


October 2025 Activities

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
		9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Sponsored Bingo 11:00AM Derma Scans 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30 Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga 2:00PM Cake Decorating Class	8:00AM Free Hearing Screenings 9:00AM Breakfast Buffet 9:00AM Library POP-UP 10:00AM Bingo 11:30AM Lunch 12:00PM Cumberland Site Activity 12:30PM Euchre 1:00PM Geri-Fit Exercise
6	7	8	9	10
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM– Lunch 12:00PM Pleasant City Site Activity 1:00PM Line Dancing Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Blood Pressure Checks 11:00 Bingocize 11:30AM Lunch 1:00PM Team Trivia 1:00 Cardio Drumming Class 6:00PM Good Ole Gospel Music Night	8:45AM Hershberger's Farm Trip 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Bingo 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:00AM Bingocize 11:00AM Guest Speaker 11:30AM– Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	9:00AM Geri Fit 10:00AM -Bingo 11:30AM– Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
13	14	15	16	17
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Line Dancing	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Bingocize 11:00AM Western Southern for Open Enrollment Questions 11:00AM Blood Pressure Checks 11:00AM Lunch Bunch 11:30AM Lunch 1:00 Cardio Drumming Class 1:30PM Alzheimer's Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Bingo 11:30AM Lunch 12:00PM Old Washington Site Activity 12:00PM– Mahjong	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	9:00AM-3:00PM- Counselling Appointments with Biggs Ins. 9:00AM Geri Fit 10:00AM -Bingo 10:00 AM - 3:00PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
20	21	22	23	24
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM– Lunch 1:00 Line Dancing 2:00PM Painting Class	9:00AM-3:00PM OSHIP Counselling Appointments 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM –Sponsored Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming	9:00AM-12:00PM CarFit 9:00AM Geri-Fit Exercise 9:00AM Sewing 9:15AM Cuyahoga Train Trip 10:00AM –Bingo 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class	9:00AM Geri Fit 10:00AM Bingo 11:30AM Birthday Luncheon 12:00PM Euchre 1:00PM Geri Fit Exercise
27	28	29	30	31
8:30AM- Crafting Group 9:00AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Line Dancing	9:00AM Seated Tai Chi 9:00AM Quilters 10:00AM –Bingo 11:00AM Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Byesville Site Activity 1:00PM Cardio Drumming 4:00PM Byesville Dinner	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Bingo 11:00AM Derma Scans 11:30AM Birthday Luncheon 12:00PM– Mahjong 1:00PM Halloween Cookie Decorating Class	11:00AM Bingocize 11:30AM– Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga **No Bingo on this day due to a private event in the dining room**	9:00AM Geri Fit 10:00AM -Bingo 11:30AM– Lunch 12:00PM Halloween Party 12:30 PM- Euchre 1:00PM Geri Fit Exercise

October 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, ,Old Washington site Wednesday & Friday from 11:30am-1:00pm, and Londonderry site is temporarily closed. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 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 either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org . <i>*Menu subject to change depending on item availability.</i> This institution is an equal opportunity provider.</p>				
<p>6 Chicken Strips Buttered Red Potatoes Bean Medley Fruit Cocktail Blueberry Muffin Choice of Milk</p>	<p>7 Cheese Ravioli w/Meat Sauce Creamed peas Tossed Salad w/Dressing Fresh Grapes Garlic Breadstick</p>	<p>1 Baked Herb Chicken Au Gratin Potatoes Sliced Carrots Fresh Banana Choice of Bread/Margarine Oatmeal Raisin Cookie Choice of Milk</p>	<p>2 Shredded Pork Loin Whipped Sweet Potatoes Butternut Squash Tropical Fruit Choice of Bread/Margarine Choice of Milk</p>	<p>3 Creamy Macaroni & Cheese California Blend Vegetables Spiced Apples 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>
<p>13 Baked Fish w/Tarter Sauce Diced Sweet Potatoes Zucchini & Squash Diced Pears Choice of Bread/Margarine Choice of Milk</p>	<p>14 Country Fried Steak w/Sawmill Gravy Hashbrown Casserole Cauliflower Mixed Fruit Dinner Roll/Margarine Choice of Milk</p>	<p>8 Broccoli & Cheese Soup w/Crackers Ham Salad Sandwich Sliced Strawberries 100% Fruit Juice Choice of Milk</p>	<p>9 Cabbage Roll Mashed Potatoes Buttered Corn Mandarin Oranges Choice of Bread/Margarine Choice of Milk</p>	<p>10 BBQ Pork Chop Scalloped Potatoes Harvard Beets Apricots Italian Bread/Margarine Choice of Milk</p>
<p>20 Kielbasa Baby Baker Potatoes Sauerkraut Peaches Choice of Bread/Margarine Choice of Milk</p>	<p>21 Baked Steak W/Gravy Mashed Potatoes Cheesy Broccoli Casserole Pineapple Chunks Choice of Bread/Margarine Choice of Milk</p>	<p>15 Sliced Ham Yukon Gold Potatoes Green Beans Fruited Strawberry Jell-O Cornbread/Margarine Choice of Milk</p>	<p>16 Salisbury Steak Red Skinned Potatoes Mixed Vegetables Peaches Choice of Bread/Margarine Choice of Milk</p>	<p>17 Chicken & Noodles Mashed Potatoes Carrots Blueberry Crisp Choice of Bread/Margarine Choice of Milk</p>
<p>27 Cheeseburger Tater Tots Winter Blend Fresh Orange Chocolate Chip Cookie Choice of Milk</p>	<p>28 Honey Dijon Chicken Breast Whole Potatoes California Blend Apricots Choice of Bread/Margarine Choice of Milk</p>	<p>22 Johnny Marzetti Tossed Salad w/Dressing French Style Green Beans Fresh Apple Garlic Bread Choice of Milk</p>	<p>23 Smothered Chicken w/Mushrooms & Cheese Parsley Potatoes Brussel Sprouts Fresh Pear Knot Roll/Margarine Choice of Milk</p>	<p>24 Shepard's Pie Seasoned Spinach Spiced Peaches 100% Apple Juice Dinner Roll/Margarine Choice of Milk</p>
<p>29 Creamed Chipped Beef over Biscuit Diced Potatoes Key Largo Vegetables Mixed Berries Choice of Milk</p>	<p>30 Swedish Meatball w/Buttered Noodles Roasted Potatoes Cherry Crisp 100 % Fruit Juice Choice of Bread/Margarine Choice of Milk</p>	<p>31 Pork Roast Mashed Sweet Potatoes Peas & Carrots Ambrosia Salad Choice of Bread/Margarine Halloween Cupcake Choice of Milk</p>		