

October 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Leave for Meijers 3:00 Movie & Popcorn	2 9:30 Chair Yoga w/Laurie 10:30 Wii Bowling 1:00 Errand Run	3 10:00 Balance Ball exercise 2:15 Bingo	4 10:00 Elastic Band exercise 10:30 Wii Bowling 3:00 Rosary	5 9:00 <i>Bus leaves for Eaton Rapids Church Sale</i> 1:00 Euchre 4:00 Marty Noss entertains	6 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
7 4:00 Vespers Church Service 6:00 Bingo	8 10:00 Chair Exercise 3:00 Tech Savvy	9 PODIATRIST VISITS 9:30 Chair Yoga w/Laurie 10:30 Wii Bowling 1:00 Errand Run	10 10:00 Balance Ball exercise 12:00 Eleanor Russell 2:15 Bingo	11 10:00 Elastic Band exercise 10:30 Wii Bowling 1:45 Leave for Free Store 3:00 Bible Study	12 10:00 Cardio drumming 1:00 Euchre 3:30 McDonald's dinner in	13 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
14 4:00 Vespers Church Service 6:00 Bingo	Wacky Hair Day 15 10:00 Chair Exercise 10:30 Craft in Activity Rm 1:00 Marimba entertainer	Favorite Team Day 16 9:30 Chair Yoga w/Laurie 10:30 Wii Bowling 1:00 Errand Run Build a Scare Crow	Mis-Matched Day 17 9:00 Girls day out 2:15 Bingo Build a Scare Crow 	Hat Day 18 9:00 Elastic Band exercise 10:00 Catholic Mass 1:00 Wii Bowling	Crazy Socks Day 19 10:00 Cardio drumming 10:30 Trivia Game 11:00 Church Bulletin 1:00 Euchre 3:00 Birthday 	20 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
21 4:00 Vespers Church Service 6:00 Bingo	22 10:00 Chair Exercise 1:00 Errand Run 3:00 Country drive & Ice Cream stop!	23 9:30 Chair Yoga w/Laurie 10:30 Wii Bowling 1:00 Button presentation by Brenda Walters	24 10:00 Balance Ball exercise 2:15 Bingo 3:45 Bus leaves for Sandstone Church dinner	25 10:00 Elastic Band exercise 10:30 Wii Bowling 3:00 Bible Study	26 10:00 Cardio drumming 1:00 Euchre 4:00 Dinner & Smores & Entertainment	27 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
28 4:00 Vespers Church Service 6:00 Bingo	29 10:00 Chair Exercise 2:00 Fire Safety meeting w/Fire Department	30 9:30 Chair Yoga w/Laurie 10:00 Wii bowling tournament 1:00 Errand Run	31 Halloween  10:00 Balance Ball exercise 11:00 Halloween Party 2:00 Bingo 6:30 Trick or Treaters			

Be sure & participate in Spirit Week & win a Bingo Buck each time you do... Oct 15 thru Oct. 19
Prizes awarded daily for those who participate

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Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hamburger deluxe, chips, 5 cup salad, brownie	2 Pepper steak, white rice, carrots, applesauce jello, oatmeal cranberry cookie	3 Grilled chicken breast, golden potato casserole, broccoli, cottage cheese, pumpkin pecan bread pudding	4 Grilled cheese, tomato soup, tuna pasta salad, peach cobbler	5 Cod, baked potato, peas, broccoli salad, red velvet cake	6 Fried chicken, mac & cheese, carrots, fruit, jello w/whip topping
7 Turkey roast, mashed potatoes, corn, dinner roll, creamy dill cucumber tomato salad, pie	8 Chicken pot pie, dinner roll, pea & cauliflower salad, jello w/whip topping	9 Grilled cheese, black bean veggie soup, greek pasta salad, chocolate cake	10 Stuffed pappers, mashed potatoes, carrots, 7 layer salad, oatmeal butterscotch cookie	11 Breakfast for Lunch! Pancakes, sausage, hash browns, fruit, cinnamon roll	12 Salmon, wild rice, broccoli, potato salad, spice cake	13 Chicken leg quarters, baked potato, mixed veg., creamy raspberry jello salad, peanut butter oatmeal cookie
14 Ham, mashed potatoes, corn, dinner roll, broccoli salad, pie	15 Sweet & sour pork, white rice, cauliflower, fruit, cheesecake w/strawberry topping	16 Chili, dinner roll, tossed salad, lemon brownie	17 Swiss Steak, mashed potatoes, peas, cottage cheese, peanut butter cookie	18 Chicken alfredo, broccoli, garlic bread, feta cucumber salad, flamingo cake	19 Talapia, country rice, carrots, broccoli salad, spiced pumpkin raisin cookie	20 Chicken fingers, mac & cheese, green beans, 3 bean salad, applesauce cake
21 Roast beef, baked potatoes, corn, dinner roll, tossed salad, pie	22 Chicken leg quarters, au gratin potatoes, mixed veg., greek pasts, jello w/whip topping	23 Taco salad, fruit, chocolate chip cookie	24 Stuffed cabbage, mashed potatoes, corn, spring pea salad, silver white cake	25 Chicken parmesan, carrots, 5 cup salad, oatmeal cookie	26 Pollack, wild rice, green beans, carrot raisin salad, peanut butter pie	27 Grilled chicken breast, baked potatoes, peas, tossed salad, molasses cookie
28 Pork roast, stuffing & gravy, broccoli, dinner roll, marinated tomato salad, pie	29 Meat loaf, mashed potatoes, corn, cottage cheese w/fruit, lemon brownie	30 Smoked sausage, scalloped potatoes, mixed veg., Hawaiian macaroni salad, bread pudding	31 Halloween Pizza, bread sticks, tossed salad, Halloween cookie			
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