

## September 2019 Activities

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<b>Closed in Observance of Labor Day</b>	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:30 AM Lunch 12:00 PM Pinochle 3:00 PM Line Dancing	8:00 AM Continental Breakfast 9:30 AM Blood Pressure Checks 9:00 AM Sewing <b>10:00 AM Geri-Fit</b> 10:00 AM Bingo 11:30 AM Lunch <b>11:00 AM Guest Speaker Mary Beth Panepocci</b> 12:00 PM Bridge 12:30 PM Kountry Swingers	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 10:00 AM Bible Study 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Cribbage <b>12:00 PM Book Club</b>	8:00 AM Breakfast Buffet 10:00 AM Bingo <b>10:00 AM Walking Group</b> 11:30 AM Lunch 12:00 PM Euchre <b>1:00 PM - 2:00 PM Project More Meeting</b>  <b>Surprise Friday</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8:00 AM Continental Breakfast <b>8:00AM-9:30 AM Guernsey Health Choices Class</b> 8:30AM Crafting Group 10:00 AM Bingo <b>10:00 AM Tai Chi</b> <b>11:00 AM Tai Chi</b> 11:30 AM Lunch 12:30 PM Coloring Group	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:30 AM Lunch 12:00 PM Pinochle <b>1:30 PM Alzheimer's Support Group</b> 3:00 PM Line Dancing	8:00 AM Continental Breakfast 9:30 AM Blood Pressure Checks 9:00 AM Sewing <b>10:00 AM Geri-Fit</b> 10:00 AM Bingo <b>10:00 AM - 5:00 PM Senior Day at the Guernsey County Fair</b> 11:30 AM Lunch 12:00 PM Bridge 12:30 PM Kountry Swingers	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 10:00 AM Bible Study 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Cribbage  <b>Thirsty Thursday</b>	8:00 AM Continental Breakfast 10:00 AM Bingo <b>10:00 AM Walking Group</b> <b>11:30 AM Birthday Party &amp; Luncheon</b> 12:00 PM Euchre
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8:00 AM Continental Breakfast <b>8:00AM-9:30 AM Guernsey Health Choices Class</b> 8:30 AM Crafting Group 10:00 AM Bingo <b>10:00 AM Tai Chi</b> <b>11:00 AM Tai Chi</b> <b>11:00AM Guest Speaker Mary Beth</b> 11:30 AM Lunch <b>12:00 PM Red Hat Diva Luncheon</b> 12:30 PM Coloring Group 12:45 PM Choir	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:30 AM Lunch 12:00 PM Pinochle 3:00 PM Line Dancing	8:00 AM Continental Breakfast <b>8:45 AM Atwood Queen Boat Trip</b> 9:30 AM Blood Pressure Checks 9:00 AM Sewing <b>10:00 AM Geri-Fit</b> 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Bridge  <b>Wild Wednesday Bingo</b>	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 10:00 AM Bible Study 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Cribbage <b>5:00 PM Monthly Senior Dinner</b>	8:00 AM Continental Breakfast 10:00 AM Bingo <b>10:00 AM - 3:00 PM Food Commodity Pick Up</b> 11:30 AM Lunch 12:00 PM Euchre
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
8:00 AM Continental Breakfast 8:30 AM Crafting Group 10:00 AM Bingo <b>10:00 AM Tai Chi</b> <b>11:00 AM Tai Chi</b> <b>11:00AM - 1:00 PM Aetna Ice Cream Social and Guest Speaker</b> 11:30 AM Lunch 12:30 PM Coloring Group 12:45 PM Choir	8:00 AM Continental Breakfast <b>8:30 AM Wilds Safari Trip</b> 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:30 AM Lunch 12:00 PM Pinochle 3:00 PM Line Dancing <b>4:00 PM Byesville Senior Dinner Tuesday Treat</b>	8:00 AM Continental Breakfast 9:30 AM Blood Pressure Checks 9:00 AM Sewing <b>10:00 AM Geri-Fit</b> 10:00 AM Bingo <b>11:00 AM Guest Speaker Stephanie Pfalzgraf</b> 11:30 AM Lunch 12:00 PM Bridge 12:30 PM Kountry Swingers	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 10:00 AM Bible Study 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Cribbage	8:00 AM Continental Breakfast 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Euchre
<b>30</b>				
8:00 AM Continental Breakfast 8:30 AM Crafting Group 10:00 AM Bingo 11:30 AM Lunch 12:30 PM Coloring Group 12:45 PM Choir <b>Sundae on Monday</b>				

## September 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed in Observance of Labor Day</p> <p>Frozen Meal Available Upon Request</p>	<p>3</p> <p>Beef Pepper Stir Fry over Rice Oriental Vegetables Peach Cobbler Cranberry Juice Choice of Bread / Marg. Choice of Milk</p>	<p>4</p> <p>Roasted Turkey w/ Cornbread Dressing Mashed Potatoes w/ Gravy Buttered Corn Cantaloupe Choice of Bread / Marg. Choice of Milk</p>	<p>5</p> <p>Meatloaf Mashed Potatoes w/ Gravy Lima Beans Fresh Apple Choice of Bread / Marg. Choice of Milk</p>	<p>6</p> <p>Rotisserie Seasoned Chicken Breast Red Skin Potatoes Peas &amp; Carrots Pears Chocolate Muffin / Marg. Choice of Milk</p>
<p>9</p> <p>Rotini w/ Meat Sauce Tossed Salad w/ Dressing Green Beans Fresh Orange Breadstick / Marg. Choice of Milk</p>	<p>10</p> <p>Breaded Chicken Patty Au Gratin Potatoes Garlic Butter Brussels Sprouts Fresh Grapes Vanilla Pudding Choice of Bread / Marg. Choice of Milk</p>	<p>11</p> <p>Chopped Steak w/ A-1 Sauce Country Diced Potatoes Glazed Carrots Cranberry Juice Biscuit / Marg. &amp; Honey Choice of Milk</p>	<p>12</p> <p>Cream of Potato Soup Roast Beef &amp; Swiss w/ Tomato &amp; Lettuce Kaiser Roll Apricots Frosted Brownie Grapes Choice of Milk</p>	<p>13</p> <p>BBQ Shredded Pork Baked Potato w/ Sour Cream &amp; Butter Broccoli w/ Cheese 100 % Fruit Juice Birthday Cake Dinner Roll / Marg. Choice of Milk</p>
<p>16</p> <p>Sloppy Joe w/ Bun Steak Fries w/ Cheese &amp; Bacon Key Largo Vegetables Applesauce Choice of Milk</p>	<p>17</p> <p>Beef w / Kluski Noodles Mashed Potatoes Mixed Vegetables Ambrosia Salad Choice of Bread / Marg. Choice of Milk</p>	<p>18</p> <p>Lemon Pepper Fish w/ Hushpuppies Parsley Potatoes Peaches Coleslaw Choice of Bread / Marg. Choice of Milk</p>	<p>19</p> <p>Ham Whipped Sweet Potatoes Green Bean Casserole Spiced Pears Dinner Roll / Marg. Choice of Milk</p>	<p>20</p> <p>Chicken Quarters Potatoes O'Brien Celery &amp; Carrot Sticks Fresh Orange Cookies Dinner Roll / Marg. Choice of Milk</p>
<p>23</p> <p>Sweet &amp; Sour Chicken over Rice Asian Vegetables Glazed Pineapple Orange Juice Choice of Bread / Marg. Choice of Milk</p>	<p>24</p> <p>Salisbury Steak in Roasted Onion Gravy Mashed Potatoes California Blend Vegetables Raisins Dinner Roll / Marg. Choice of Milk</p>	<p>25</p> <p>Chef Salad w / Crackers Potato Salad Fruit Cocktail Tapioca Pudding Choice of Milk</p>	<p>26</p> <p>Beef Stew 7-up Orange Jell-O Salad Fresh Banana Biscuit / Marg. &amp; Honey Choice of Milk</p>	<p>27</p> <p>Cheese Tortellini w/ Marinara Sauce Garden Blend Vegetables Spiced Peaches Tomato Juice Choice of Bread / Marg. Choice of Milk</p>
<p>30</p> <p>Italian Sausage &amp; Potato Bake Buttered Peas Spanish Green Beans Dinner Roll / Marg. Apple Juice Choice of Milk</p>	<p>We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville Site, Cambridge Heights, Cumberland, Londonderry, and Pleasant City sites. Lunch is served at 11:30—1:00. If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of 2% or Skim Milk.</p>			