

# October 2018 ACTIVITIES

MON	TUE	WED	THU	FRI
<b>1</b> Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.  Matter of Balance 1-3	<b>2</b> Canasta 9:00 a.m. Bridge 9:00 a.m. Silver Stitchers 9:30 a.m.  Bible Study 12:30- 2 p.m	<b>3</b> Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.	<b>4</b> Canasta 9:00a.m. Bridge 9:00 a.m.	<b>5</b> Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m. Silver Stitchers 9:30 a.m.
<b>8</b> Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.  Matter of Balance 1-3	<b>9</b> Canasta 9:00 a.m. Bridge 9:00 a.m. Silver Stitchers 9:30 a.m. Karaoke w/ Dick Hendrix 10:00 am Matter of Balance 1-3	<b>10</b> Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.  Ladies Tea with Gieselle 10:00 am	<b>12</b> Canasta 9:00a.m. Bridge 9:00 a.m. NEW-Diabetes Workshop with Primaris Healthcare 1-3 pm	<b>13</b> Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m. Silver Stitchers 9:30 a.m.
<b>16</b> Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.  Matter of Balance 1-3	<b>17</b> Canasta 9:00 a.m. Bridge 9:00 a.m. Silver Stitchers 9:30 a.m.  Bible Study 12:30- 2 p.m Matter of Balance 1-3	<b>18 WELLNESS WED</b> Hy-Vee FLU SHOPT CLINIC 9 A.M. Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m.	<b>19</b> Canasta 9:00a.m. Bridge 9:00 a.m. Diabetes Workshop with Primaris Healthcare 1-3 pm	<b>20 Birthday Celebration</b> Variety Pack Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m. Silver Stitchers 9:30 a.m.
<b>22</b> Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.  Matter of Balance 1-3	<b>23</b> Canasta 9:00 a.m. Bridge 9:00 a.m. Silver Stitchers 9:30 a.m.	<b>24</b> Pinochle 9 a.m. Silver Stitchers 9:30 a.m. AHOY Exercise 9:45 a.m. Grand Halloween Bingo 10:30	<b>25</b> Canasta 9:00a.m. Bridge 9:00 a.m. Diabetes Workshop with Primaris Healthcare 1-3 pm GRIEF SUPPORT 12:30	<b>26</b> Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m. Silver Stitchers 9:30 a.m.  Karaoke w/ Dick Hendrix 10:00 am
<b>29</b> Bingo 9:15 a.m. Adult Coloring 9:30 a.m. AHOY Exercise 9:45 a.m.  SR. Council Meeting	<b>30</b> Canasta 9:00 a.m. Bridge 9:00 a.m. Silver Stitchers 9:30 a.m.	<b>31</b> Halloween Costume Pizza Party Potluck		

# October 2018 MENU

MON		TUE		WED		THU		FRI	
1	<p><b><u>Taco Salad</u></b> Pinto Beans Shredded Lettuce &amp; Cheese Diced Tomatoes &amp; Onion</p>	2	<p><b><u>Chicken Florentine</u></b> Roasted Lemon Potatoes Winter Blend Vegetables Pineapples &amp; Strawberries Oatmeal Raisin Cookie Wheat Dinner Roll</p>	3	<p><b><u>Spaghetti w/ Meat Sauce</u></b> Broccoli Salad Mix Diced Pears Breadstick</p>	4	<p><b><u>Grilled Chicken Breast Sandwich</u></b> Sliced Tomato &amp; Onion Sweet Potato Wedges Barley Vegetable Salad</p>	5	<p><b><u>BBQ Pulled Pork</u></b> Country Blend Vegetables BBQ Baked Beans Fresh Orange</p>
8	<p><b><u>Homemade Meatloaf</u></b> Mashed Potatoes w/Gravy Green Beans Pineapple Tidbits Wheat Roll</p>	9	<p><b><u>Roasted Pork Loin</u></b> Mashed Sweet Potatoes Brussel Sprouts Mandarin Oranges Wheat Roll</p>	10	<p><b><u>Vegetable Beef Stew</u></b> Spinach Salad Banana Cornbread</p>	11	<p><b><u>Greek Style Chicken</u></b> w/ Greek Sauce Brown Rice Squash Medley Cinnamon Apples Pita Bread</p>	12	<p><b><u>Pub Cheese Burger</u></b> Lettuce, Tomato, Onion Potato Wedges Diced Pears</p>
15	<p><b><u>Breaded Chicken w/ Gravy</u></b> Lemon Roasted Potatoes Dilled Baby Carrots Wheat Roll</p>	16	<p><b><u>Meatball Sub w/ Marina Sauce and Cheese</u></b> Green Beans Steamed Red Potatoes Orange Raisin Box</p>	17	<p><b><u>Mango Chicken w/ Pepper &amp; Onions</u></b> Coconut Brown Rice Scandinavian Vegetables Banana &amp; Banana Pudding Marble Rye Bread</p>	18	<p><b><u>Ham &amp; Beans</u></b> Diced Onions Cooked Spinach Strawberries &amp; Pears Graham Crackers Corn Muffin</p>	19	<p><b>BIRTHDAY PARTY</b> <b><u>Oven Fried Chicken Legs</u></b> Mashed Potatoes w/Gravy Greens Beans Cake w/ Cream</p>
22	<p><b><u>Cheeseburger Baked Pasta</u></b> Cucumber, Tomato &amp; Onion Italian Blend Vegetables Mandarin Oranges</p>	23	<p><b><u>Beef Chili</u></b> Shredded Cheese &amp; Diced Onions Broccoli Slaw Banana Jell-O</p>	24	<p><b><u>Cheesy Tuna Mac</u></b> Broccoli Anaheim Salad Fresh Apple Italian Bread</p>	25	<p><b><u>Sliced Roast Beef</u></b> Mashed Potatoes w/Gravy Green Beans Apricot Halves Wheat Bread</p>	26	<p><b><u>Rosemary Roasted Chicken</u></b> Winter Blend Vegetables Vegetable Risotto Strawberries &amp; Pears Wheat Bread</p>
29	<p><b><u>Homestyle Chicken Breast w/Marinara</u></b> Spaghetti Brussels Sprouts Wheat Roll Banana</p>	30	<p><b><u>Taco Salad</u></b> Pinto Beans Shredded Lettuce &amp; Cheese Diced Tomatoes &amp; Onion Mandarin Oranges</p>	31	<p><b><u>HALLOWEEN POTLUCK PARTY</u></b>  <b>PIZZA</b></p>				