

TVCCA SENIOR CAFE MENU OCTOBER 2021

TUESDAY

WEDNESDAY

THURSDAY

<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voicemail available)</p>		
<p>5 <u>Birthday Celebration</u> Pork Taco Bowl Roasted Garlic Rice Mixed Vegetables Medley Birthday Sweet Grape Juice</p>	<p>6 Cheese Manicotti w/ marinara Broccoli Carrot Coins Diced Peaches</p>	<p>7 Salisbury Steak w/ gravy Herb Roasted Potatoes Green & Waxed Beans Mandarin Oranges</p>
<p>12 Meatballs Marinara Penne Pasta Green & Waxed Beans Fresh Orange</p>	<p>13 <u>Ethnic Celebration</u> Chicken Fajita w/ cheddar cheese Spanish Rice Mixed Vegetables Medley Sweet Treat Grape Juice</p>	<p>14 Pork Sausage & Gravy Tater Tots Zucchini & Yellow Squash Pineapple Tidbits</p>
<p>19 Stuffed Cod w/ shellfish Herb Roasted Potatoes Broccoli Mixed Fruit Cup</p>	<p>20 Beef Hot Dog w/ Bun Baked Beans Zucchini, Peas, & Carrots Applesauce Cup</p>	<p>21 Cheese Omelet Sweet Potato Tater Tots Mixed Vegetables Medley Tropical Fruit Cup</p>
<p>26 Stuffed Pepper Casserole Peas Carrot Coins Pineapple Tidbits</p>	<p>27 Cheese Pierogis arro(Wheat Grain roasted Vegetables) Broccoli Fresh Fruit</p>	<p>28 Pork Stir-Fry Steamed Rice Oriental Vegetable Blend Mandarin Oranges</p>



One of our September Events:
Croquet and Lunch at the Pink House



** Pomfret Senior Center October 2021 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
5			6			7		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:00	Apple Picking at	Laspoley Orch
10:00-12:00		PCM	10:30-11:30	Traditional Yoga				
10:30-11:30	Chair Yoga							
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Craft: Wooden Signs		1:00-2:00			1:00-2:00		Cornhole
12			13			14		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club	Game Day
10:30-11:30	Chair Yoga		10:45-11:45		Traditional Yoga	10:30-11:30	Flu Clinic	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00		Tech Support	1:00-2:00		Chair Massage	1:00-2:00	Birthday Celebration & Trivia	
						1:00-3:00		PCM
19			20			21		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:00	Croquet at the Pink House	
10:00-12:00		PCM						
10:30-11:30	Chair Yoga		10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch at the Pink House	
1:00-2:00	Better Life: Productivity, Passion, Peace		1:00-2:00			1:00-2:00		
26			27			28		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club	Game Day
10:30-11:30	Chair Yoga		10:30-11:30		Traditional Yoga	10:00-12:00	Energy Assistance	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Book Club	Tech Support	1:00-2:00		Chair Massage	1:00-2:00	Halloween Party & Bingo	
						1:00-3:00		PCM