





OCTOBER, 2012



Senior Activity Center, Clay, AL

681-0238 Linda Love, Director

Mon	Tue	Wed	Thu	Fri
<p>1 Bingo Games</p> <p>“Little Golden Books” 70 years old today</p>	<p>2 Games and more games</p> <p>Bring donated gently used items for auction for our Center ***</p>	<p>3 Games Exercise</p> <p>***</p> <p>Penny and Dollar Auction-Bring \$\$\$</p>	<p>4 Games</p> <p>Laughter is Best Medicine w/Linda P.</p>	<p>5 Games</p>
<p>8 Bingo Games</p> <p>10:00 Free Legal Services here—Make appt w/Linda</p>	<p>9 Games and more games</p>	<p>10 Games Exercise</p> <p>POT LUCK LUNCH Sign up-Bring a dish</p>	<p>11 Games</p>	<p>12 Games</p> <p>Fresh Hot Cooked Apples for Snack</p>
<p>15 Bingo Games</p> <p>Medicare Open Enrollment here 10:00 Make Appt. w/Linda *Bring meds list*</p>	<p>16 Games and more games</p>	<p>17 Games Exercise</p> <p>HOME MADE HAT DAY— Wear yours</p>	<p>18 Games</p> 	<p>19 Games</p> <p>Gourd Festival in Cullman for those signed up to go</p>
<p>22 Bingo Games</p> <p>DAY RIDE TO SEE FALL FOLAGE—SEE BULLETIN BOARD</p>	<p>23 Games and more games</p>	<p>24 Games Exercise</p> <p>Make Haunted Gingerbread Houses Belinda here 10:30</p>	<p>25 Games</p>	<p>26 Games</p> <p>OCTOBERFEST DAY Kraut & Wieners Lunch and Wolfgang’s German Music</p>
<p>29 Bingo Games</p> <p>Jerry Ryan and Blue here 11:00</p>	<p>30 Games and more games</p> 	<p>31 Games Exercise</p> <p>HALLOWEEN PARTY WEAR YOUR COSTUME</p>		

OCTOBER

ADSS NUTRITION PROGRAM

FALL 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu 1 1 Orange/Pineapple Juice Stuffed Pepper Casserole Whole Kernel Corn Buttered Carrots Whole Wheat Bread Margarine Oatmeal Crème Pie Milk	Menu 2 2 Chicken Patty/Biscuit Gravy Rice Pilaf Green Beans Fresh Fruit Biscuit Margarine Cherry Gelatin Milk	Menu 3 3 Cranberry Juice Chili with Beans Country Vegetables Marinated Slaw Saltine Crackers Margarine Lemon Cake Milk	Menu 4 4 Smoked Sausage Northern Beans Broccoli/Cheese Sauce Peaches/Pineapple Wheat Bread Margarine Chocolate Marshmallow Pie Milk	Menu 5 5 Tomato Juice Vegetable Plate: Macaroni & Cheese Black-eyed Peas Turnip Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk
Menu 6 8 Orange Juice Brunswick Stew Buttered Rice Hot Sliced Apples Whole Wheat Bread Margarine Fig Bar Milk Alternate: Beef Stew	Menu 7 9 Blended Juice Breaded Pork Patty/Brown Gravy Whipped Sweet Potatoes Collard Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk	Menu 8 10 Taco Salad: Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Orange Gelatin Milk/Chocolate Milk <i>15 picnics</i>	Menu 9 11 Cranberry Juice Chicken and Tortilla Dumplings Peas & Carrots Cold Country Tomatoes Wheat Bread Margarine Fudge Round Milk	Menu 10 12 Meatballs (3)/Spaghetti Sauce Penne Pasta Italian Vegetables Fresh Fruit Wheat Roll Margarine Birthday Cake Milk
Menu 11 15 Grape Juice BBQ Chicken Breast Butter Beans Brussels Sprouts/Cheese Sauce Wheat Bread Margarine Chocolate Cake Milk	Menu 12 16 Orange/Pineapple Juice Meatloaf/Tomato Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Margarine Strawberry Gelatin Milk	Menu 13 17 Grilled Pork Patty/Brown Gravy Rutabagas Turnip Greens Fresh Fruit Cornbread Margarine Chocolate Pudding Milk/Buttermilk	Menu 14 18 Hamburger/Bun <i>18 picnics</i> Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	Menu 15 19 Tomato Juice Honey Mustard Chicken Strips(3) Country Corn Buttered Beets <i>18 picnics</i> Whole Wheat Bread Margarine Tropical Fruit Milk
Menu 16 22 Cranberry Juice Chicken Noodle Casserole Green Beans Scalloped Tomatoes Whole Wheat Bread Margarine Vanilla Goldfish Cookie Milk <i>20 picnics</i>	Menu 17 23 Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw/Carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk	Menu 18 24 Sliced Turkey/Gravy Cornbread Dressing California Vegetables Fresh Fruit Texas Bread Cranberry Sauce Margarine Cranberry Congealed Salad Milk	Menu 19 25 BBQ Rib Patty Delmonico Potatoes Mixed Greens Sliced Peaches Cornbread Margarine Yellow Cake Milk/Buttermilk	Menu 20 26 Apple Juice Italian Mac Casserole Broccoli & Carrots Tossed Salad/Ranch Dressing <i>15 picnics</i> Whole Wheat Bread Margarine Fudge Brownie Milk
Menu 1 29 Orange/Pineapple Juice Stuffed Pepper Casserole Whole Kernel Corn Buttered Carrots Whole Wheat Bread Margarine Oatmeal Crème Pie Milk	Menu 2 30 Chicken Patty/Biscuit Gravy Rice Pilaf Green Beans Fresh Fruit Biscuit Margarine Cherry Gelatin Milk	Menu 3 31 Cranberry Juice Chili with Beans Country Vegetables Marinated Slaw Saltine Crackers Margarine Lemon Cake Milk		