walking Quilting &amp; FROGs Pitch &amp; Pool BINGO</p>
<p>23.</p> <p>Morning Walking Quilting &amp; FROGs Pitch &amp; Pool</p>	<p>OPEN 24. ENROLLMENT Medicare Part D (See newsletter for details) 11:30: Spotlight on Promise Morning Walking Quilting &amp; Pitch Afternoon Bridge Club</p>	<p>25.</p> <p>10:45 Music by Bob Doughty Care givers NOON Luncheon Morning Walking Quilting &amp; FROGs Hand &amp; Foot Pitch &amp; Pool</p>	<p>26.</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch &amp; Skip Bo</p>	<p>27.</p> <p>11:30: Music by Deb Dickey</p> <p>Morning Walking Quilting &amp; FROGs Pitch &amp; Pool BINGO</p>
<p>30.</p> <p>Special Luncheon Drawing By Kinship Morning Walking Quilting &amp; FROGs Pitch &amp; Pool</p>	<p>HAPPY 31. HALLOWEEN</p> <p>11:30: Music by Val Koeber Q &amp; A with City Administrator - Wes Blecke Topic: "Looking towards the future" Morning Walking &amp; Quilting Pitch &amp; Afternoon Bridge Club</p>	<p>DAILY COFFEE/SNACK TIME 7:00—10:00 AM 2:30 PM MONDAY—FRIDAY REMEMBER to sign coffee time sheet to help us take credit for Offering this fun time for all</p>	<p>Tuesday - Oct. 31st Kick off for National Caregivers Month</p>  <p>It's Also Open Enrollment time! 1st sign up: Oct. 24th</p>	<p>BRING YOUR FAVORITE COFFEE TIME TREAT AND SHARE IT WITH OTHERS AT OUR 2:30 PM COFFEE AND SNACK TIME <b>THANKS FOR HELPING!</b></p>



# October 2023 Menu



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<p>2. Lime crusted Tilapia Hash brown casserole Creamed Peas/Carrots WW Dinner Roll Mixed fruit</p>	<p>3. Goulash Lettuce Salad w/ assorted Veggies Garlic Bread Stick Cherry Crisp w/ Topping</p>	<p>4. "We Serve Wednesday" With Countryview Oven baked Chicken Mashed Potatoes &amp; Gravy Creamed Corn &amp; Peaches Dinner Roll</p>	<p>5. Turkey Tetrazzini Italian Peas Biscuit &amp; Honey Apple Crisp w/ Topping Tomato Juice</p>	<p>6. <b><u>Closed!</u></b> <b><u>Staff work Day</u></b></p>
<p>9. Pulled pork Sandwich HM Bun/ Pickles &amp; BBQ Sauce Calico Beans Cole Slaw/Apples Frozen mixed fruit &amp; Yogurt</p>	<p>10. Sliced Beef Mashed Potatoes w/ gravy Corn Dinner Roll Strawberries &amp; Banana</p>	<p>11. Tater Tot Casserole 7-layer salad Jell-O w/ Mandarin orange HM Banana Muffin</p>	<p>12. Creamed Chicken on Biscuit Broccoli w/ Cheese Sauce Cranberry Salad Cherry Choc. Cake</p>	<p>13. BBQ Meat Balls Scalloped Potatoes Butter Beets WW Dinner Roll Peaches</p>
<p>16. BBQ Chicken Breast Baked Potato Dilled Carrots Dinner Roll Fruit Salad</p>	<p>17. Spaghetti w/Meat sauce Lettuce Salad w/ Assorted Veggies HM Garlic Bread Peaches</p>	<p>18. Sliced Ham w/ Pineapple glaze Mashed Sweet Potatoes Green Bean w/Almonds Hawaiian Dinner Roll Applesauce Bars Cranberry Juice</p>	<p>19. Fish Sandwich HM Bun Tarter &amp; Lettuce California Blend Veggies Au gratin Potatoes Cherry Jell-O W/ mix fruit</p>	<p><b>Soup Weather 20. Kick Off!</b> <b>ALL YOU CAN EAT (SOUP)</b> at center : Chili or Potato Soup HM Sliced Bread Celery/Carrot Sticks Fruit Pie <b><u>(Potato Soup only served for MOW &amp; DTH)</u></b></p>
<p>23. Breaded Chicken Sand. HM Bun Mayo &amp; Lettuce Creamed Potatoes Buttered Peas Tapioca Fruit Salad</p>	<p>24. Meat Balls w/ Mush. Sauce Au gratin Potatoes Scalloped Corn HM Pumpkin Muffin Mandarin Oranges</p>	<p>25. "We Serve Wednesday" With Hillcrest Sliced Pork Roast w/ Sauerkraut Mashed Potatoes Green Beans w/ Bacon Rye Bread &amp; Apricot Salad</p>	<p>26. Scalloped Potatoes &amp; Ham Mixed Veggies Hawaiian dinner roll Shortcake w/ Strawberries Grape Juice</p>	<p>27. Salisbury Steak Cheezy Potatoes Green Bean Casserole Biscuit &amp; Honey Pears</p>
<p>30. Pork Chop w/ Dressing Mashed Potatoes Mixed Veggies WW Dinner Roll Mandarin Oranges</p>	<p>31. Vegetable Beef Soup Crackers Lime Cottage Cheese &amp; Mixed Fruit Salad Blueberry Muffin Tomato Juice</p>		<p><b>Enjoy!</b> <b>Misty's fresh baked Bread Daily!</b> <b>2% or skim Milk-Coffee and water served Daily!</b></p>	