

OCTOBER MENU**GLADSTONE SENIOR CENTER****Mon****Tue****Wed****Thu****Fri**

2 Breaded Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches	3 Dinner Frank Cheesy Potatoes Buttered Corn Orange Slices	4 Porcupine Meatballs Red Potatoes Country Blend Veggies Sunshine Cake	5 Liver & Onions Mashed Potatoes w/ Gravy; Green Beans Fruited Pudding	6 Sloppy Joes Potato Salad Fresh Vegetables Golden Apple
9 Beef Parmesan w/ Linguini Brussel Sprouts Garden Salad Diced Pears	10 Ham Au Gratin Potatoes Baby Carrots Pistachio Dessert	11 Baked Salmon Sour Cream & Chive Potatoes Buttered Peas Cutie Fruit	12 Turkey Roll-Ups Sweet Potatoes Broccoli Pumpkin Bar	13 Hamburger Casserole Cut Green Beans Romaine salad Peach Quick Cake
16 Western Egg Bake (Ham, Potatoes, Cheese, Onions, Gr Peppers); OJ Mini Bagel	17 Pepper Steak w/Rice Oriental Vegetables Japanese Coleslaw Mandarin Oranges	18 Barbecue Ribs Baked Potatoes Peas-n-Carrots Fruit Cup	19 Chicken Cacciatore over Pasta Green Beans, Garlic Bread; Cherry Applesauce	20 Fish Sandwich Oven Potatoes Calico Beans Grape Dessert
23 Cream of Potato Soup Pickled Bologna Sandwich Coleslaw Fruit	24 Pork Chop Twice-Baked Potato Calif Blend Vegetables Chunky Applesauce	25 Vegetable Lasagna Caesar Salad Garlic Breadstick Peach Crisp	26 Tater Tot Casserole Carrots Ambrosia Dessert	27 Enchilada (lettuce, tomato & black olives on the side) Spanish Rice Fresh Melon Cup
30 Cheeseburger Sweet Potato Wedges Carrot-Raisin Salad Tropical Fruit	31 Baked Chicken Potatoes Fall Squash Fruit			

HOW DO I GET TO THE SENIOR CENTER?

WEEKLY ACTIVITIES: **GLADSTONE** 428-2201

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon.

Painting, 12:30 p.m.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo,

6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

Every Thursday, Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4.

Every Friday, Line Dancing (beginners), 9:30-11 a.m. Line Dancing (regular).

OTHER ACTIVITIES:

Diabetes Path, Oct. 3, 9-11:30 a.m. **Start of Meaningful Memoirs** eight-week writing class, each Tuesday, Oct. 3, 10-11 a.m. **Blood Pressure Screening,** Oct. 10, 11

-11:30 a.m. **Brunch,** Oct. 16, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). **Foot Clinic,** Oct. 18, (by appointment only, call 428-2201). **Movie**

Day (“Young Frankenstein”), Oct. 20, following lunch. **Birthday/Halloween Dinner,**

Oct. 31, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).