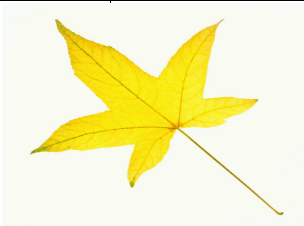



September, 2012

Senior Activity Center, Clay, AL 681-0238 Linda Love, Director

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>CLOSED</p> <p>LABOR DAY</p>	<p>4</p> <p>Games and more</p>	<p>5 Games</p> <p>Exercise</p>	<p>6</p> <p>Games</p> <p>Wheel of Fortune or another game with Linda P.</p>	<p>7</p> <p>Game Day</p>
<p>10 Games and Bingo</p> <p>Flu Shots at Carroll Pharmacy</p> <p>Al Mahan to sing for us.</p>	<p>11 Games and more</p>	<p>12 Games</p> <p>DAY TRIP</p> <p>Gee's Bend Trip</p>	<p>13 Games</p> <p>September Trivia</p>	<p>14 Games</p> <p>And Fellowship</p>
<p>17 Games</p> <p>Bingo</p>	<p>18 Games and More</p> <p>Greg Carroll here:</p> <p>Information on old time meds & Medicare info.</p>	<p>19 Games Exercise</p> <p>Tonya –Ala Care here</p> <p>For “Test Our Memory”</p> <p>Game 11:00</p>	<p>20 Games</p>	<p>21 Games</p> <p>Newman Evans (Old Man River)</p> <p>to sing at 11:00</p>
<p>24 Games Bingo</p> <p>“Little Elvis” - Alex to perform—18 yrs. old now. Let's get ready to rock!</p>	<p>25 Games and more</p>	<p>26 Games</p> <p>Exercise</p> <p>Belinda here 10:30</p>	<p>27 Morning Trip</p> <p>Vulcan, Handand-made Craft Showhouse & lunch</p>	<p>28 Games</p> <p>Shopping anyone? Where?</p>
				

ADSS NUTRITION PROGRAM

SEPTEMBER

SUMMER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Centers Closed Labor Day	<u>Menu 7</u> 4 Blended Juice BBQ Rib Patty/Bun Butter Beans Broccoli & Carrots Chocolate Marshmallow Pie Milk	<u>Menu 8</u> 5 Stuffed Pepper Casserole Scalloped Tomatoes Country Vegetables Fresh Fruit Wheat Bread Margarine Yellow Cake Milk Alternate: Chicken with Tortilla Dumplings	<u>Menu 9</u> 6 Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Raspberry Gelatin Milk/Chocolate Milk	<u>Menu 10</u> 7 Cranberry Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Turnip Greens Cornbread Margarine Cranberry Sauce Lemon Pudding Milk/Buttermilk
<u>Menu 11</u> 10 Orange/Pineapple Juice Braised Beef/Noodles Green Peas Cold Country Tomatoes Wheat Bread Margarine Raisin Crème Pie Milk	<u>Menu 12</u> 11 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	<u>Menu 13</u> 12 Beef Fingers(3)/Brown Gravy Buttered Rice Fiesta Vegetables Fresh Fruit Wheat Bread Margarine Strawberry Gelatin Milk	<u>Menu 14</u> 13 BBQ Meatballs(3) Ranch Beans Cabbage and Greens Sliced Peaches Cornbread Margarine Birthday Cake Milk/Buttermilk	<u>Menu 15</u> 14 Blended Juice Chicken/Broccoli/Rice Casserole Green Beans Rutabagas Multigrain Bread Margarine Nutty Buddy Bar Milk
<u>Menu 16</u> 17 Apple Juice Grilled Pork Patty/Brown Gravy Whipped Potatoes Summer Vegetables Multigrain Bread Margarine Lemon Cake Milk	<u>Menu 17</u> 18 Italian Macaroni Casserole Green Beans Marinated Slaw Fresh Fruit Wheat Bread Margarine Fudge Brownie Milk	<u>Menu 18</u> 19 Cranberry Juice BBQ Chicken Breast Mixed Beans Mustard Greens Cornbread Margarine Orange Gelatin Milk/Buttermilk	<u>Menu 19</u> 20 Orange/Pineapple Juice Smoked Sausage/Bun Northern Beans Garden Vegetables Ketchup/Mustard Chocolate Pudding Milk	<u>Menu 20</u> 2 Hamburger/Bun Baked Beans Potato Salad Lettuce/Onion/Tomato Ketchup/Mustard/Mayonnaise Hot Peach Crisp Milk/Chocolate Milk
<u>Menu 1</u> 24 Orange Juice Ham & Potato Casserole Glazed Carrots Whole Kernel Corn Wheat Bread Margarine Fig Bar Milk	<u>Menu 2</u> 25 Meatballs(3)/ Spaghetti Sauce Penne Pasta Italian Vegetables Tossed Salad/Ranch Dressing Wheat Bread Margarine Chocolate Cake Milk	<u>Menu 3</u> 26 Tomato Juice Vegetable Plate: Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Assorted Snack Cakes/Cookies Milk/Buttermilk	<u>Menu 4</u> 27 Swiss Steak Garlic Whipped Potatoes Green Peas Fresh Fruit Wheat Roll Margarine Cherry Gelatin Milk	<u>Menu 5</u> 28 Orange Juice Chicken Patty/Biscuit Gravy Yellow Rice Parslied Carrots Multigrain Bread Margarine Gingerbread Cookie Assorted Milks