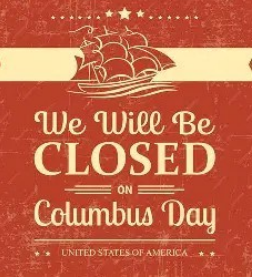


NAME:



October 2026 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 NO ACTIVITIES 10am	9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing w/Maggie 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades 12:30p=Jessica Dornier Nutrition
10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback	9:30a=Chair Yoga 1 9:30a=Health Worker 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	8:45a=Wii Leave for Torr 9:30a=Stretch/Tone 10a=Flu Shot Clinic 10a=BCH Nutrition 11a=Drumming 11a=Brass Crochet 12p=Sound Healing	9:30a=Ukulele 10a=BRASS Quilting 10:30a=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Tai Chi w/Matt 12:30p=Estevan: Kidney Disease	9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing w/Maggie 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades 11a=City Mission
	9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	10a=BCH Nutrition 11a=Brass Crochet 12:30p-2p=Monitor My Health (24) 12:30p=WCAAA Open Enrollment Talk NO STRETCH & TONE No Drumming	9:30a=Ukulele 10a=BRASS Quilting 10:30a=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Mandy DuPont Sign-up 12:30p=Tai Chi w/Matt	9:30a=BRASS Chair Strength 10a=Tech Help 10a=Vets Coffee Hour 11a=Sewing w/Maggie 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades
10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Legacy Law-Estate Planning Workshop	9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 11:30p=Reflexology 12:30p=Bingo	9:30a=Stretch/Tone 10a=Dolce 10a=BCH Nutrition 11a=BRASS Crochet 11a=Drumming	9:30a=Ukulele 10a=BRASS Quilting 10:30a=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Tai Chi w/Matt	9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Sewing w/Maggie 11a=Spades 11:30a=Reiki
10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback	9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 11a=Drumming 12p=Laugh w/Nurse Nancy	9:30a=Ukulele 10a=BRASS Quilting 10:30a=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Tai Chi w/Matt	 No Activities 10a \$5/non-refundable Please Sign Up



October 2026 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Café Lunch served 11:30a to 12:30p Tuesday & Thursday All menus are subject to change			¹  NO ACTIVITIES 11am	Suggested Donation for Seniors \$4.00
If you are on Meals on Wheels, you are not eligible for Café Lunch	⁶ Meatloaf w/gravy Whipped potatoes Mixed vegetables WG wheat bread Fresh seasonal fruit		⁸ <u>Oktoberfest</u> Bratwurst Roasted potatoes Red cabbage & apples WG hotdog bun Double chocolate cookie Fruit juice	PLEASE NOTE Aids & Guests are asked to pay \$10.30 for lunch. That is what the WSC pays New Opp for lunch
	¹³ Thai basil beef & turkey Brown rice Broccoli White bread Fresh seasonal fruit		¹⁵ Mushroom soup/crx Chicken Shawarma Cilantro lime brown rice WG pita bread Fresh seasonal fruit	
	²⁰ Penne & meatballs in tomato basil sauce Mixed vegetables Italian bread Cookie Fruit juice		²² Vegetable soup/crx WG mac & cheese Baked beans WG wheat bread Diced peaches Fruit juice	
	²⁷ Diced chicken Alfredo Garlic/red pepper penne Tossed salad/Ranch White bread Mixed fruit		²⁹ Spaghetti & meatballs w/sauce Green beans Italian bread Cookie Fruit juice	