

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OCTOBER 2016</b>			<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;"><b>1</b></p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga</p> <p style="text-align: right;"><b>2</b></p>
<p>8:00am...Trip to Foxwoods 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Alzheimer's Support 1:00pm...Mah Jongg Class 6:45pm...Duplicate Bridge</p> <p style="text-align: right;"><b>3</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Chorus 1:00pm...Benefit Rep</p> <p style="text-align: right;"><b>4</b></p>	<p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 10:15am...Artist in You 11:30am...Shopping at Shaw's 11:30am...Lunch with Town Mgr. 12:30pm...Bridge</p> <p style="text-align: right;"><b>5</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;"><b>6</b></p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga</p> <p style="text-align: right;"><b>7</b></p>
<p style="text-align: center;"><b>CLOSED FOR COLUMBUS DAY</b></p> <p>8:30am...Trip to Quabbin</p> <p style="text-align: right;"><b>10</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Meeting of the Minds 1:00am...Bridge 1:00pm...Fun and Games 1:00pm...Chorus 1:00pm...Benefit Rep</p> <p style="text-align: right;"><b>11</b></p>	<p>9:00am... Chair Yoga 9:30am...Hearing Screening 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge</p> <p style="text-align: right;"><b>12</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;"><b>13</b></p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga</p> <p style="text-align: right;"><b>14</b></p>
<p>9:00am...Chair Yoga 10:15am...Artist in You 11:30am...Lunch with Sen. Coyne 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Arm Chair Travel 6:45pm...Duplicate Bridge</p> <p style="text-align: right;"><b>17</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Fun and Games 1:00pm...Chorus 1:00pm...Benefit Rep</p> <p style="text-align: right;"><b>18</b></p>	<p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge</p> <p style="text-align: right;"><b>19</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;"><b>20</b></p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 12:30pm...Flu Clinic 1:00pm...Yoga</p> <p style="text-align: right;"><b>21</b></p>
<p>9:00am...Chair Yoga 10:15am...Artist in You 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Music on Monday PM 6:45pm...Duplicate Bridge</p> <p style="text-align: right;"><b>24</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Meeting of the Minds 1:00pm...Bridge 1:00pm...Fun and Games 1:00pm...Chorus 1:00pm...Benefit Rep</p> <p style="text-align: right;"><b>25</b></p>	<p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge</p> <p style="text-align: right;"><b>26</b></p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;"><b>27</b></p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga 1:00pm...Flowers f/Everyone</p> <p style="text-align: right;"><b>28</b></p>
<p>9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge</p> <p style="text-align: right;"><b>31</b></p>	 <p style="font-size: 2em; color: #D9534F; font-family: cursive;">HAPPY HALLOWEEN</p> 			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Vegetable Soup <b>Honey BBQ Beef Tips</b> Mashed Potatoes Winter Blend Vegetables Vanilla Pudding <i>(Egg Salad on Marble )</i>	<b>4</b> Orange Juice <b>Scrambled Eggs</b> <b>Baked Ham</b> Home Fried Potatoes Fruited Yogurt	<b>5</b> Chicken Escarole Soup <b>Stuffed Chicken with Gravy</b> Oven Roasted Potatoes Green Beans Cookie <i>(Pulled Pork on a Roll)</i>	<b>6</b> Cream of Broccoli Soup <b>Shepherds Pie</b> Asparagus Cuts Diced Peaches <i>(Salami &amp; Cheese on Whole Grain)</i>	<b>7</b> Onion Soup <b>Low Sodium Hot Dog</b> Baked Beans Tomato & Cucumber Salad Watermelon <i>(Grilled Chicken on Wheat)</i>
<b>10</b>  <b>CLOSED</b> <b>for</b> <b>COLUMBUS DAY</b>	<b>11</b> Vegetable Soup <b>Fried Steak with Gravy</b> Crispy Potatoes Brussels Sprouts Fruit Cocktail <i>(Turkey and Swiss on Grain)</i>	<b>12</b> Tomato & Brown Rice Soup <b>Sweet and Sour Pork Loin</b> Sweet Potatoes Capri Blend Vegetables Italian Ice <i>(Tuna Salad on a Roll)</i>	<b>13</b> Split Pea Soup <b>Meatloaf with Gravy</b> Mashed Potatoes Mixed Vegetables Coffee Cake <i>(Chicken Salad on Wheat Bread)</i>	<b>14</b> Tossed Salad <b>Roasted Chicken Leg</b> Buttered Corn Summer Squash and Zucchini RI Grown Fresh Apple <i>(Meatball Sub on Grinder Roll)</i>
<b>17</b> Venus de Milo Soup <b>Stuffed Cabbage with Sauce</b> Basil Rice King Edward Blend Vegetables. Peanut Butter Cookies <i>(Turkey Salad on Wheat)</i>	<b>18</b> Potato and Leek Soup <b>Chicken on Caesar Salad</b> Fresh Fruit <i>(Italian Tuna on Roll)</i>	<b>19</b> Kale and Bean Soup <b>Beef Wellington</b> Peas & Onions Salad with Dressing Pudding <i>(Mozzarella &amp; Tomato on Italian)</i>	<b>20</b> Chicken Vegetable Soup <b>Chicken Cacciatore</b> Wheat Pasta with Sauce Sliced Carrots Frosted Cupcake <i>(Meatloaf on Oatmeal Bread)</i>	<b>21</b> Cottage Cheese <b>Liver/Onions with Gravy</b> Au Gratin Potatoes Vegetable Blend Mandarin Oranges <i>(Egg Salad on Rye)</i>
<b>24</b> Chicken Escarole Soup <b>Chicken Cutlet with Gravy</b> Red Bliss Mashed Potatoes Broccoli Cuts Diced Pears <i>(Tuna Salad on Rye)</i>	<b>25</b> Pasta & Bean Soup <b>Meatball Sub</b> Tomato & Cucumber Salad Fresh Fruit <i>(Italian Grinder)</i>	<b>26</b> Vegetable Beef Soup <b>Turkey Meatloaf w/Cranberry Chutney</b> Rice Pilaf      Green Beans Shortbread Cookies Marble Bread <i>(Corned Beef &amp; Swiss on Marble)</i>	<b>27</b> Moroccan Lentil Soup <b>Stuffed Pork Chop w/Apple Sauce</b> Capri Blend Vegetables Spumoni Wheat Bread <i>(Turkey &amp; Swiss on Wheat)</i>	<b>28</b> Red Chowder <b>Baked Fish w/Crumb Top</b> Baked Potato Carrot Slaw <u>RI Grown/Apple Crisp</u> Rye Bread <i>(Roast Beef &amp; Cheese on Rye)</i>
<b>31</b> Goblin Chicken Soup <b>Ravens Beef in a Wine Sauce</b> Mummy Noodles Mixed Vegetables Monster Mandarin Oranges <i>(Scary Seafood Salad on a Roll)</i>	<i>All menu items may contain  Nuts, seeds, beans, wheat  bran, and other allergens</i>	<h1>OCTOBER 2016</h1>		