|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 Sneakers  12:30p 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 Club  2-3p 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 Sneakers  12:30p Mahjong  **1:30p-3:30p Tai Chi**  3:30p Senior Moments Acting Class | 12  10a Pokeno  10a Zumba Gold  1p Penny Bingo  3p-4p Daylight Diamonds  **4p–6p Grandparent’s Day Special Dinner** | 13  10:45a Fit for the Aging  1p 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 Club  2-3p 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 Check  12:30p Mahjong  **1:30p-3:30p Tai Chi**  3:30p Senior Moments Acting Class | 19  10a Pokeno  10a Zumba Gold  1p Penny Bingo  **1p-4p Drug Takeback & Medication Review Day**  3p-4p Daylight Diamonds | 20  10:45a Fit for the Aging  1p 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 Club  2-3p Diamond Art Club  **2p-3p Walk with Ease** | | 24  10a 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 Mahjong  3:30p Senior Moments Acting Class  **2p-6p Commodities** | 26  10a 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.** | 27  10:45a Fit for the Aging  1p 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 Club  2-3p Diamond Art Club  **2p-3p Walk with Ease** | |  |  |  |  |
| **Light Bites**  Egg Salad on Croissant  Cucumber Dill Salad  Red Grapes | **Light Bites**  Southern Style Chicken Salad on Croissant  Garden Salad  Orange | **Light Bites**  Italian Meatball Sub  Garden Salad | **Light Bites**  Mojo Chicken Bowl  Grapes | **Light Bites**  Garden Salad  BBQ Chicken Flatbread  Fresh Pear |  | |  | |  |  |  |  |