



September Activities 2025



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1. Closed <i>HAPPY Labor Day</i> No Meals No Activities No Transit</p>	<p>2. Brunch for Lunch 11:00 to 11:45 am  Pete Ricketts Mobile office hours: 12:00 to 1:00 Conference Room: See newsletter for details</p>	<p>3. Monthly Birthday Party Morning Walking FROGs Hand & Foot Pitch & Pool 10:45– Music by Bob Doughty</p>	<p>4. Noon Speaker “Senior Helping Seniors” Morning Walking Pitch Afternoon Bridge Club</p>	<p>5. 11:30—Music by Dan Hansen Morning Walking FROGs Pitch & Pool BINGO</p>
<p>8. Celebrate Sr. Center Month @ Noon Morning Walking FROGS & Pitch & Pool 9:15 to 11:15—Toe Nail Clinic w/ Rachael (Call for a Time)</p>	<p>9. Morning Walking Afternoon Bridge Club Pitch 10:45 to 11:45 — Health Clinic w/ Sr. Solutions</p>	<p>10. Morning Walking FROGs Hand & Foot Pitch & Pool 10:45– Music by Bob Doughty</p>	<p>11. Morning Walking Afternoon Bridge Club Pitch 11:15 to 11:45—Eye Glass Care w/ Evolving Eye Care</p>	<p>12. 11:30—Music by Val Koeber Morning Walking FROGs Pitch & Pool BINGO</p>
<p>15. Celebrate Sr. Center Month @ Noon Morning Walking FROGs Pitch & Pool</p>	<p>16. Morning Walking Afternoon Bridge Club Pitch</p>	<p>17. Morning Walking FROGs Hand & Foot Pitch & Pool 10:45– Music by Bob Doughty <u>Board Meeting @12:30pm</u></p>	<p>18. 11:15 - Music by Jay & Bill Clarinet Extravaganza Morning Walking Afternoon Bridge Club Pitch</p>	<p>19. 11:30—Music by Connie Webber Morning Walking FROGs Pitch & Pool BINGO</p>
<p>22. Celebrate Sr. Center Month @ Noon Morning Walking FROGs Pitch & Pool</p>	<p>23. Morning Walking Afternoon Bridge Club Pitch</p>	<p>24. Morning Walking FROGs Hand & Foot Pitch & Pool 10:00—Caregivers Support Group Speaker: Kel Therapy</p>	<p>25. Morning Walking Afternoon Bridge Club Pitch</p>	<p>26. Morning Walking & FROGs Pitch & Pool & BINGO Celebrate Senior Center Month with us at the center 11:00—12:00: Music by Bob Doughty & Dan Hansen</p>
<p>29. Celebrate Sr Center Month w/ Drawing From Countryview Morning Walking FROGs Pitch & Pool</p>	<p>30. 12:15 am: Q & A with Wes Blecke Morning Walking Afternoon Bridge Club Pitch 11:30: Spotlight on Promise</p>	<p> September  Puzzling done Daily</p>	<p> 7:00 to 9:30 AM & 2:15 PM MONDAY THROUGH FRIDAY</p>	<p>Welcome Autumn </p>

September 2025 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1.
CLOSED!



BRUNCH 2. FOR LUNCH
Serving from 11:00 to 11:45
Pancakes (All you can eat in house)
Sausage links &
Scrambled eggs
Fruit Cup & Juice
Meals on wheels: Coffee Cake

Monthly 3. B. Day Party
(Treat served in house @ noon)
Fish Sandwich
Cheesy Hash Browns
Coleslaw
HM Bun
Cheese Cake w/fruit topping

4.
Noon Speaker
"Seniors helping Seniors"
BBQ Chicken Breast
Baked Potato & Corn
Apricot Salad
WW Dinner Roll

5.
Sr. Day Drawing
w/ Kinship
Lasagna
Caesar Salad
Garlic Bread Stick
Mandarin Oranges

8.
Chicken Alfredo
Broccoli
Biscuit & Honey
Strawberry Shortcake
Tomato Juice

9.
Egg Salad or Turkey/Ham
On HM Bun
Minestrone Soup
Seasonal Fresh Fruit
Cookie

10.
"We Serve" w/ Countryview
Oven Baked Chicken
Mashed Potatoes/gravy
Creamed Corn & Dinner Roll
& Mandarin oranges
Special Luncheon
Certificates By Countryview

11.
Goulash
Lettuce Salad
w/asst. veggies & dressings
Cherry Crisp w/Topping
Garlic Bread Stick

12.
Salisbury Steak
Scalloped Potatoes
Green Bean Casserole
Dinner Roll
Pears

15.
Pork Chop
Dressing
Mashed Potatoes/gravy
Carrots
WW Dinner Roll
Mixed Fruit

16.
Scalloped Potatoes & Ham
Green beans w/almonds
Fresh Slice Tomato
Hawaiian dinner roll
Fruit Pie
Tomato or grape juice

17.
Tater Tot Casserole
7 Layer Salad
Jell-O Mandarin Oranges
Banana Muffin

18.
Ham Balls
Baked Potato
Butter Beets
Sliced Bread
Strawberry Applesauce

19.
Pulled Pork Sandwich
Au gratin Potatoes
Cole Slaw Salad
Yogurt w/frozen mix fruit

22.
Taverns
Calico Beans
Macaroni Salad
Mixed fruit Salad
Oatmeal Craisin Cookie

23.
Sliced Ham pineapple glaze
Sweet Potatoes
California blend
HM Rye Bread
Applesauce bars
Cranberry Juice

24.
Spaghetti w/meat sauce
Lettuce salad
w/asst. veg.
Garlic bread stick
Peaches

25.
Meat Loaf
Mashed Potatoes w/gravy
Creamed Corn
Dinner roll
Fresh Seasonal fruit

Celebrate 26. Sr. Center
Month
Baked Chicken
w/bacon cream sauce
Baked potato & Green beans
Dinner Roll & Strawberries
Served by our Friends
Heritage of Norfolk

Special Luncheon 29. Certificates
By Countryview
Taco Salad lettuce Bar
Taco meat & Fixings
Tortilla Chips
Assorted Muffins
Assorted fruit juices

30.
Noon Speaker
Q & A w/ Wes Blecke
Sliced Beef
Mashed potatoes w/gravy
Corn & HM Dinner Roll
Strawberries & Banana's



MOW go out at 11:00 am
Drive Through on west
Side of building from
11:15—11:30 am
Congregate meals served
In house at 11:45 am

Our Breads are fresh
Daily with
Promise Margarine
2% or Skim Milk
Coffee & Water
Served in house Daily
2% milk for MOW