



October, 2014



Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
Center is open Monday-Friday 9 a.m.—1 p.m.	October Birthdays In PINK 	1 Games  Helen Alexander	2 Games	3 Devotional with Beth Games 4 Floyd Plummer
6 Bingo and Bridge	7 Games	8 Nutritional Information Games Joyce Callahan	9 Games 	10 Games
13 Nutritional Information Games 	14 Games Cleve Bradshaw	15 Wheel of Fortune (Advisory Meeting 1:00 p.m.)  Virginia Greek Louise Rudick	16 Games	17 Games 
20 Bingo and Bridge	21 Games	22 Nutritional Information Games Let's paint Clay... PINK! 	23 Games	24 Games
27 Bingo and Bridge 	28 Games	29 Medicare Open Enrollment 9-12:00 Games Norma Holsombeck	30 Games	31 Happy Halloween Costumes op-  Ann Oden




BREAST CANCER AWARENESS MONTH

OCTOBER

ADSS NUTRITION PROGRAM

FALL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Menu 3 1 Italian Macaroni Green Peas Tossed Salad/Ranch Dressing Fresh Fruit Whole Wheat Bread Margarine Strawberry Cake Milk	Menu 4 2 Chicken Supreme Green Beans Four Seasons Blend Fresh Fruit Wheat Roll Margarine Cranberry Sauce Chocolate Chip Cookies-2 Milk	Menu 5 3 Orange Juice BBQ Rib Patty Whipped Potatoes Mixed Greens Cornbread Margarine Cranberry Congealed Salad Milk/Buttermilk
Menu 6 6 Cranberry Juice Taco Soup Confetti Carrots Cabbage Saltine Crackers Margarine Oatmeal Crème Pie Milk	Menu 7 7 Breaded Pork/Brown Gravy Ranch Potatoes Turnip Greens Fresh Fruit Cornbread Margarine Chocolate Pudding Milk/Buttermilk	Menu 8 8 Apple Cherry Juice Frankfurter/Bun Baked Beans Macaroni Salad/Carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk	Menu 9 9 Grape Juice Chicken Pot Pie Okra and Tomatoes Brussels Sprouts Whole Wheat Bread Margarine Strawberry Gelatin Milk	Menu 10 10 Meatballs (3)/Spaghetti Sauce Penne Pasta Italian Vegetables Fresh Fruit Wheat Breadstick Margarine Birthday Cake Milk
Menu 11 13 Orange Juice Stuffed Pepper Casserole Peas and Carrots Rosey Applesauce Wheat Breadstick Margarine Chocolate Cake Milk	Menu 12 14 Ham and White Beans Buttered Rice Mustard Greens Fresh Fruit Cornbread Margarine Vanilla Goldfish Cookie Milk/Buttermilk	Menu 13 15 Grape Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Corn and Limas Whole Wheat Bread Margarine Oatmeal Cookies - 2 Milk	Menu 14 16 Taco Salad: Taco Meat Salad Mix/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Orange Gelatin Milk	Menu 15 17 Orange/Pineapple Juice Baked Chicken Thigh Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Margarine Banana Pudding Milk
Menu 16 20 Cranberry Juice Chicken Noodle Casserole Green Beans Garden Vegetables Whole Wheat Bread Margarine Fig Bar Milk Alternate: Chicken and Dumplings	Menu 17 21 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	Menu 18 22 Grape Juice Chili with Beans Country Vegetables Fresh Fruit Saltine Crackers Margarine Sugar Cookies - 2 Milk	Menu 19 23 Tomato Juice Vegetable Plate: Macaroni & Cheese Black-eyed Peas Collard Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk	Menu 20 24 Meatloaf/Brown Gravy Whipped Potatoes Mixed Vegetables Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk
Menu 1 27 Baked Chicken Thigh Lima Beans Buttered Carrots Pineapple Tidbits Whole Wheat Bread Margarine Fudge Round Milk	Menu 2 28 Apple Juice Smoked Sausage Ranch Beans Spring Vegetables Diced Onions Hot Dog Bun Mustard Cherry Gelatin Milk	Menu 3 29 Orange Juice Italian Macaroni Green Peas Tossed Salad/Ranch Dressing Whole Wheat Bread Margarine Strawberry Cake Milk	Menu 4 30 Chicken Supreme Green Beans Four Seasons Blend Fresh Fruit Wheat Roll Margarine Cranberry Sauce Chocolate Chip Cookies-2 Milk	Menu 5  Orange Juice BBQ Rib Patty Whipped Potatoes Mixed Greens Cornbread Margarine Cranberry Congealed Salad Milk/Buttermilk