

October 2025 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Fresh Orange	2 11:30a-12:30p Lunch Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	3 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Sloppy Joe on Bun, Green Beans, Carrots, Four Berries Blend
6 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Alfredo, Sugar Snap Peas, Broccoli, Fresh Orange	7 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Parmesan Cod, Brown Rice, Prince Charles Vegetables, Fresh Pear	8 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Red Grapes  In Honor of Megan Hagle for 7 Years of Service	9 11:30a-12:30p Lunch BBQ Chicken, Fried Cabbage with Bacon, Baked Beans, Red Grapes 4:00p-6:00p Harvest Special Dinner Apple and Onion Pork Roast, Mashed Sweet Potatoes, Capri Vegetable Blend, Dinner Roll, and Pecan Pie	10 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend Vegetables, Red Grapes
13 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Fresh Pear  In Honor of Lynn Cheney for 11 Years of Service	14 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetables, Fresh Orange	15 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi  In Honor of Helen Nolan for all she does at the COA	16 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Meatloaf, Mashed Potatoes with Gravy, Brussels Sprouts, Apple	17 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken and Pepper Bake, Sourdough Roll, Apple
20 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana	21 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe and Honeydew	22 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Fresh Orange	23 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Birthday Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Four Berries Blend	24 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetables, Sugar Snap Peas, Kiwi
27 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Blueberry Chia Smoothie, Four Berries Blend 11:30a-12:30p Lunch Chicken Stew with Biscuit, Brussels Sprouts, Fresh Pear  In Honor of Dalton Keir, a cook at the COA	28 8:30a-9:30a Breakfast English Muffin Breakfast Sandwich, Breakfast Potatoes, Strawberry Banana Smoothie, Four Berries Blend 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple Chunks	29 8:30a-9:30a Breakfast Bacon & Garden Vegetable Frittata Square, Breakfast Potatoes, Assorted Bagels, Blueberry Chia Smoothie 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  In Honor of Kathy Meisner and all she does for Meals on Wheels	30 8:30a-9:30a Breakfast Scrambled Eggs, Turkey Sausage Link, Assorted Cereal, Milk, Strawberry Chia Smoothie 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Red Grapes	31 8:30a-9:30a Breakfast Croissant Breakfast Sandwich, Hash Browns, Blueberry Chia Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes with Gravy, Peas and Onions, Fresh Orange
Light Bites – Dine in Only Bourbon Chicken, Sugar Snap Peas, Vegetable Egg Roll, Kiwi	Light Bites – Dine in Only Crab Cakes, Lemony Broccolini, Sourdough Roll, Tangerine Clementine	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Apple Sauce	Light Bites – Dine in Only Mojo Chicken, Red Grapes	Light Bites – Dine in Only BBQ Chicken Flatbread, Garden Salad, Banana

October 2025 - Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods Gahagan Nature Preserve 12:30p Mahjong 1:00-3:00p Wii Bowling	2 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3:30p Grayling Pharmacy Bingo	3 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
6 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	7 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre – Events Room 2p-4p Vaccination Clinic	8 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Camp AuSable 12p New to Medicare 12:30p Mahjong 1:00-3:00p Wii Bowling	9 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 4-6p Harvest Special Dinner	10 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
13 10a Silver Sneakers 11a-3:30p Versiti Blood Drive 1-4p Chess Club 2-3p Diamond Art Club	14 9a-12p Housing Counseling 10a Grief Support Group 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	15 – Open Enrollment Begins 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Walk in the Woods @ Louis Groen Nature Preserve 11a Alzheimer’s Support @ the Brook 12:30p Mahjong 1:00-3:00p Wii Bowling	16 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Advice	17 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
20 10a Silver Sneakers 10a-3:00p Secretary of State Mobile Office 1-4p Chess Club 2-3p Diamond Art Club	21 9a Zumba Gold A 10a Zumba Gold B 10:30a Fruit and Vegetable Truck 12:30p Euchre 4:30p COA Board Meeting	22 8:30a Blood Pressure Checks 10a Walk in the Woods @ Linda Fay Property 10a Silver Sneakers 12:30p Mahjong 1:00-3:00p Wii Bowling 10a Coping with the Holidays After Grief 2p-4p Commodities	23 9a Zumba Gold A 10a Zumba Gold B 11:30a Birthday Lunch 1p Penny Bingo	24 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
27 9a-4:30p Footcare 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 1p Pantry Bingo	28 9a Zumba Gold A 10a Zumba Gold B 12:30p Euchre	29 8:30a Blood Pressure Checks 10a Walk in the Woods @ Hartwick Pines 10a Silver Sneakers 12:30p Mahjong 1:00-3:00p Wii Bowling	30 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 2p-4p Vaccination Clinic	31 10:30a Howloween Pet Parade 10:30a Bible Study 10:45a Fit for the Aging 12:45p Halloween Party *Pantry Bingo Moved to 10/27*