

# October 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3 Walking / Quilting / Cards 9:00 &amp; 1:00 Pool <b>Flu Shots 10:00 - 12:00</b> <b>12:45 Library Corner -</b> <b>“Healthier You” by</b> <b>Rita McLean</b> 1:00 Hand &amp; Foot</p>	<p>4 Morning Walking Quilting Cards Afternoon Bridge Club <b>1:00 Card Making</b></p>	<p>5 Walking / Quilting / Cards <b>11:30 &amp; 3:00 Cyril &amp; Bev</b> <b>Hansen, Organ &amp; Piano</b> <b>Monthly Birthday Celebration</b> 1:00 Hand &amp; Foot</p>	<p>6 Walking / Quilting / Cards <b>12:45 Pam Albin -</b> <b>Medicare Part D</b> 1:00 Pitch Party Afternoon Bridge Club</p>	<p>7 Walking Quilting Cards 9:00 &amp; 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>10 Morning Walking / Quilting Cards / 9:00 &amp; 1:00 Pool Mary Humphrey NENAAA <b>12:45 Library Corner- Health</b> <b>Care Services - Rita McLean</b> 1:00 Hand &amp; Foot 1:00 Chicken Foot Dominoes</p>	<p>11 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>12 Walking / Quilting Cards 9:00 &amp; 1:00 Pool <b>12:45 “Cell Phone 101” by</b> <b>Stacey Kraft</b> <b>Bring Cell Phone for Help</b> 1:00 Hand &amp; Foot</p>	<p>13 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club</p>	<p>14 Walking/Quilting/Cards 9:00 &amp; 1:00 Pool <b>Century Club Movie/Drawing</b> <b>Dinner at 12:05 - 12:10</b> 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>17 Walking/Quilting/Cards/Pool <b>12:45 Library Corner - Rita</b> <b>McLean: “What Does the Dr.</b> <b>Need to Know”</b> 1:00 Hand &amp; Foot 1:00 Chicken Foot Dominoes <b>1:00 Board Meeting</b></p>	<p>18 Morning Walking Quilting / Cards <b>11:30 Val Koeber, Piano</b> Afternoon Bridge Club <b>2:00 Toenail Clinic,</b> <b>Anne Hoeman, PA</b></p>	<p>19 Walking / Quilting / Cards 9:00 &amp; 1:00 Pool <b>9:30 - 12:00 Health Screening</b> <b>by Mary Nichols</b> <b>12:00 Special Luncheon</b> 1:00 Hand &amp; Foot</p>	<p>20 Walking/Quilting/Cards/Pool Afternoon Bridge Club <b>12:45 Jennie Ramsay -</b> <b>Lifespan Respite</b> <b>5:30 Octoberfest Meal</b> <b>6:30 Gwen &amp; Artie</b> <b>Schmidt</b></p>	<p>21 Walking / Quilting / Cards 9:00 &amp; 1:00 Pool <b>11:30 &amp; 12:45 Spotlight On</b> <b>Promise-Phil Pfaltzgraff</b> 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>24 Walking/Quilting/Cards 9:00 &amp; 1:00 Pool <b>12:45 Amanda McMahan -</b> <b>“Landlord Tenant Law”</b> 1:00 Hand and Foot 1:00 Chicken Foot Dominoes</p>	<p>25 Morning Walking / Quilting Cards Afternoon Bridge Club</p>	<p>26 Walking / Quilting / Cards 9:00 &amp; 1:00 Pool 1:00 Hand &amp; Foot</p>	<p>27 Walking / Quilting / Cards <b>Noon-Careage Pie Social</b> <b>12:45 Pam Albin</b> <b>“Medicare Part D Help”</b> 1:00 Pitch Party Afternoon Bridge Club</p>	<p>28 Walking Quilting Cards Pool 1:15 Bingo 2:00 Chicken Foot Dominoes</p>
<p>31 Walking/Quilting/Cards 9:00 &amp; 1:00 Pool Masquerade Party <b>11:30 Pat Cook, Piano</b> 1:00 Chicken Foot Dominoes 1:00 Hand &amp; Foot</p>	<p><b>Every Monday &amp;</b> <b>Wednesday:</b> <b>1:00 Hand &amp; Foot</b></p>	<p><b><u>NOTICE:</u></b> <b>Menus are subject to</b> <b>change by</b> <b>Dietitian.</b></p>	<p><b>Every Monday &amp;</b> <b>Wednesday:</b> <b>1:00 Chicken Foot</b> <b>Dominoes</b></p>	<p><b>Remember</b> <b>Fridays:</b> <b>1:15 Bingo</b> <b>2:00 Chicken Foot</b> <b>Dominoes</b></p>

# October 2011 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3 Beef Tips w/ Mushroom Soup &amp; Onions over Noodles Frozen Peas &amp; Pearl Onions Coleslaw WW Dinner Roll &amp; Promise Sliced Peaches</p>	<p>4 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce w/ Fresh Shredded Carrots, Cheese, &amp; Dorothy Lynch WW Fresh Bread &amp; Promise Canned Fruit Cocktail</p>	<p>5 Ham Salad Sandwich Home Made Pea Salad Homemade Tomato Soup w/ Stewed Tomatoes WW Bread &amp; Promise Crackers Cherry Jell-O w/ Pears</p>	<p>6 Sliced Turkey with Gravy Red Roasted Potatoes Frozen Green Beans WW Dinner Roll &amp; Promise Canned Pineapple Chunks</p>	<p>7 Barbecued Beef Sandwich Baked Beans Potato Salad Bun &amp; Promise Mandarin Fluff</p>
<p>10 Beef Stroganoff Noodles Frozen Prince William Veg. Fresh Vegetable Salad Cottage Cheese w/ 2 Pineapple Slices on Lettuce Leaf WW Dinner Roll &amp; Promise</p>	<p>11 Polish Dog w/ Kraut Creamed Frozen Peas Pineapple, Carrots, Raisins &amp; Mayo Salad WW Fresh Bread &amp; Promise Vanilla Pudding with Frozen Mangoes &amp; Marshmallows</p>	<p>12 Baked Chicken w/ Cream of Chicken Soup Ranch Roasted Potatoes w/ Skins Frozen Mixed Vegetables WW Fresh Bread &amp; Promise Canned Tropical Fruit</p>	<p>13 Hamburger Goulash w/ Stewed Tomato, Celery, Onions, &amp; Tomato Sauce Shredded Lettuce Salad w/ Carrots &amp; Dorothy Lynch WW Dinner Roll &amp; Promise Green Jell-O w/ Oranges</p>	<p>14 Chicken Salad Sandwich on WW Bread w/ Pineapple &amp; Celery Potato Cheese Soup Sliced Cucumbers in Sauce Crackers &amp; Promise Frozen Strawberries in Juice</p>
<p>17 Swedish Meatballs w/ Celery Soup &amp; Dill Au Gratin Potatoes Frozen Peas &amp; Pearl Onions WW Fresh Bread &amp; Promise Vanilla Pudding w/ Marshmallows &amp; Canned Peaches</p>	<p>18 Sliced Turkey Sweet Potatoes Frozen Broccoli WW Dinner Rolls &amp; Promise Canned Mandarin Oranges</p>	<p>19 Country Beef Steak Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread &amp; Promise Cherry Jell-O w/ Pears, Juice Surprise Pie</p>	<p>20 Fish - Pollack Tartar Sauce Baked Potato Frozen Mixed Vegetables WW Fresh Bread &amp; Promise Canned Apricots</p>	<p>21 Pork Loin w/ Kraut &amp; Caraway Seeds Pork Gravy Mashed Potatoes w/ Skins Frozen Dilled Carrots WW Fresh Bread &amp; Promise Canned Applesauce/Cinnamon</p>
<p>24 Spaghetti &amp; Meatballs with Spaghetti Sauce Frozen Green Beans Shredded Lettuce with Cheese &amp; Dorothy Lynch WW Fresh Bread &amp; Promise Canned Peaches</p>	<p>25 Crispy Chicken Baked Potato &amp; Butter Honey Glazed Frozen Carrots WW Dinner Roll &amp; Promise Canned Fruit Cocktail</p>	<p>26 Roast Pork Loin Fresh Red Roasted Potatoes With Skins Creamed Peas WW Fresh Bread &amp; Promise Hot Cinnamon Apples</p>	<p>27 Sausage Gravy Over Biscuit Mashed Potato w/ Skins Country Gravy Frozen Key Largo Blend Veg. Promise Canned Tropical Fruit Pumpkin Pie</p>	<p>28 Beef Lasagna Creamed Frozen Peas Fresh Broccoli Salad WW Fresh Bread &amp; Promise Canned Pineapple Tidbits</p>
<p>31 Swiss Steak w/ Gravy, Stewed Tomatoes &amp; Onions Scalloped Potatoes Beets WW Dinner Roll &amp; Promise Frozen Strawberries</p>	<p>Not Hungry?  Bring A Friend!</p>	<p><b><u>NOTICE:</u></b> <b>Menus are subject to change by Dietitian.</b></p>	<p><b>Octoberfest Dinner</b> Oct. 20 at 5:30 pm Brats w/ Sauerkraut on WW Bun, Pickled Beets German Potato Salad Lime Jell-O w/ Cottage Cheese &amp; Pears German Apple Cake</p>	<p><b>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</b></p>