



SENIOR CENTER ACTIVITIES

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30am – AM Cards 12:30pm – “Medicare Rule Changes for 2025” Presented by Bruce Kocsis from Banker’s Life 1:00pm – PM Cards	2 Senior Center Closed	3 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm - BINGO	4 10:00am – Mah-Jongg (No Lunch Served)
7 10:00am – Mah-Jongg 1:00pm – Club 60 (Community Center)	8 10:30am – AM Cards 12:30pm – PM Cards	9 Senior Center Closed	10 10:00am – Mah-Jongg 11:15am – Mobility 12:30pm – M.I.L.E. Program Presentation	11 10:00am – Mah-Jongg (No Lunch Served)
14 10:00am – Mah-Jongg 12:30pm – September/October Birthday Celebration!	15 10:30am – AM Cards 11:00am – Fall Craft 12:30pm – PM Cards	16 Senior Center Closed	17 10:00am – Mah-Jongg 11:15am – Mobility 12:45pm – BINGO	18 10:00am – Mah-Jongg 11:00am – River Valley Transit “Who Are They and Where Do They Go?” (No Lunch Served)
21 10:00am – Mah-Jongg 10:00am – COA Meeting (Old Town Hall) 11:30am –Flu Clinic w/Sherry Carlson from CRAHD 1:00pm – Club 60 (Community Center)	22 10:30am – AM Cards 1:00pm – PM Cards	23 Senior Center Closed Senior Center Trip to Pez Factory with lunch to follow @ Chips Pub in Orange, CT	24 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm – Pizza And A Movie “The Boys in the Boat”	25 10:00am – Mah-Jongg (No Lunch Served)
28 10:00am – Mah-Jongg	29 10:30am – AM Cards 12:30pm – PM Cards	30 Senior Center Closed	31 10:00am – Mah-Jongg 11:15am – Mobility 12:00pm - Halloween Party! 	

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*All meals come with milk as the dairy offering, unless string cheese or yogurt is included.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Tetrazini Roasted Potato 4-Bean Salad Roll & Butter String Cheese Orange Cup	2 Senior Center Closed	3 Boneless Pork Chop Gravy Steamed White Rice Peas & Carrots String Cheese Apple & PB	4 No Lunch Served
7 Baked Potato w/ Veggie Chili Sour Cream Shredded Cheese Broccoli Cheddar Biscuit Yogurt Parfait, Granola	8 Polynesian BBQ Pineapple Chicken Steamed White Rice Sesame Broccoli Cornbread & Butter String Cheese Pear Cup	9 Senior Center Closed	10 Turkey Meatloaf Gravy Smashed Potatoes Glazed Carrots Peach Cup	11 No Lunch Served
14 3 Cheese Ravioli Pomodoro Sauce Parmesan Baby Carrots Roll & Butter Applesauce	15 Asian Turkey Burger Asian Coleslaw Baked Sweet Potato Wedges String Cheese Orange Cup	16 Senior Center Closed	17 Shaved Steak Sub Sandwich Provolone Cheese Roasted Onions & Peppers Potato Salad String Cheese Pear	18 No Lunch Served
21 Grilled Chicken Mango Salsa Corn & Black Bean Roll & Butter String Cheese & Grapes	22 Baked Stuffed Chicken Breast Gravy Green Beans String Cheese Fruit Cup	23 Senior Center Closed	24 Pizza and a Movie	25 No Lunch Served
28 Italian Sausage Grinder Peppers, Onions & Sauce Corn on the Cob Roll & Butter String Cheese Melon	29 Roasted Salmon, Lemon Scalloped Potato Roasted Squashes Roll & Butter String Cheese Raisins	30 Senior Center Closed	31 Ham & Cheese Fritatta Homefries Garden Salad Dressing String Cheese Halloween Cookie	HAPPY HALLOWEEN! 