

October

Seniors Drop-In

Monday	Wednesday	Friday
<p><i>"My favorite color is October"</i> -unknown</p> 	<p>02 9:00 Coffee's on & the paper's here! 10:00 Wellness Drop-In 12:00 Lunch Squash soup, turkey clubhouse sandwich & angel food cake with strawberries and whipped cream</p>	<p>04 National Taco Day 9:00 Coffee's on & the paper's here! 10:00 Coffee Klatch in the lounge 12:00 Lunch Beef burritos, refried beans, tomato beet salad & fruit sorbet and cookies</p>
<p>07 9:00 Coffee's on! 10:00 Knitting Circle</p>  <p>12:00 Lunch Pork kebabs, Greek salad, coleslaw & date squares</p>	<p>09 9:00 Coffee's on & the paper's here! 10:00 Crafts Paper Pumpkins *sign up and \$2.00 required 12:00 Thanksgiving Lunch Traditional turkey dinner & pumpkin pie with whipped cream *Reserve your seat!</p>	<p>11 9:00 Coffee's on & the paper's here! 10:30 Music with Vinnie</p>  <p>12:00 Lunch Beef goulash, salad, crusty bun & chocolate pudding</p>
<p>14</p>  <p>Happy Thanksgiving No Programs Today!</p>	<p>16 9:00 Coffee's on & the paper's here! 10:00 Wellness Drop-In 12:00 Lunch Chicken Kiev, pasta salad, spinach salad & Nanaimo bars</p>	<p>18 9:00 Coffee's on & the paper's here! 10:00 Coffee Klatch in the lounge 12:00 Lunch Minestrone soup, grilled cheese sandwich, salad & fruit sorbet and wafers</p>
<p>21 National Pumpkin Cheesecake Day 9:00 Coffee's on! 10:00 Chair Exercises *new program* 10:00 Knitting Circle</p>  <p>12:00 Lunch Mango chicken, rice, coleslaw & pumpkin cheesecake</p>	<p>23 9:00 Coffee's on & the paper's here! 10:00 Fall Fun 'n' Games! 12:00 Lunch Grilled fish, rice pilaf, vegetables & apple pie</p>	<p>25 9:00 Coffee's on & the paper's here! 10:30 Music with Vinnie</p>  <p>12:00 Lunch Roast pork, roasted potatoes, brussel sprouts, peas & birthday cake</p>
<p>28 9:00 Coffee's on! 10:00 Knitting Circle</p>  <p>12:00 Lunch Chicken veg casserole, mashed potatoes & ambrosia</p>	<p>30 9:00 Coffee's on & the paper's here!</p>  <p>10:00 Hallowe'en Bingo *bring your nickels! 12:00 Hallowe'en Lunch Monster meatball sliders, banana ghosts and apple monster bites</p> 	 <p>happy halloween</p>

Seniors Drop-In takes place in the Dogwood Lounge at Saddle Mountain Place
Lunch is served between 12:00 and 12:15 * (250) 547 - 8866

