

**OCTOBER MENU**

**ROCK SENIOR CENTER**

Mon	Tue	Wed	Thu	Fri
<b>1</b> Chicken Breast Potato Wedges Mixed Vegetables Sliced Peaches	<b>2</b> Liver & Onions OR Beef Steak ( <i>call with selection</i> ) Mashed Potatoes with Gravy Green Beans Fruited Pudding	<b>3</b> Porcupine Meatballs Smashed Red Potatoes Country Blend Veggies Sunshine Cake	<b>4</b> Sloppy Joes Mac & Cheese Fresh Veggies Apple	<b>5</b> <b>CLOSED</b>
<b>8</b> Spaghetti with Meat Sauce Garlic Breadstick Italian Vegetable Diced Pears	<b>9</b> Sweet & Sour Pork over Rice Oriental Coleslaw Fruit Cup	<b>10</b> Chili Cinnamon Sweet Roll Pea & Cheese Salad Fruit	<b>11</b> Swiss Mushroom Chicken Breast Sweet Potatoes Broccoli Pumpkin Mousse	<b>12</b> <b>CLOSED</b>
<b>15</b> Western Egg Bake (Ham, Potatoes, Cheese, Onions, Green Peppers) Orange Juice Danish	<b>16</b> Chicken Parmesan over Pasta Garlic Bread Prince William Veggies Green Beans Cherry Applesauce	<b>17</b> Ham Slice Au Gratin Potatoes Baby Carrots Ambrosia	<b>18</b> Stuffed Chicken Salad on tomato served on bed of lettuce Cranberry Jell-O Muffin	<b>19</b> <b>CLOSED</b>
<b>22</b> Tater Tot Casserole Key West Vegetables Mandarin Oranges	<b>23</b> Beef Enchilada (lettuce, tomato, & black olives on the side) Spanish Rice Fresh Melon Cup	<b>24</b> Chicken Alfredo Lasagna Italian Vegetables Garlic Breadstick Fruit	<b>25</b> Pepper Steak over Rice Oriental Veggies Japanese Coleslaw Peach Crisp	<b>26</b> <b>CLOSED</b>
<b>29</b> Cheeseburger w/Bun Potato Wedges Baked Beans Tropical Fruit	<b>30</b> Baked Chicken Baked Potatoes Fall Squash Chunky Applesauce	<b>31</b> Bacon Pork Chops Twice-Baked Potato California Blend Veggies Halloween Dessert	<p><b>Menu is for all our senior centers. Call your senior center with questions/comments.</b></p> <p><i>Subject to change</i></p>	

**HOW DO I GET TO THE SENIOR CENTER?      EMAIL THE CENTER**

**WEEKLY ACTIVITIES** (*center closed on Fridays*): **ROCK** 356-6420

Every Monday, Senior Yoga, 9 a.m.; dime bingo, 12:30-2:15 p.m.  
 Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.  
 Every Wednesday, Senior Yoga, 9 a.m.; Play cards, 10:30 a.m. to 3 p.m.  
 Every Thursday, Chair Yoga, 1:30 p.m.

**OTHER ACTIVITIES:**

SAC Committee, Oct. 19, 11 a.m. Bake sale, Oct. 9, 4 p.m. Crafts (Halloween), Oct. 16, 2:30 p.m. Spin the wheel and Game Night, Oct. 16, 6 p.m. Monthly Food Distribution, Oct. 17, 8 a.m. to 3 p.m. Flu Clinic, Oct. 18, 10:30 a.m. Bay College Oral History, Oct. 23, 4 p.m. Birthday/Halloween Party (costume contest, trick or treat potluck, Oct. 31, 4:30-6:30 p.m. (call 356-6420 at least one day prior to reserve a seat).