



Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> 	<b>1</b> Occupational Riddles High or Low/Craft Club: Patriotic Gnomes Exercise: Qigong <b>Music with Ron</b> Who Ya Gonna Call?	<b>2</b> Labor Day Laughs Bingo Exercise: Madrid Bowling It's a Long Way to the Top	<b>3</b> Unusual Jobs Horse Shoes Exercise: 2-Min Tune-Up <b>Music with Ron</b> Finish Lines	<b>4</b> Grandparents Day Discard It/Bakers Rack: Gramma's Bread Pudding Exercise: Fishing Trip Washer Toss <b>Crooning with Karen</b>
<b>8</b> Hairdresser (By Appointment Only) National Adult Day Center Week Corn Hole Exercise: Key West <b>Music with Ron</b> Intergenerational Mining	<b>9</b> School Lunch Then/Now Nix the Six/Bakers Rack: PB Cafeteria Bars Exercise: Bay Swim <b>Music with Ron</b> Mixed-Up School Cafeteria	<b>10</b> The Big Yellow Bus Dice & Strikes/Craft Club: Popsicle Stick School Bus Exercise: Pass the Torch Bull's Eye Mat Spelling Bee	<b>11</b> Bowling Trip 9:30 What Am I? Bowling Exercise: All Weather Workout <b>Music with Ron</b> It's in the "Bag"	<b>12</b> Monthly Gazette Bingo Exercise: Chair Yoga Birdie Toss <b>Crooning with Karen</b>
<b>15</b> Hairdresser (By Appointment Only) <b>Shady Glen 9:30</b> Name that Flop Bowling Exercise: Roll the Dice <b>Music with Ron</b> Word Jumbles	<b>16</b> American Gothic - Iconic Art Bingo Exercise: NE Style <b>Music with Ron</b> Common Endings	<b>17</b> Sojourn in Sweden Elevenes/Bakers Rack: Cinnamon Rolls Exercise: Presidential Fitness Hula Hoop Challenge Common Endings	<b>18</b> Modern Jeopardy Bucket Brigade Exercise: Chair Boxing <b>Music with Ron</b> Peace Categories	<b>19</b> World Peace Day Chips On-Chips Off/ Craft Club: Peace Signs Exercise: Rain Forest Hike Barrel Ball <b>Crooning with Karen</b>
<b>22</b> Hairdresser (By Appointment Only) Lederhosen and Dirndls Ping Pong Pyramid Exercise: Qigong <b>Music with Ron</b> Rhymes with Beer	<b>23</b> Oktoberfest Five Alive/Cooking Club: Bratwurst Bites Exercise: Madrid <b>Music with Ron</b> Oktoberfest Fun	<b>24</b> Morning Laugh Bingo Exercise: 2-Min Tune-Up Bowling Person, Vegetable or Bird?	<b>25</b> Bowling Trip 9:30 Movie Star Families Ladder Bolo Exercise: Fishing Trip <b>Music with Ron</b> TV Match-Up	<b>26</b> History of Ballooning EZ Yahtzee/Craft Club: Paper Air Balloons Exercise: Key West Workout Players' Choice <b>Crooning with Karen</b>
<b>29</b> Hairdresser (By Appointment Only) Life as a Lefty Birdie Toss Exercise: Bay Swim <b>Music with Ron</b> Left or Right	<b>30</b> Give Me A "Kiss" Chase the Ace/Bakers Rack: Kiss Acorns Exercise: Pass the Torch <b>Music with Ron</b> Double Trouble			

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> 	<b>1</b> Egg Salad Sandwich w/Lettuce & Chips  Stella D'oro Biscuit	<b>2</b> Chef Salad w/Roll  Jell-O w/Cool Whip	<b>3</b> Chicken Alfredo w/Veggies & Roll  Vanilla Wafers	<b>4</b> Cheeseburger w/Potato Salad  <b>**Grama's Bread Pudding**</b>
<b>8</b> Macaroni & Cheese w/Green Beans  Pound Cake w/Fruit	<b>9</b> Bruschetta Chicken w/Carrots  <b>**PB Cafeteria Bars**</b>	<b>10</b> Hawaiian Meatballs w/Rice  Banana Pudding Cup	<b>11</b> Turkey & Cheese Sliders w/Veggie Chips  Cheese and Crackers	<b>12</b> Baked Ziti w/Meat Sauce & Salad  Raspberry Danish
<b>15</b> Ham & Cheese Sandwich w/Lettuce & Chips  Strawberry Shortcake Cup	<b>16</b> Antipasto Squares w/Grapes  Cherry Jell-O Pie	<b>17</b> Grilled Cheese Sandwich w/Chick Pea Salad  <b>**Cinnamon Rolls**</b>	<b>18</b> Shredded BBQ Chicken On a Roll w/Mixed Veggies  Yogurt Parfait	<b>19</b> Sloppy Joe on A Roll w/Corn  Chocolate Chip Muffin
<b>22</b> Chicken Parmesan on Roll w/Cheese & Salad  Oreo Cookies	<b>23</b> Kielbasa w/Sauerkraut & Carrots  <b>**Bratwurst Bites**</b>	<b>24</b> Cranberry Chicken Salad Sandwich w/Fritos  Brownie Ala Mode	<b>25</b> Hot Dog on a Roll w/Baked Beans  Vanilla Pudding	<b>26</b> Meatloaf w/Mashed Potatoes and Green Beans  Orange Cranberry Muffin
<b>29</b> Pork Loin w/Applesauce & Roasted Veggies  Ice Cream Sandwich	<b>30</b> Veggie Lasagna w/Peas  <b>**Kiss Acorns**</b>			

Rotating Menu/Substitutions available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast