

# October 2016

—Posen Center—

# Activities

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1
2	3 Cheboygan Bus Trip	4 Card Making Class 2 pm	5 <del>Birth</del> day Bingo 2pm <i>4 Meal Draw!</i>	6 ABC's of Medicare 3:30 pm CSFP Senior Commodities 12—12:30 pm	7	8
9	10	11 Card Making Class 2 pm	12 Bingo 2pm	13 Reduce Neck Pain 3:30 PM	14	15
16 P.I. Clubhouse Meal 1 pm	17	18	19 Bingo 2pm	20	21 Alpena Bus Trip	22
23	24	25	26 Bingo 2pm	27 PICCOA Casino Trip \$10.00	28	29
30 <i>4 Meal Draw!</i>	31					



# PICCOA October Menu



Congregate meals served Sunday - Thursday. Closed Friday & Saturday

Dinner is a suggested *donation* of \$3.00 for seniors **60 years and older**.

The meal cost is \$6.00 per person under 60.

## Sunday Congregate

Onaway Center: Soup at Noon, Meal at 1:00 pm

Posen Center: Soup at 3 pm, Meal at 4:00 pm

## Monday-Thursday Congregate

Both Centers: Soup at 3 pm, Meal at 4:30 pm

(\*) Denotes a substituted item

### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

2 Lasagna Corn Green Beans Deluxe Salad Bar Dinner Roll Tropical Fruit	3 Lemon Pepper Chicken White Rice Winter Blend Wheat Bread Diced Peaches	7 Baked Pork Chops O'Brien Potatoes Corn Wheat Bread Applesauce	5 Kielbasa & Sauer- kraut Red Skin Potatoes Mixed Vegetables Wheat Bread Mandarin Oranges	6 Pepper Steak White Rice California Blend Dinner Roll Pineapple
9 Ham Sweet Potatoes Capri Blend Deluxe Salad Bar Dinner Roll Cinn. Applesauce	10 Swiss Steak Mashed Potatoes Peas & Carrots Wheat Bread Diced Pears	11 Chicken Pot Pie Asparagus Cauliflower Wheat bread Apricots	12 Cabbage Rolls Boiled Potatoes Carrots Wheat bread Plums	13 Pork Pattie Wild Rice Key West Blend Dinner Roll Applesauce
16 Turkey Mashed w/Gravy Peas & Carrots Deluxe Salad Bar Dinner Roll Mixed Melon	17 Beef Stew Diced Beets Wax Beans Biscuit Diced Pears	18 Fish Boiled Potato Corn Wheat Bread Mandarin Oranges	19 Country Fried Steak Mashed w/Country Gravy Carrots Biscuit Tropical Fruit	20 Chicken Parmesan Noodles Broccoli Dinner Roll Diced Peaches
23 Pork Roast Mashed w/Gravy Brussel Sprouts Deluxe Salad Bar Dinner Roll Applesauce	24 BBQ Ginger Chicken Wild Rice Asparagus Wheat Bread Plums	25 Swedish Meatballs Noodles Peas Dinner Roll Pineapple	26 Tuna Noodle Casserole Diced Beets Carrots Wheat Bread Apricots	27 Sloppy Joe Oven Roasted Potato Succotash Blend Mixed Melon
30 Baked Chicken 1/4's Boiled Redskins Green Beans Deluxe Salad Bar Dinner Roll Tropical Fruit Salad	31 Pork Ribbles Oven Roasted Potato Mixed Vegetables Wheat Bread Pears			
<p>All meals served with bread, margarine and milk according to guidelines. Menu subject to change due to food availability. <b>Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.</b></p>				

# October 2016

—Onaway Center—

# Activities

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Cheboygan Bus Trip ↔ Exercise 10 am	4 Nutrition Class with Patricia Spinella 11 am ↔ <b>BirthDay Bingo 2-4</b>	5 <b>4 Meal Draw</b>  Exercise 10 am	6 Senior Commodities 9-10 am ●————● Exercise 10 am	7	8
9	10  Exercise 10 am	11 Nutrition Class with Patricia Spinella 11 am ↔ <b>Bingo 2-4</b>	12  Exercise 10 am	13 Blood Pressure Clinic 10:15 am  Exercise 10 am	14	15
16  <b>4 Meal Draw</b>	17  Exercise 10 am	18 Nutrition Class with Patricia Spinella 11 am ↔ <b>Bingo 2-4</b> ↔ <b>Flu Shots 1pm-3pm</b>	19  Exercise 10 am	20  Exercise 10 am	21  <b>Alpena Bus Trip</b>	22
23	24  Exercise 10 am	25 Nutrition Class with Patricia Spinella 11 AM ↔ <b>Bingo 2-4</b>	26  Exercise 10 am	27 PICCOA Casino Trip \$10.00  Exercise 10 am	28	29
30	31  Exercise 10 am					