

# October 2024 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>11:30a-12:30p Lunch</b> Chicken and Dumplings, Harvest Blend Vegetables, Orange <b>4:30-5:30p Dinner</b> Chicken Stew with Biscuit, Brussels Sprouts, Pear	<b>2</b> <b>11:30a-12:30p Lunch</b> Pork Roast, Baked Potato, Green Beans, Pear <b>4:30-5:30p Dinner</b> Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple	<b>3</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes, Blackberry Cobbler, Ice Cream <b>4:30-5:30pm Dinner</b> Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange	<b>4</b> <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi
<b>7</b> <b>11:30a-12:30p Lunch</b> Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange <b>4:30-5:30pm Dinner</b> Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce	<b>8</b> <b>11:30a-12:30p Lunch</b> Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi <b>4:30-5:30p Dinner</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	<b>9</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange <b>4:30-5:30p Dinner</b> Stuffed Peppers, Broccoli, Cauliflower Kiwi, Wheat Bread	<b>10</b> <b>11:30a-12:30p Lunch</b> Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend <b>4-6pm Harvest Dinner</b> Cornish Hens Mashed Sweet Potatoes Fresh Roasted Asparagus Dinner Rolls Peach Pie	<b>11</b> <b>11:30a-12:30p Lunch</b> Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries
<b>14</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi <b>4:30-5:30p Dinner</b> Taco Salad, Corn, Grapes	<b>15</b> <b>11:30a-12:30p Lunch</b> Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks <b>4:30-5:30p Dinner</b> Beef Tips, California Blend Vegetable, Pear	<b>16</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots <b>4:30-5:30p Dinner</b> Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	<b>17</b> <b>11:30a-12:30p Lunch</b> Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana <b>4:30-5:30p</b> Beef Stew, California Blend Vegetable, Apple  In Honor of Joyce Young	<b>18</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange
<b>21</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple <b>4:30-5:30p Dinner</b> Beef Enchilada, Spanish Rice, Carrots, Kiwi	<b>22</b> <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes <b>4:30-5:30p Dinner</b> Cabbage Rolls, Redskin Potatoes, Peas & Carrots, Blueberry Yogurt	<b>23</b> <b>11:30a-12:30p Lunch</b> Hamburger Stroganoff, Green Beans, Apricots <b>4:30-5:30pm Dinner</b> Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi	<b>24</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries <b>4:30-5:30p Dinner</b> Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast	<b>25</b> <b>11:30a-12:30p Lunch</b> Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes
<b>28</b> <b>11:30a-12:30p Lunch</b> Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple <b>4:30-5:30p Dinner</b> Chicken Tacos, Refried Beans, Kiwi	<b>29 Cookies &amp; Ice Cream</b> <b>11:30a-12:30p Birthday Lunch</b> Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes <b>4:30-5:30p Dinner</b> Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple	<b>30</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi <b>4:30-5:30p Dinner</b> Shepard's Pie, Carrots, Grapes, Wheat Bread	<b>31</b> <b>11:30a-12:30p Lunch</b> Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend <b>4:30-5:30p Dinner</b> Chicken Stew with Biscuit, Brussels Sprouts, Pear	
<b>Light Bites</b> Southwest Side Salad, Chicken Tortilla Soup, Kiwi	<b>Light Bites</b> Turkey Sub, Minestrone Soup, Grapes	<b>Light Bites</b> Side Chef Salad, Cheesy Potato Soup, Pear	<b>Light Bites</b> Won Ton Soup, Mandarin Salad, Kiwi	<b>Light Bites</b> Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple

# October 2024 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>9a Friends of a Feather Quilting Group</b> 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	<b>2</b> <b>10a Walk in the Woods</b> 10a Silver Sneakers 11a BP Check 12:30p Mahjong <b>1:30p-3:30p Tai Chi</b>  <b>EVENT RENTAL 9a-6p</b>	<b>3</b> 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds <b>3p Medicine Shoppe Bingo</b>	<b>4</b> <b>10:45a Fit for the Aging CANCELLED</b> 1p Pantry Bingo
<b>7</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>8</b> <b>9a-2p Housing Counseling Class</b> 9a Zumba Gold 10a Zumba Gold 12:30p Euchre  <b>EVENT RENTAL 10a-3:30p</b>	<b>9</b> <b>10a Walk in the Woods</b> <b>10a-12p Art Class with Pam Meland</b> 10a Silver Sneakers 11a BP Check 12:30p Mahjong <b>1:30p-3:30p Tai Chi</b>	<b>10</b> 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds <b>4p-6p Harvest Dinner Special Dinner</b>	<b>11</b> 10:45a Fit for the Aging 1p Pantry Bingo
<b>14</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>15</b> 9a Zumba Gold 10a Zumba Gold 12:30p Euchre <b>Open Enrollment Begins</b>	<b>16</b> <b>10a Walk in the Woods</b> <b>10a-12p Art Class with Pam Meland</b> 10a Silver Sneakers <b>10a-3p Secretary State Mobile Office Visit</b> <b>11a Alzheimer's Support @ the Brook</b> <b>11a New to Medicare</b> 11a BP Check 12:30p Mahjong <b>1:30p-3:30p Tai Chi</b>	<b>17</b> 10a Pokeno 9a Zumba Gold 10a Zumba Gold <b>11:30a-12:30p GFS Taste Test</b> 1p Penny Bingo 3p-4p Daylight Diamonds <b>6p-7:30p Elvis Pressley Concert</b>	<b>18</b> 10:45a Fit for the Aging 1p Pantry Bingo
<b>21</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>22</b> 9a Zumba Gold 10a Zumba Gold 12:30p Euchre	<b>23</b> <b>10a Walk in the Woods</b> 10a Silver Sneakers 11a BP Check 12:30p Mahjong <b>2p-6p Commodities</b>	<b>24</b> 9a Zumba Gold 10a Pokeno 10a Zumba Gold 1p Penny Bingo <b>1-5p Legal Assistance Appt. Required</b> <b>2p-4p Vaccination Clinic</b> 3p-4p Daylight Diamonds	<b>25</b> 10:45a Fit for the Aging 1p Pantry Bingo
<b>EVENT RENTAL 9a-6p</b>	<b>EVENT RENTAL 9a-6p</b>	<b>EVENT RENTAL 9a-6p</b>	<b>EVENT RENTAL 9a-6p</b>	
<b>28</b> <b>9:15a-5:30p Foot Clinic -Appt. Required</b> 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club	<b>29</b> 9a Zumba Gold 10a Zumba Gold 11:30a Birthday Lunch 12:30p Euchre	<b>30</b> <b>10a Walk in the Woods</b> 10a Silver Sneakers 11a BP Check 12:30p Mahjong Acting Class <b>3p Assistive Technology Presentation</b>	<b>31</b> 9a Zumba Gold 10a Pokeno <b>10a-11:30a Halloween Party!</b> 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds	