

OCTOBER 2012 ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1 Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>2 Morning Walking Quilting Cards Afternoon Bridge Club 1:00 Card Making</p>	<p>3 Walking/Quilting Cards & Pool 11:30 Sherie Lundahl, October Birthday Celebration 3:00 Birthday Cake Hand & Foot Dominoes</p>	<p>4 Morning Walking Quilting 1:00 Cards Afternoon Bridge Club</p>	<p>5 Morning Walking Quilting / Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Dominoes Hand & Foot</p>
<p>8 Walking / Quilting / Cards 9:00 & 1:00 Pool 10:00—12:00 Flu Shots 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>9 Walking / Quilting / Cards 12:45 Irish Tunes, Charles Maier Afternoon Bridge Club 5:30 Oktoberfest Dinner 6:30 Oktoberfest Dance Burt Heithold Band</p>	<p>10 Walking / Quilting / Cards Pool, Hand & Foot, Dominoes 11:30 & 12:45 Fall Harvest Celebration, The Singing Farmer</p>	<p>11 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>12 Walking / Quilting / Cards 9:00 & 1:00 Pool 12:05 Century Club, Careage Certificates 1:15 Bingo 2:00 Dominoes Hand & Foot</p>
<p>15 Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Board Meeting 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>16 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>17 Walking/Quilting 9:30—12:00 Health Screening 11:30 Bev & Cyril Hansen, Piano & Organ 12:00 Special Luncheon Cards & Pool</p>	<p>18 Walking / Quilting 11:40-12:10 "Spotlight on Promise" Dinner Music w/ Phil & WSC Students Cards / Afternoon Bridge Club</p>	<p>19 Walking / Quilting / Cards 9:00 & 1:00 Pool 1:15 Bingo, 2:00 Dominoes Hand & Foot</p>
<p>22 Walking / Quilting Cards 11:30 & 12:45 Wayne Clarinet Ensemble 9:00 & 1:00 Pool 1:00 Hand and Foot</p>	<p>23 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>24 Walking/Quilting/Cards/Pool Hand & Foot/Dominoes Sr. Center 15th Anniversary 11:30 Connie Webber 12:45 Georgia Janssen 1:00 Pat Gross 3:00 Anniversary Cake</p>	<p>25 Walking Quilting 12:45 "Falls in Fall" Careage / Pumpkin Pie Cards Afternoon Bridge</p>	<p>26 Walking / Quilting Cards / Pool 1:15 Bingo Dominoes Hand & Foot</p>
<p>29 Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>30 Morning Walking Quilting 11:30 Val Koeber, Piano 12:45 Val's Comedy Cards Afternoon Bridge Club</p>	<p>31 Walking / Quilting Cards 12:40 "It's Laughter We're After" By Jenny Herrick, Famous Comedian Pool, Hand & Foot, Dominoes</p>	<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>

OCTOBER 2012 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1</p> <p>Swiss Steak w/ Gravy, Stewed Tomatoes & Onions Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>2</p> <p>Turkey Stack with Turkey Gravy Mashed Potatoes w/ Skins Frozen Broccoli WW Fresh Bread & Promise Canned Apple Sauce</p>	<p>3</p> <p>Sliced Beef Roasted Russet Potatoes with Skins Frozen Key Largo Blend Vegetables WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>4</p> <p>Creamed Chicken on a Biscuit Frozen Mixed Vegetables Shredded Lettuce with Shred- ded Carrots & Dorothy Lynch Promise Apricot Halves</p>	<p>5</p> <p>Tator Tot Casserole w/ Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese</p>
<p>8</p> <p>Chicken Fried Steak w/ Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ Carrots & Pineapple</p>	<p>9</p> <p>Meatloaf w/ Tomato Sauce Baked Potato w/ Butter Frozen Green Beans WW Dinner Roll & Promise Canned Pears</p> <p>Oktoberfest Dinner 5:30</p>	<p>10</p> <p>Sliced Ham Sweet Potatoes Frozen Peas WW Fresh Bread & Promise Green Jell-O with Canned Pineapple & Juice</p>	<p>11</p> <p>Grilled Chicken in Cream of Chicken Soup Frozen Prince William Veg. Lettuce Salad with Tomatoes & Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>12</p> <p>Taverns Baked Beans Coleslaw Bun & Promise Canned Mandarin Oranges</p>
<p>15</p> <p>Beef Tips w/ Mushroom Soup and Onions on Egg Noodles Frozen Green Beans Shredded Lettuce w/ Carrots & Dorothy Lynch Dressing WW Dinner Roll & Promise Sliced Peaches</p>	<p>16</p> <p>Tuna Casserole with Rotini Noodles Key Largo Blend Veg. WW Fresh Bread & Promise Cottage Cheese w/ Peaches</p>	<p>17</p> <p>Ham Salad Sandwich on WW Bread Homemade Pea Salad HM Tomato Soup w/ Stewed Tomatoes Crackers & Promise Lemon Meringue Pie</p>	<p>18</p> <p>Sliced Turkey Red Roasted Potatoes Peas & Pearl Onions WW Dinner Roll & Promise Canned Pineapple Chunks</p>	<p>19</p> <p>BBQ Beef Sandwich Baked Beans Potato Salad Bun & Promise Mandarin Fluff</p>
<p>22</p> <p>Beef Stroganoff on Egg Noodles Prince William Veg. Cottage Cheese w/ 2 Pineapple Slices on Lettuce Leaf WW Dinner Roll & Promise</p>	<p>23</p> <p>Polish Dog with Sauerkraut Creamed Frozen Peas WW Fresh Bread & Promise Vanilla Pudding with Marshmallows & Mangoes</p>	<p>24</p> <p>Baked Chicken w/ Crm. Of Chicken Soup Ranch Roasted Potatoes Frozen Mixed Vegetables WW Fresh Bread & Promise Tropical Fruit Anniversary Cake provided by Senior Center</p>	<p>25</p> <p>Hamburger Goulash w/ Tomatoes, Celery, Onions Scalloped Potatoes Frozen Peas WW Dinner Rolls & Promise Jell-O w/ Mand. Oranges Pumpkin Pie at Sr. Center pro- vided by Careage of Wayne</p>	<p>26</p> <p>Chicken Salad Sandwich with Pineapple & Celery on WW Bread Potato Cheese Soup Sliced Cucumbers in Sauce Crackers & Promise Frozen Strawberries in Juice</p>
<p>29</p> <p>Swedish Meatballs w/ Celery Soup & Dill Au Gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding w/ Marshmal- low & Canned Peaches</p>	<p>30</p> <p>Sliced Turkey Roasted Sweet Potatoes Frozen Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>31</p> <p>Country Beef Steak with Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O w/ Canned Pears & Juice</p>	<p>2% Milk, Skim Milk Water and Coffee Are offered with Every Meal.</p> <p>Menus Subject to Change By Dietitian</p>	<p>Oktoberfest Oct. 9, 5:30 pm Brats w/ Sauerkraut & Rye Bread, Pickled Beets, German Potato Salad, Pear Salad, Apple cake with Butter Sauce, Milk, Coffee, Water</p>