



# October, 2013

Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
 <b>1</b> <b>Games</b> 	<b>2</b> <b>Games</b>	<b>3</b> <b>Bingo for all</b> <b>With</b> <b>Barbara Barnett</b> <b>From Elmcroft</b>	<b>4</b> <b>Devotional</b> <b>With Beth</b>	<b>11</b> <b>Pizza Hut</b> <b>for lunch</b> <b>and trip to</b> <b>Williams Orchard</b>
<b>7</b> <b>Bridge</b> <b>and Games</b>	<b>8</b> <b>Games</b>	<b>9</b> <b>Wear Pink</b> <b>Breast Cancer</b> <b>Awareness</b> <b>Free Nail Painting</b> <b>In Pink</b>	<b>10</b> <b>Games</b>	<b>18</b> <b>Games</b>
<b>14</b> <b>Health Notes</b> <b>Bridge</b> <b>and Games</b>	<b>15</b> <b>Games</b>	<b>16</b> <b>River Boat</b> <b>Cruise on the</b> <b>Coosa Queen</b> <b>Leave at 10:00</b>	<b>17</b> <b>Games</b>	<b>25</b> <b>Games</b>
<b>21</b> <b>Bridge</b> <b>and Games</b>	<b>22</b> <b>Games</b>	<b>23</b> <b>Games</b>	<b>24</b> <b>Games</b>	<b>31</b> <b>Happy</b> <b>Halloween</b>
<b>28</b> <b>Bridge</b> <b>and Games</b>	<b>29</b> <b>Games</b>	<b>30</b> <b>Halloween</b> <b>After hours</b> <b>Party</b>	<b>Center is open</b> <b>Monday-Friday</b> <b>9:00-1:00 p.m.</b>	

OCTOBER

ADSS NUTRITION PROGRAM

FALL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu 6</b> Orange Juice Brunswick Stew Brown Rice Pineapple Tidbits Whole Wheat Bread Margarine Vanilla Goldfish Cookie Milk</p>	<p><b>Menu 2</b> Smoked Sausage Northern Beans Broccoli/Cheese Sauce Peaches/Pineapple Diced Onions Hot Dog Bun Mustard Chocolate Chip Cookies (2) Milk</p>	<p><b>Menu 3</b> Apple Juice Italian Macaroni Green Beans Tossed Salad/Ranch Dressing Whole Wheat Bread Margarine Strawberry Cake Milk</p>	<p><b>Menu 4</b> Chicken Supreme Whipped Sweet Potatoes Corn &amp; Limas Fresh Fruit Texas Bread Margarine Cranberry Sauce Cherry Gelatin Milk</p>	<p><b>Menu 5</b> Tomato Juice Vegetable Plate: Macaroni &amp; Cheese Black-eyed Peas Turnip Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk</p>
<p><b>Menu 7</b> Blended Juice Breaded Pork Patty/Brown Gravy Collard Greens Cold Country Tomatoes Cornbread Margarine Chocolate Pudding Milk/Buttermilk</p>	<p><b>Menu 7</b> Blended Juice Breaded Pork Patty/Brown Gravy Collard Greens Cold Country Tomatoes Cornbread Margarine Chocolate Pudding Milk/Buttermilk</p>	<p><b>Menu 8</b> Taco Salad: Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Orange Gelatin Milk/Chocolate Milk</p>	<p><b>Menu 9</b> Cranberry Juice Chicken Noodle Casserole Green Peas Scalloped Cabbage Wheat Bread Margarine Fudge Round Milk Alt: Chicken/Tortilla Dumplings</p>	<p><b>Menu 10</b> <del>Meatballs (3)/Spaghetti Sauce Penne Pasta Italian Vegetables Fresh Fruit Wheat Breadstick Margarine Birdseye Cake Milk</del> <i>Picnics</i></p>
<p><b>Menu 11</b> Grape Juice Stuffed Pepper Casserole Whole Kernel Corn Brussels Sprouts Wheat Bread Margarine Chocolate Cake Milk</p>	<p><b>Menu 12</b> Orange/Pineapple Juice Honey BBQ Chicken Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Margarine Strawberry Gelatin Milk</p>	<p><b>Menu 13</b> <del>Crilled Pork Patty/Brown Gravy Buttered Rice Turnip Greens Fresh Fruit Cornbread Margarine Lemon Pudding Milk/Buttermilk</del> <i>Picnics</i></p>	<p><b>Menu 14</b> Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw/Carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple/Blueberry Cobbler Milk/Chocolate Milk</p>	<p><b>Menu 15</b> Sliced Turkey/Gravy Whipped Sweet Potatoes Green Peas Beet Salad Whole Wheat Bread Margarine Oatmeal Cookies (2) Milk</p>
<p><b>Menu 16</b> Cranberry Juice Chicken Broccoli Rice Casserole Green Beans Okra and Tomatoes Whole Wheat Bread Margarine Fig Bar Milk</p>	<p><b>Menu 17</b> Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><b>Menu 18</b> Grape Juice Honey Mustard Chicken Strips (3) Cappotinis Vegetables Fresh Fruit Texas Bread Margarine Cranberry Congealed Salad Milk</p>	<p><b>Menu 19</b> BBQ Rib Patty Whipped Potatoes Mixed Greens Sliced Peaches Cornbread Margarine Yellow Cake Milk/Buttermilk</p>	<p><b>Menu 20</b> Orange Juice Chili with Beans Country Vegetables Marinated Slaw Saltine Crackers Margarine Sugar Cookies (2) Milk</p>
<p><b>Menu 1</b> Orange/Pineapple Juice Meatball/Brown Gravy Whipped Potatoes Buttered Carrots Whole Wheat Bread Margarine Oatmeal Creme Pic Milk</p>	<p><b>Menu 2</b> Smoked Sausage Northern Beans Broccoli/Cheese Sauce Peaches/Pineapple Diced Onions Hot Dog Bun Mustard Chocolate Chip Cookies (2) Milk</p>	<p><b>Menu 3</b> Apple Juice Italian Macaroni Green Beans Tossed Salad/Ranch Dressing Whole Wheat Bread Margarine Strawberry Cake Milk</p>	<p><b>Menu 4</b> Chicken Supreme Whipped Sweet Potatoes Corn &amp; Limas Fresh Fruit Texas Bread Margarine Cranberry Sauce Cherry Gelatin Milk</p>	