


SEPTEMBER MENU				ROCK SENIOR CENTER	
Mon	Tue	Wed	Thu	Fri	
Mon	Tue	Wed	Thu	Fri	
3 CLOSED FOR LABOR DAY	4 Salisbury Steak Mashed Potatoes/Gravy Broccoli Fruit	5 Bourbon Steak Coconut Rice Carrots Garden Salad Fruit	6 BBQ Pork Ribs Boiled Potato Key Largo Veggies Tropical Fruit	7 CLOSED	
10 Scrambled Eggs Sausage Links Hash Browns Juice Mandarin Oranges	11 Lasagna w/Meat Sauce Caesar Salad Breadstick Chunky Applesauce	12 Pineapple BBQ Chicken Phiily Potatoes California Blend Fresh Fruit	13 Baked Ham Tetrazzini Mixed Veggies Harvard Beets Orange Pineapple Cake	14 CLOSED	
17 Breaded Chicken Patty Twice Baked Potato Key Largo Veggies Fruit Cocktail	18 Sweet/Sour Meatballs over Rice Oriental Vegetables Oriental Coleslaw Pineapple	19 Roast Pork w/ apricot glaze Mashed Potatoes/butter Mixed Vegetables Applesauce	20 Chicken Pot Pie Lettuce Salad Oatmeal/Raisin Cookie	21 CLOSED	
24 Pork Steak/w Sauerkraut Boiled Potato w/butter Cream Corn Peach	25 Baked Ham Mashed Potatoes Broccoli w/Cheese Sauce; Pears	26 Salmon Patty Sweet Potato Corn Cornbread Fresh Fruit Cup	27 Chicken Alfredo over Linguini Peas Cucumber Salad Pumpkin Mousse	28 CLOSED	
<p><i>Subject to change</i></p> <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> <p>SEPTEMBER  ©LPI</p>					

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[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:

Center Rummage Sale, Sept. 1. **CLOSED FOR LABOR DAY, Sept. 3.** Senior Corporation Dance, Sept. 9, 1-5 p.m. Bake sale, Sept. 11, 4-6 p.m. Crafts with Mollie, Sept. 10, 1 p.m. TEFAP Food Distribution, Sept. 13, 8-1 p.m. Presque Isle Walk, Sept. 17, meet at the center 5 p.m. Game night, Sept. 18, 6 p.m. Spin the wheel, Sept. 18, 6 p.m. Monthly Food Distribution, Sept. 19, 8 a.m. to 3 p.m. Listen to Bay College Oral History Digital History, Sept. 25, 4 p.m. Birthday Party, Sept. 26, noon (call 356-6420 at least one day prior to reserve a seat).