



# October, 2015



Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
<b>Center is open Monday-Friday 9 a.m.—1 p.m.</b>	<b>Birthdays In Brown</b> 		<b>1</b> <b>Nine Hole Golf &amp; Rummikub</b>	<b>2</b> <b>CPR Instructions with Captain Tinney at 10:30</b> 4 Floyd Plummer
<b>5</b> <b>Board Games Chair Exercise 11:15</b>	<b>6</b> <b>Nutritional Information WII Bowling</b> 	<b>7</b> <b>Day Trip to Samford University Leave promptly at 9:15 Blood Pressure Checks</b>	<b>8</b> <b>Bingo &amp; Canasta</b> 	<b>9</b> <b>Word Games</b> 
<b>12</b> <b>Bingo &amp; Bridge</b>	<b>13</b>  <b>Rummikub</b> Debroah Jenkins	<b>14</b> <b>You Got This?</b>  <b>Wear Pink Shirts Today</b>	<b>15</b> <b>Nutritional Information Games</b> Virginia Greek Louise Rudick	<b>16</b> <b>Bowling Tournament with Center Point Center at 9:30</b> 18 Joyce Callahan
<b>19</b> <b>Bingo &amp; Bridge</b>	<b>20</b> <b>Nutritional Information Bingo &amp; UNO</b>	<b>21</b> <b>Out to Lunch at Fincher's in Pell City</b>	<b>22</b> <b>Rook Canasta</b> 	<b>23</b> <b>Ship Information Games</b>
<b>26</b> <b>Nutritional Information Games</b> 	<b>27</b> <b>Rook Canasta</b>	<b>28</b> <b>Chair Exercise 11:15</b>	<b>29</b> <b>WII Bowling</b> Norma Holsombeck	<b>30</b> <b>Happy Halloween Party Time!!</b>  <b>Costumes Optional</b> 31 Ann Oden




Breast Cancer Awareness Month

# October

Noon Meal

FALL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>28</p> <p><u>Menu 1</u> 5</p> <p>Orange Juice Chicken Taco Soup Brown Rice Peaches/Pears/Mandarin Oranges Wheat Breadstick Margarine Nutty Buddy Milk</p>	<p>29</p> <p><u>Menu 2</u> 6</p> <p>Apple Juice Frankfurter/Bun Baked Beans Coleslaw/Carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p>30</p> <p><u>Menu 3</u> 7</p> <p>Meatloaf/Gravy Ranch Potatoes Turnip Greens Fresh Fruit Cornbread Margarine Orange Pineapple Gelatin Milk/Buttermilk</p>	<p>1</p> <p><u>Special Menu 1</u> 1</p> <p>Grape Juice Beef Stew Buttered Rice Mixed Greens Cornbread Margarine Oatmeal Cookies - 2 Milk/Buttermilk</p>	<p>2</p> <p><u>Special Menu 2</u> 2</p> <p><b>Ranch Grilled Chicken Sandwich:</b> Grilled Chicken/Bun Lettuce/Tomato Ranch Dressing Mustard Potato Chips Three Bean Salad Tropical Fruit Milk</p>
<p>12</p> <p><u>Menu 6</u> 12</p> <p>Orange Juice Sausage Patty – 2 Cheese Grits Hot Spiced Apples Biscuit Margarine Jelly Apple Cinnamon Oatmeal Bar Milk</p>	<p>13</p> <p><u>Menu 7</u> 13</p> <p>Smothered Chicken Whipped Potatoes Mustard Greens Fresh Fruit Cornbread Margarine Chocolate Cake Milk/Buttermilk</p>	<p>14</p> <p><u>Menu 8</u> 14</p> <p>Tomato Juice Ham and Cheese Sandwich Vegetable Soup Lettuce/Tomato Whole Wheat Bread – 2 slices Mustard Mayonnaise Banana Pudding/Wafers Milk</p>	<p>15</p> <p><u>Menu 9</u> 15</p> <p>Apple Juice BBQ Chicken/Bun Green Peas Rutabagas Peanut Butter Crème Pie Milk</p>	<p>16</p> <p><u>Menu 10</u> 16</p> <p><b>Taco Salad:</b> Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Sour Cream Strawberry Gelatin Milk</p>
<p>19</p> <p><u>Menu 11</u> 19</p> <p>Blended Juice Chopped Steak/Gravy Country Potatoes Broccoli/Cheese Sauce Whole Wheat Bread Margarine Fig Bar Milk</p>	<p>20</p> <p><u>Menu 12</u> 20</p> <p>Orange Juice Chili with Beans Buttered Rice Sliced Peaches Saltine Crackers Margarine Yellow Cake Milk</p>	<p>21</p> <p><u>Menu 13</u> 21</p> <p>BBQ Chicken Drumsticks - 3 Country Corn Parslied Baby Carrots Fresh Fruit Texas Bread Margarine Cherry Gelatin Milk</p>	<p>22</p> <p><u>Menu 14</u> 22</p> <p>Orange/Pineapple Juice <b>Vegetable Plate:</b> Macaroni &amp; Cheese Black-eyed Peas Collard Greens Cornbread Margarine Sugar Cookies-2 Milk/Buttermilk</p>	<p>23</p> <p><u>Menu 15</u> 23</p> <p>Smoked Sausage O'Brien Potatoes Green Beans Marinated Slaw Diced Onions Hot Dog Bun Mustard Oatmeal Pie Milk</p>
<p>26</p> <p><u>Menu 16</u> 26</p> <p>Cranberry Juice Chicken Cacciatore Delmonico Potatoes Spinach Whole Wheat Bread Margarine Marble Cake Milk</p>	<p>27</p> <p><u>Menu 17</u> 27</p> <p>Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p>28</p> <p><u>Menu 18</u> 28</p> <p>Apple Juice BBQ Riblets - 4 Butter Beans Mixed Greens Cornbread Margarine Cranberry Congealed Salad Milk/Buttermilk</p>	<p>29</p> <p><u>Menu 19</u> 29</p> <p>Chicken Supreme Country Sweet Potatoes Green Beans Fresh Fruit Wheat Roll Margarine Cranberry Sauce Chocolate Chip Cookies-2 Milk</p>	<p>30</p> <p><u>Menu 20</u> 30</p> <p><b>Chef Salad:</b> Diced Ham Chef Salad Mix Ranch Dressing – 2 Black Bean/Corn Salad Saltine Crackers Tapioca Pudding Milk</p>