

OCTOBER 2021

Lunch is served at 12 p.m.
To make a reservation,
call 238-2749.

MON	TUE	WED	THU	FRI
<p>4 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. October Birthdays 12 p.m.</p> <p>Baked Ziti, Zucchini/Yellow Squash, Caesar Salad and Peaches.</p>	<p>5 Chair Light Weights 10:30 a.m. Tyrone Cotton 12:45 p.m.</p> <p>Turkey Wrap, Minestrone Soup, Fresh Fruit Salad and Cookie.</p>	<p>6 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m. Craft Class 1 p.m.</p> <p>Crispy Fish, Mac & Cheese, Cole Slaw, Wheat Bread, Steamed Broccoli and Apple Sauce.</p>	<p>7 Chair Light Weights 10:30 a.m.</p> <p>Pastrami Sandwich on Rye Bread, Cabbage Soup, Potato Salad, and Peaches.</p>	<p>8 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Chicken Cacciatore, Whole Wheat Pasta, Mixed Melon Salad, Steamed Broccoli and Challah.</p>
<p>11 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.</p> <p>Chicken Salad on Rye, Cabbage Soup, Potato Salad, Pickle and Broccoli Raisin Salad.</p>	<p>12 Chair Light Weights 10:30 a.m. BINGO 12:45 p.m.</p> <p>Alfredo Vegetable Casserole, Spinach Fruited Salad, Breadstick and Peaches.</p>	<p>13 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.</p> <p>Chicken Pot Pie, Fresh Fruit, Romaine Salad and Dinner Roll.</p>	<p>14 Chair Light Weights 10:30 a.m. ElderServe 12:45 p.m.</p> <p>Hamburger, Sweet Potato Wedges, Broccoli Salad and Fresh fruit.</p>	<p>15 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Meatloaf, Roasted Red Potatoes, Vegetable Medley, Romaine Salad, Sliced Pears and Challah.</p>
<p>18 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m.</p> <p>Tuna Casserole, Green Peas, Red Potatoes, Spinach Salad and Dinner Roll.</p>	<p>19 Chair Light Weights 10:30 a.m.</p> <p>Greek Chicken, Sauteed Greens, Orzo Pasta, Apple Sauce and Dinner Roll.</p>	<p>20 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.</p> <p>Frank and Beans, Mixed Vegetables, Mashed Potatoes, Apple Sauce and Dinner Roll.</p>	<p>21 Chair Light Weights 10:30 a.m.</p> <p>Baked Salmon, Stir-Fried Vegetables, Quinoa Rice Pilaf, Mandarin Oranges and Vanilla Pudding.</p>	<p>22 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>Stuffed Peppers, Peas and Carrots, Mashed Potatoes, Green Salad and Challah.</p>
<p>25 Aqua Club 60 9:30 a.m. Chair Yoga 10:30 a.m. Tai Chi 11 a.m. Book Club 10:30 a.m.</p> <p>Tuna Salad on Rye, Broccoli Cheddar Soup, Sliced Peaches and Cookie.</p>	<p>26 Chair Light Weights 10:30 a.m. Murder Mystery Lunch 12 p.m.</p> <p>Vegetable Egg Frittata, Skillet Potatoes, Apple Crisp, Green Salad and Honey Wheat Bread.</p>	<p>27 Aqua Club 60 9:30 a.m. Moving to Heal 10:30 am. Line Dancing 1 p.m.</p> <p>Caesar Salad, Manicotti, Garlic Bread and Brownie.</p>	<p>28 Chair Light Weights 10:30 a.m.</p> <p>Baked Tilapia, Sweet Potato, Israeli Salad, Chocolate Pudding and Dinner Roll.</p>	<p>29 Aqua Club 60 9:30 a.m. Tai Chi 10:30 a.m.</p> <p>BBQ Chicken, Baked Potato, Green Beans, Salad, Mandarin Oranges and Challah.</p>
<p>Join us for lunch Monday through Friday at 12 p.m. Reservations can be made no later than 24 hours in advance. Lunch is \$5 for those under 60 years old. 60 and over, it is a suggested \$3 donation. We ask that you try to arrive approximately 5 minutes before lunch starts.</p>				

UPCOMING EVENTS

**November 1st: Celebrate
November Birthdays**

**November 9th: Sing
Along with Sara for
Veteran's Day**

**November 10th: Craft
Class**

**November 23rd: Bob
Mueller— "An Attitude
for Gratitude"**