

SEPTEMBER 2012 ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Every Mon., Wed., Fri. 1:00 Hand & Foot 1:00 Dominoes</p>	<p>Fridays: Bingo at 1:15 pm Chicken Foot Dominoes At 2:00 pm</p>	<p>Wayne Senior Center "Is the Place to Be" Guests are Welcome</p>		
<p>3 All Services Closed For Labor Day</p>	<p>4 Morning Walking Quilting 1:00 Card Making 1:00 Toe Nail Cutting Cards Afternoon Bridge Club</p>	<p>5 Walking / Quilting / Cards 11:30 & 3:00 Birthday Party Ray Petersen, Accordion 3:00 Birthday Cake Pool, Hand & Foot, Dominoes</p>	<p>6 Morning Walking Quilting 1:00 Cards Afternoon Bridge Club</p>	<p>7 Morning Walking Quilting / Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Dominoes Hand & Foot</p>
<p>10 Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>11 Morning Walking Quilting 12:45 "Protecting Seniors" Better Business Bureau Cards Afternoon Bridge Club</p>	<p>12 Walking/ Quilting 11:30 Connie Webber-Music 1:00 Pool, Pitch Hand & Foot, Dominoes</p>	<p>13 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>14 Walking / Quilting / Cards 9:00 & 1:00 Pool 11:30 Merle Ring, Organ 1:15 Bingo, 2:00 Dominoes Hand & Foot</p>
<p>17 Walking / Quilting Cards 1:00 Board Meeting 9:00 & 1:00 Pool 1:00 Hand and Foot Dominoes</p>	<p>18 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>19 Walking Quilting 9:30 Health Screening 12:00 Special Luncheon 11:30 Bev & Cyril Hansen Music Cards & Pool</p>	<p>20 Walking Quilting 12:40 "Spotlight on Promise" Cards Afternoon Bridge</p>	<p>21 Walking / Quilting Cards / Pool 11:30 Autumn Dance 1:15 Bingo Dominoes Hand & Foot</p>
<p>24 Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>25 Morning Walking Quilting 11:30 Val Koeber, Piano 12:45 Val's Comedy Cards Afternoon Bridge Club</p>	<p>26 Walking Quilting 12:45 Rick's "Spelling Bee" Cards Pool, Hand & Foot, Dominoes</p>	<p>27 Morning Walking / Quilting 11 to 12 "Shredding" 12:45 Oak's Day "School Days" Cards Afternoon Bridge Club</p>	<p>28 Walking / Quilting Cards / Pool 1:15 Bingo 3:00 Hansen Family Program Dominoes Hand & Foot</p>

SEPTEMBER 2012 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <p>Closed for Labor Day</p> <p>No Congregate No Home Delivered</p>	<p>4</p> <p>Beef Tips with Mushroom Soup & Onions Served on Bed of Noodles Frozen Peas & Pearl Onions Fresh Coleslaw Fresh WW Rolls & Promise Hot Canned Apples w/ Cinnamon</p>	<p>5</p> <p>Ham Salad Sandwich On Whole Wheat Bread Homemade Tomato Soup With Stewed Tomatoes Home Made Pea Salad Crackers & Promise Canned Pears</p>	<p>6</p> <p>Sliced Baked Turkey With Turkey Gravy Red Roasted Potatoes Frozen Green Beans Whole Wheat Dinner Roll With Promise Canned Pineapple Chunks</p>	<p>7</p> <p>BBQ Shaved Beef Sandwich Baked Beans Potato Salad Hamburger Bun Promise Mandarin Orange Fluff</p>
<p>10</p> <p>Beef Stroganoff Over a Bed of Noodles Fro. Prince Williams Vegetables Fresh Vegetable Salad Cottage Cheese on a Bed of 2 Pineapple Rings & Leaf of Lettuce</p>	<p>11</p> <p>Polish Dog With Sauerkraut (1/4 c.) Pineapple, Carrot, Raisin Salad Whole Wheat Fresh Bread Promise Vanilla Pudding & Marshmallows With Mangos</p>	<p>12</p> <p>Baked Chicken w/ Cream of Chicken Soup Ranch Roasted Potatoes with Skins Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>13</p> <p>Hamburger Goulash with Stewed Tomatoes, Celery, Onions, & Tomato Sauce Scalloped Potatoes w/ Parsley WW Dinner Rolls & Promise Lime Jell-O w/ canned Mandarin Oranges & Juice</p>	<p>14</p> <p>WW Chicken Salad Sandwich With Pineapple & Celery Sliced Fresh Cucumbers in Sauce WW Bread & Promise Frozen Strawberries in Juice</p>
<p>17</p> <p>Swedish Meatballs w/ Celery Soup & Dill Au gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding, Marshmallow & Canned Peaches</p>	<p>18</p> <p>Sliced Turkey Canned Sweet Potatoes Frozen Brussels Sprouts WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>19</p> <p>Country Beef Steak & Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Chocolate Cream Pie</p>	<p>20</p> <p>Fresh Fried Fish (Alaskan Pollock) Tartar Sauce Baked Potato Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Apricots</p>	<p>21</p> <p>Roasted Pork Loin with Pork Gravy Mashed Potatoes w/ Skins Frozen Dilled Carrots WW Fresh Bread & Promise Canned Applesauce with Cinnamon</p>
<p>24</p> <p>Spaghetti & Meatballs with Spa- ghetti Sauce Frozen Winter Mix Vegetables Shredded Lettuce w/ Cheese & Dorothy Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>25</p> <p>Crispy Chicken Fresh Baked Potato W/ Butter Canned 4-Bean Salad WW Dinner Roll & Promise Frozen Strawberries</p>	<p>26</p> <p>Egg Salad Sandwich with Celery & Relish Dill Pickle Spear Cauliflower, Broccoli, and Carrot Salad WW Sliced Bread & Promise Canned Warm Cinnamon Applesauce</p>	<p>27</p> <p>Roast Pork Loin Roasted Red Potatoes with Skins Frozen Creamed Peas WW Fresh Bread & Promise Canned Plums</p>	<p>28</p> <p>Beef Lasagna Frozen Green Beans WW Fresh Bread & Promise Cottage Cheese w/ Peaches</p>
			<p>2% Milk Skim Milk Water and Coffee Are offered with Every Meal</p>	<p>Menus Subject to Change By Dietitian</p>