

October 2019

Tuesday

Wednesday

Thursday

<p>1</p> <p>9:00-10:00 Tai Chi 9:00-11:30 Chair Caning 10:00-2:00 Game Day</p> <p>Learn how to play "Corn Hole" <u>Chicken Cordon Bleu, Shredded Herb Potatoes, Brussel Sprouts, Fresh Orange</u></p>	<p>2</p> <p>9:00-10:00 Chair Yoga 10:00-11:30 Walking Club 10:15-11:15 Nov Calendar Review 12:30-2:00 Jewelry Class</p> <p><u>Stuffed Green Peppers, Carrot Coins Cauliflower, Diced Peaches</u></p>	<p>3</p> <p>9:00-10:00 Flexchi 10:00-11:30 Knitting with Nancy 12:30-2:00 BINGO</p> <p><u>Crispy Cod, Macaroni & Cheese Broccoli, Fruit Cocktail</u></p>
<p>8</p> <p>9:00-10:00 Tai Chi 9:00-11:30 Chair Caning 10:00-2:00 Game Day</p> <p><u>Swedish Meatballs, Egg Noodles Zucchini, Peas, & Carrots, Birthday Sweet Grape Juice</u></p>	<p>9</p> <p>9:00-10:00 Chair Yoga 10:00-11:30 Walking Club 10:00-2:00 Flu Clinic</p> <p><u>Pot Roast Au Jus, Mashed Potatoes Mixed Vegetables Medley, Fruit Cocktail</u></p>	<p>10</p> <p>9:00-10:00 Flexchi 10:00-11:30 Knitting with Nancy 12:30-2:00 Trivia</p> <p><u>Pork Stir Fry, Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges</u></p>
<p>15</p> <p>9:00-10:00 Tai Chi 9:00-11:30 Chair Caning 10:00-2:00 Game Day</p> <p><u>Chicken Chili, Cheddar Baked Potato Green Beans, Lima Beans, Fruit Cocktail</u></p>	<p>16</p> <p>9:00-10:00 Chair Yoga 10:00-11:30 Walking Club 12:30-2:00 What's Cookin'</p> <p><u>Oktoberfest Celebration Meal</u> <u>Bratwurst w/ Sauerkraut, German Potato Salad, Red Cabbage, German Chocolate Cake, Grape Juice</u></p>	<p>17</p> <p>9:00-10:00 Flexchi 10:00-11:30 Knitting with Nancy 10:00-11:30 Blood Pressure Clinic 12:30-2:00 BINGO</p> <p><u>Stuffed Haddock w/ shellfish, Rice Pilaf Broccoli, Fresh Fruit</u></p>
<p>22</p> <p>9:00-10:00 Tai Chi 9:00-11:30 Chair Caning 10:00-2:00 Game Day</p> <p><u>Cheese Pierogis, Kasha (Wheat Berries, Roasted veggies, Cabbage w/ Roasted Apples, Diced Peaches</u></p>	<p>23</p> <p>9:00-10:00 Chair Yoga 10:00-11:30 Walking Club 12:30-2:00 International Day</p> <p><u>Pork Sausage & Gravy, w/ Biscuit Tater Tots, Corn w/ Peppers & Onions Sweet Treat & Orange Juice</u></p>	<p>24</p> <p>9:00-10:00 Flexchi 10:00-11:30 Knitting with Nancy 12:30-2:00 Movie Club</p> <p><u>Stuffed Shells w/ marinara Green & Waxed Beans, Cauliflower Pineapple Tidbits</u></p>
<p>29</p> <p>9:00-10:00 Tai Chi 9:00-11:30 Chair Caning 10:00-2:00 Game Day Corn Hole Tournament</p> <p><u>Shepherd's Pie, Corn, Peas & Carrots Applesauce Cup</u></p>	<p>30</p> <p>9:00-10:00 Chair Yoga 10:00-11:30 Walking Club 12:30-2:00 Book Club</p> <p><u>Chicken Cacciatore, Pasta Shells Green Beans, Fresh Fruit</u></p>	<p>31</p> <p>Today is the Halloween Party! 9:00-10:00 Flexchi 10:00-11:30 Knitting with Nancy</p> <p><u>Monte Cristo: Egg Patty, Turkey Sausage & French Toast, Sweet Potato Tater Tots, Corn w/ Onions & Peppers, Fruit Cocktail</u></p>



Dan J, Rich M

Mary L, and Terri O

We'll celebrate their birthdays on Thursday,
October 17th at 12:30pm



From shirts to socks, to pillow cases, here are some of the amazing designs created during our tie dye craft day. In our picture: top: Dan, Ron, Dottie, John. Bottom: Joyce, Bette, Marge, Patty, Nancy, and Judy.

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