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| **September 2024 - Meal Calendar** |  | **September 2024 - Activity Calendar** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **2****CLOSED FOR LABOR DAY**In honor of Tammy Findlay (August 28th) |  **3** **11:30a-12:30p Lunch**Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries**4:30-5:30p Dinner**Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi | **4****11:30a-12:30p Lunch**Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange**4:30-5:30p Dinner**Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple  | 5**11:30a-12:30p Lunch**Lasagna, Mixed Vegetables, Grapes**4:30-5:30p Dinner**Pork Roast, Baked Potato, Green Beans, Pear  | 6**11:30a-12:30p Lunch**Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries  |  | **2** **CLOSED FOR****LABOR DAY** | **3****9a Friends of a Feather Quilting Group**10a Zumba Gold  | **4****10a Walk in the Woods @Rayburns** 10a Silver Sneakers12:30p Mahjong**1:30p-3:30p Tai Chi**3:30p Senior Moments Acting Class  | **5**10a Pokeno 10a Zumba Gold 1p Penny Bingo**3p Medicine Shoppe Bingo** **12p-6p Health Fair****6:15p Munson Presentation** | 6**10a-12p Art Class w/Clare****10:45a Fit for the Aging CANCELLED**1p Pantry Bingo |
| 9**11:30a-12:30p Lunch**BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi **4:30-5:30p Dinner**Taco Salad, Corn, Grapes | 10**11:30a-12:30p Lunch**Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks**4:30-5:30p Dinner**Beef Tips, California Blend Vegetable, Pear | 11**11:30a-12:30p Lunch**Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots**4:30-5:30p Dinner**Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear | 12 **11:30a-12:30p Lunch**Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes**4-6pm Grandparent’s Day Dinner**Fried Chicken, Mashed Potatoes & Gravy, Fresh Green Beans & Bacon, Fresh Roasted Mushrooms, Biscuit, Blackberry Cobbler and Vanilla Ice Cream.  | 13**11:30a-12:30p Lunch**Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange |  | 9**9:30a-11:30a Matter of Balance**10a Silver Sneakers 1-4p Chess Club2-3p Diamond Art Club**2p-3p Walk with Ease** | 10**9a-2p Housing Counseling Class**10a Zumba Gold  **12:30p Euchre** | **11****9:30a-11:30a Matter of Balance****10a Walk in the Woods @Hanson Hills**10a Silver Sneakers12:30p Mahjong**1:30p-3:30p Tai Chi**3:30p Senior Moments Acting Class  | 1210a Pokeno 10a Zumba Gold 1p Penny Bingo 3p-4p Daylight Diamonds**4p–6p Grandparent’s Day Special Dinner** | 1310:45a Fit for the Aging1p Pantry Bingo |
| 16**11:30a-12:30p Lunch**Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple**4:30-5:30p Dinner**Beef Enchilada, Spanish Rice, Carrots, Kiwi | 17**CLOSED FOR ALL STAFF TRAINING** | 18**11:30a-12:30p Lunch**Hamburger Stroganoff, Green Beans, Apricots**4:30-5:30pm Dinner**Chicken Stew with Biscuit, Brussels Sprouts, Pear | 19**11:30a-12:30p Lunch**BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes**4:30-5:30p Dinner**Scrambled Eggs, Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast | 20**11:30a-12:30p Lunch**Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes |  | 16**9:30a-11:30a Matter of Balance**10a Silver Sneakers 1-4p Chess Club2-3p Diamond Art Club**2p-3p Walk with Ease** | 17**CLOSED FOR****ALL DAY****TRAINING****4:30p COA Board Meeting** | 18**9:30a-11:30a Matter of Balance****10a Walk in the Woods @Aspen Park**10a Silver Sneakers 11a **Alzheimer’s**  **Support Grp @ The Brook****11a New to Medicare**11-1p Blood Pressure Check12:30p Mahjong**1:30p-3:30p Tai Chi**3:30p Senior Moments Acting Class  | 1910a Pokeno 10a Zumba Gold 1p Penny Bingo**1p-4p Drug Takeback & Medication Review Day**3p-4p Daylight Diamonds | 2010:45a Fit for the Aging1p Pantry Bingo**12p-3p Lovells Fly Fishing Museum Trip and Lunch** |
| 23**11:30a-12:30p Lunch**Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple**4:30-5:30p Dinner**Chicken Tacos, Refried Beans, Kiwi | 24 **Cookies & Ice Cream****11:30a-12:30p Birthday Lunch**Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana**4:30-5:30p Dinner**Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple | 25**11:30a-12:30p Lunch**Pork Chop Supreme, Baked Potato, Brussels Sprouts, Kiwi**4:30-5:30p Dinner**Shepard’s Pie, Carrots, Grapes, Wheat Bread | 26**11:30a-12:30p Lunch**Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend**4:30-5:30p Dinner**Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries | 27**11:30a-12:30p Lunch**Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi |  | 23**9:15a-5:30p Foot Clinic –Appt. Required****9:30a-11:30a Matter of Balance**10a Silver Sneakers **11:30a-3:30p Blood Drive Appt. Required** 1-4p Chess Club2-3p Diamond Art Club**2p-3p Walk with Ease**  | 2410a Zumba Gold **11:30a Birthday Lunch****1:00p-2:00p Jeopardy****2p-4p Vaccine Clinic with DHD#10 Appt. Required****12:30p Euchre** | 25**9:30a-11:30a Matter of Balance****10a Walk in the Woods @Wakeley Lake****10a Senior Project Fresh**10a Silver Sneakers**11-1p Bp Chk/Med Review** 12:30p Mahjong3:30p Senior Moments Acting Class **2p-6p Commodities** | 2610a Pokeno 10a Zumba Gold 1p Penny Bingo **1-5p Legal Assistance Appt. Required**3p-4p Daylight Diamonds**6p-7:30p Concert: Straight Forward Bluegrass Band. Dinner is at 4:30p.** | 2710:45a Fit for the Aging1p Pantry Bingo |
| 30**11:30a-12:30p Lunch**Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots **4:30-5:30p Dinner**Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes  |  | In honor of Dave and Carol Peterson’s Wedding Anniversary on the 25th. |  |  |  | 30**9:30a-11:30a Matter of Balance**10a Silver Sneakers 1-4p Chess Club2-3p Diamond Art Club**2p-3p Walk with Ease**  |  |   |  |  |
| **Light Bites**Egg Salad on CroissantCucumber Dill SaladRed Grapes | **Light Bites**Southern Style Chicken Salad on Croissant Garden SaladOrange | **Light Bites**Italian Meatball SubGarden Salad | **Light Bites**Mojo Chicken BowlGrapes | **Light Bites**Garden SaladBBQ Chicken FlatbreadFresh Pear |  |  |  |  |  |  |