

October 2020 - Meal Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

VOLUNTEERS we need you! Show us your SUPERPOWER



Becoming a **Meals on Wheels Driver** is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! Must be able to lift heavy bags.

(All drivers must have valid driver's license and a clean reliable vehicle with current insurance coverage.)

If you are interested in volunteering contact Melanie Conway at 989-348-7123.



1
11:30a-12:30p Lunch
Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange
4:30-5:30pm Dinner
Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana

2
11:30-12:30 Lunch
Pot Roast, Boiled Potatoes, Green Beans, Apple

5
11:30-12:30 Lunch
Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi

6
11:30-12:30 Lunch
Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes
4:30-5:30pm Dinner
Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana

7
11:30a-12:30p Lunch
Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear
4:30-5:30pm Dinner
Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce

8
11:30a-12:30p Lunch
Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange
4:30-5:30pm Dinner
Ravioli Squares, Italian Blend Vegetables, Corn, Grapes

9
11:30-12:30 Lunch
Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple

12
11:30-12:30 Lunch
Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes

13
11:30a-12:30p Lunch
Pork w/ Kraut, Green Beans, Applesauce
4:30-5:30pm Dinner
Breaded Fish Sandwich, Asparagus, Pear

14
11:30a-12:30p Lunch
Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange
4:30-5:30pm Dinner
Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi

15
11:30a-12:30p Lunch
Hamburger, Green Beans, Corn, Grapes
4:30-5:30pm Dinner
Shepard's Pie, Carrots, Grapes

16
11:30-12:30 Lunch
Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple

19
11:30-12:30 Lunch
Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi

20
11:30a-12:30p Lunch
BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange
4:30-5:30pm Dinner
Beef Tips, Brown Rice, Corn, Applesauce

21
11:30a-12:30p Lunch
BBQ Chicken, Parsley Potatoes, Carrots, Grapes
4:30-5:30pm Dinner
Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear

22
11:30a-12:30p Lunch
Spaghetti & Meatballs, Peas, Grapes, Breadstick
4:30-5:30pm Dinner
French Dip Sandwich, Redskin Potatoes, Broccoli, Banana

23
11:30-12:30 Lunch
Pork Roast, Baked Potato, Green Beans, Pear

26
11:30-12:30 Lunch
Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt

27
11:30-12:30 Lunch
Stuffed Peppers, Broccoli, Grapes
4:30-5:30p Dinner
Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi

28
11:30a-12:30p Lunch
Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes
4:30-5:30pm Dinner
Beef Enchilada, Brown Rice, Corn, Pear

29
11:30a-12:30p Lunch
Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange
4:30-5:30pm Dinner
Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi

30
11:30-12:30 Lunch
Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana

October 2020 - Activity Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Important Phone Numbers
Social Security 1-800-772-1213 or 1-866-739-4802
Medicare 1-800-633-4227
Veterans Administration 1-800-827-1000
Alzheimer's Assistance 1-800-272-3900

5
10am Aerobic Drumming

6
10am Aerobic Drumming

7
9:30am Commodities @ St. Mary's
10am Zoom Zumba

8
10am Zoom Zumba
11:30a Unwind Outside @ Hartwick Pines

9
10am Stretch via Zoom

12
10am Aerobic Drumming

13
10am Aerobic Drumming

14
10am Zoom Zumba
1pm Walk in the Woods @Hanson Hills
Medicare Open Enrollment Begins

15
10am Zoom Zumba

16
10am Stretch via Zoom

19
10am Aerobic Drumming

20
10am Aerobic Drumming

21
10am Zoom Zumba
1pm Walk in the Woods @ Marl Lake

22
10am Zoom Zumba

23
10am Stretch via Zoom
1pm Intro to Zoom Workshop






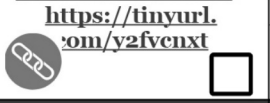





26
10am Aerobic Drumming
1pm Halloween Bingo

27
10am Aerobic Drumming

28
10am Zoom Zumba
1pm New to Medicare
1pm Walk in the Woods @ Hartwick Pines

29
10am Zoom Zumba

30
10am Stretch via Zoom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THIS MONTH I WILL . . .	<input checked="" type="checkbox"/> Look for the checkboxes for activities!		BE KIND TO YOUR MUSCLES AND STRETCH!	1 Unwind Outside 11:30am register at (989) 348-7123 <input type="checkbox"/>	2 Fresh Friday: Eat homecooked meals to control ingredients and save money <input type="checkbox"/>	3 I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
4 	5 USE HERBS AND SPICES INSTEAD OF SALT TO SEASON FOODS	6 MAKE SURE HALF OF YOUR PLATE IS FRUIT AND VEGGIES! <input type="checkbox"/>	7 WHILE HAVING DINNER, TURN OFF ALL SCREENS <input type="checkbox"/>	8 Unwind Outside 11:30am register at (989) 348-7123 <input type="checkbox"/>	9 	10 I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
11 Weekly Focus: Mindfulness moments and deep breaths help with mindset and mental health	12 WHILE HAVING DINNER, TURN OFF ALL SCREENS <input type="checkbox"/>	13  MINDFUL BREATHING: https://tinyurl.com/y4ep4yma <input type="checkbox"/>	14 EAT A RAINBOW OF FOODS TO GET ALL ESSENTIAL NUTRIENTS	15 	16  MINDFUL EATING: https://tinyurl.com/y2fvenxt <input type="checkbox"/>	17 I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
18 	19 GO TO CHOOSEMYPLATE.GOV FOR MORE NUTRITION RESOURCES	20 	21 BUYING PRODUCE IN-SEASON CAN LOWER COST AND ADD TO FRESHNESS	22 Thirsty Thursday: Drink 1/2 your weight in water <input type="checkbox"/>	23 Fresh Friday: Eat homecooked meals to control ingredients and save money <input type="checkbox"/>	24 I WAS ACTIVE FOR _____ MINUTES THIS WEEK!
25 Weekly Focus: Stretch your muscles 10 mins each day	26 	27  TAI CHI: https://youtu.be/l2oM8lBEY6o <input type="checkbox"/>	28	29  TAI CHI LESSON: https://youtu.be/CE0lhAwQLks <input type="checkbox"/>	30 EAT FRESH FRUIT FOR DESSERT INSTEAD OF OTHER HIGH-SUGARY FOODS <input type="checkbox"/>	31 I WAS ACTIVE FOR _____ MINUTES THIS WEEK!

Fit City Challenge