

NAME:



October 2025 Calendar




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Wii Bowling daily at 9am Cards, pool table, Chess, Dominoes, Fitness Room available daily	1 9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Chair Massage-\$15 10a=Enchanted Teacup -\$2 12:30p=Sewing (1/4) No BRASS Crochet	2 10a=BRASS Quilting 10a=Chorus 10:30a=Flu Shots 11a=Ukulele Lessons 11a=Poker 11:30a=Café Lunch No Wisewoman	3 9:30a=BRASS Chair Strength 10a=Tech Help 10a=SB Library Trip 11a=Computer Class 11a=Paint w/Silvia \$2
6 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback NO Senior Center Meeting	7 9:30a=Chair Yoga I 9:30a=Comm. Health Worker 10a=B/P 10a=Farmers Mkt 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	8 9:30a=Stretch/Tone 10a=BCH Nutrition 11:30a=Dr D. Mullen Foot Care Lunch & Learn 12:30p=Sewing (2/4) No BRASS Crochet	9 10a=BRASS Quilting 10a=Chorus 11a=Ukulele Lessons 11a=Poker 11:30a=Hispanic Heritage Lunch, Honoring Noris Quintana	10 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11a=City Mission
13 CLOSED  Columbus Day	14 9:30a=Chair Yoga I 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo No Farmers Mkt	15 9:30a=Stretch/Tone 10a=BCH Nutrition at Aldi's NO BRASS Crochet NO SEWING	16 10a=BRASS Quilting 10a=Chorus 11a=Ukulele Lessons 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont - Good Night's Sleep	17 9:30a=Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2
20 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dorner Nutrition - October Desserts	21 9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 11:30a=Reflexology-\$25 12:30p=Bingo	22 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 12:30p=Sewing (3/4) 12:30p=Terri's Flower Shop \$2	23 10a=BRASS Quilting 10a=Chorus 11a=Ukulele Lessons 11a=Poker 11:30a=Café Lunch 11:30a=Reiki-\$20 12:30p=Senior Dine	24 9:30a=BRASS Chair Strength 10a=Vets Coffee Hour 10a=Tech Help 11a=Virtual Reality 11a=Paint w/Silvia \$2 11:30a-1:30p=Powerful Connection Between Food & Cancer
27 No Activities Wii Bowling League Game 	28 9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	29 9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Dolce Haircuts \$2 11a=BRASS Crochet 11a=Sound Healing 12:30p=Sewing (4/4)	30 10a=BRASS Quilting 10a=Chorus 11a=Ukulele Lessons 11a=Poker 11:30a=Café Lunch	31 No Activities 11a-1p=\$5/pp Pls  Halloween Party



October 2025 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday & Thursday</p> <p>All menus are subject to change</p>			<p>2</p> <p>Mushroom barley soup w/crx Cobb salad (lettuce, tomatoes, cukes, turkey bacon, egg, cheese) w/ Ranch dressing Flour tortilla Cookie Fruit</p>	<p>Suggested Donation for Seniors \$4.00</p>
	<p>7</p> <p>Swiss steak w/gravy Whipped potatoes Cabbage Rye bread Seasonal fruit</p>		<p>9</p> <p>OKTOBERFEST Bratwurst/w hot dog bun Roasted potatoes Cabbage & carrots Applesauce Mustard</p>	<p>PLEASE NOTE Aids & Guests are asked to pay \$8.14 for lunch. That is what the WSC pays New Opp for lunch</p>
	<p>14</p> <p>Cheese ravioli w/sauce Green peas Tossed salad/w Ranch Dinner roll Seasonal Fruit</p>		<p>16</p> <p>Citrus Mojo chicken Cilantro lime rice Mexican corn Flour tortilla Seasonal fruit</p>	<p>We are unable to use our funding to pay for lunch- es of individuals under the age of 60</p>
	<p>21</p> <p>Turkey breast w/ gravy Twice whipped pota- toes Calif. vegetables Dinner roll Cookie Fruit juice</p>		<p>23</p> <p>Beef taco meat Flour tortilla Lettuce & tomato Taco sauce/Sour cream Spanish rice Pineapple tidbits</p>	
	<p>28</p> <p>Diced chicken Alfredo Garlic red pepper Penne Tossed salad/Italian dressing Multigrain bread Fruit</p>		<p>30</p> <p>Bowtie pasta with Beef/chix meatball & Marinara sauce Green beans Italian bread Chocolate pudding Fruit juice</p>	