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BLACKSTONE  
COUNCIL ON  
AGING (COA)



BLACKSTONE SENIOR CENTER

## OCTOBER 2022 NEWSLETTER

### MISSION

- ✓ To serve as advocates and enhance the lives of seniors and their caregivers in the community
- ✓ To identify the needs of seniors and provide information and referral resources
- ✓ To educate the community about the various aging issues and the needs of older citizens
- ✓ To design and promote services that are needed to serve the residents of Blackstone
- ✓ To provide services that allow the elder to remain independent and keep the quality of life for them at home for as long as possible

### PURPOSE

The Council on Aging (COA) is to advocate, plan, coordinate, and provide comprehensive day-to-day services for Blackstone residents ages 60 and over and to provide services to residents under the age of 60 with disabilities.

## SPECIAL DATES TO REMEMBER

- October 6<sup>th</sup>** — Blackstone Council on Aging Monthly Meeting
- October 10<sup>th</sup>** — Columbus Day (CLOSED)
- October 12<sup>th</sup>** — Monthly Birthday Celebration
- October 26<sup>th</sup>** — Vendor BINGO
- October 31<sup>st</sup>** — Halloween Celebration & Costume Party

Address Service Requested

Blackstone Council on Aging  
15 St. Paul Street  
Blackstone, MA 01504

#### Senior Center Staff Contacts:

**Karen Testa, Director**  
(508) 876-5134 | [ktesta@townofblackstone.org](mailto:ktesta@townofblackstone.org)

**Ashley Beaupre Aldrich, Outreach Coordinator**  
(508) 876-5135 | [abeaupre@townofblackstone.org](mailto:abeaupre@townofblackstone.org)

**Brenda Takessian, Nutrition/Activities Coordinator**  
(508) 876-5151 | [btakessian@townofblackstone.org](mailto:btakessian@townofblackstone.org)

**Dennis Pimenta, Transportation Coordinator**  
(508) 876-5133 | [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org)

**Blackstone Council on Aging (COA)/Senior Center**  
15 St. Paul Street  
Blackstone, MA 01504

#### Hours:

Monday, Wednesday, Thursday – 8:30 AM to 4:00 PM  
Tuesday – 8:30 AM to 7:00 PM  
Friday – 8:30 AM to 12:00 PM

# MESSAGE FROM THE DIRECTOR



Dear Friends,

The changing colors of the leaves, the crispness in the fall air and the weather cooling down a bit are signs of the arrival of the autumn season. It truly is a peaceful time before the cold winter season arrives. What better way to welcome in the new Fall season by participating in classes and events at the Senior Center?

Recently, we have had several participants preregister for activities, events, and luncheons and they do not show up for the occasion. Not only do “no shows” cost us and our sponsors extra expenses and time, but it also takes away the opportunity for another participant to attend.

Therefore, we have changed our policy when preregistering for activities, events, and luncheons. The Preregistration Policy became effective September 1<sup>st</sup> and is as follows:

- ◆ Participants are required to pay the cost associated with the occasion at time of preregistration for an activity, event, or luncheon.
- ◆ If the occasion is FREE, there will be a \$2.00 fee due upon preregistration and the \$2.00 fee will be returned to the participant the day of the occasion.
- ◆ If the participant is a “no show” the day of the occasion and has not cancelled prior to the occasion, the \$2.00 paid will be forfeited and considered a donation to the Senior Center.

We truly appreciate everyone’s cooperation to adhere to the *Preregistration Policy*.

Please read the insert sheet included with this newsletter, *The Friends Group* has planned two fundraisers and we ask you to please support these fundraisers. The money raised through the *Friends Group* fundraisers allow us to purchase the “extras” that we need at the Senior Center.



Why not attend the Friends Group meeting on Thursday, October 13<sup>th</sup> to learn more about this important non-profit arm of the Blackstone Council on Aging? We will be discussing and planning for the upcoming holiday season at this meeting.

Looking forward to seeing you soon!

*Karen Testa*

Karen A. Testa, Director

# MONTHLY SHOPPING TRIPS

## Transportation Reservations

You must make a transportation reservation with Dennis, our Transportation Coordinator at least **two (2) days prior** to each shopping trip

Call (508) 876-5133 or Email our Transportation Coordinator at [coatransport@townofblackstone.org](mailto:coatransport@townofblackstone.org) to make a transportation reservation!

## Van Donations

Van donations will be accepted for these trips



## **Walmart** Shopping Trip

**2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the Month**  
**10:00 AM to 12:00 PM**

We will transport passengers to the **Walmart Supercenter in North Smithfield, RI** on the **2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month.**

### This Month's Schedule

Transportation will be provided on the following dates from 10:00 AM to 12:00 PM:

- ✓ Wednesday, October 12<sup>th</sup>
- ✓ Wednesday, October 26<sup>th</sup>

## **MARKET BASKET** Shopping Trip

**3<sup>rd</sup> Thursday of the Month**  
**10:00 AM to 12:00 PM**

We will transport passengers to the **Market Basket in Bellingham, MA** on the **3<sup>rd</sup> Thursday of each month.**

### This Month's Schedule

Transportation will be provided on the following dates from 10:00 AM to 12:00 PM:

- ✓ Thursday, October 20<sup>th</sup>

# JOIN OUR NEW FACEBOOK GROUP



## Members of the new *Blackstone MA Senior Center Facebook Group* can:

- ✓ Stay updated on what is happening at the Senior Center
- ✓ Interact with friends, staff, and Council on Aging Members
- ✓ Learn more about what activities, events, fundraisers, and volunteer opportunities the **Friends of the Blackstone Council on Aging** have available
- ✓ Share photos from past events



Visit <https://www.facebook.com/groups/774029473781259> or scan the QR Code with your mobile device to join!



# CRAFT CORNER

**Craft Classes require pre-registration as classes are limited in size.**

**FREE**

## Craft Class with Jean

**Thursday, October 20<sup>th</sup> – 12:30 PM to 1:30 PM**

Jean from the Blackstone Public Library returns for the monthly craft class!

Please join Jean on October 20<sup>th</sup> at 12:30 PM as she teaches participants how to create and decorate a fall themed wreath.



All supplies will be provided, and no experience is necessary.

**Please pre-register for this class as space is limited to 10 participants.**

**FREE**

## Craft Class with Celeste

**Tuesday, October 25<sup>th</sup> – 5:30 PM to 7:00 PM**

Celeste Langlois returns to share her crafty talents.

Celeste will teach participants how to create a two-sided sign that states “Give Thanks” on one side and “Winter Blessings” on the opposite side.

You may choose the color of your sign, as well as embellishments.



**This class is FREE and all supplies will be provided. Please pre-register for this class as it is sure to fill up quickly.**

# OUTREACH COORDINATOR'S CORNER



## SMOC Fuel Assistance

New applications will be accepted starting October 1, 2022. Applications can be completed online by accessing: <https://toapply.org/SMOC>.

To schedule an appointment, call Ashley at (508) 876-5135

*\*See income limits and reward amounts below for FY 2022-2023\**

Number of People in a Household	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 12,880	\$ 16,100	\$ 19,320	\$ 22,540	\$ 25,760	\$ 40,951
2	\$ 17,420	\$ 21,775	\$ 26,130	\$ 30,485	\$ 34,840	\$ 53,551
3	\$ 21,960	\$ 27,450	\$ 32,940	\$ 38,430	\$ 43,920	\$ 66,151
4	\$ 26,500	\$ 33,125	\$ 39,750	\$ 46,375	\$ 53,000	\$ 78,751
<b>Homeowners and Non-Subsidized Housing Tenants</b>						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$1,650	\$1,452	\$1,278	\$1,124	\$1,124	\$989
Utility and Heat-Included-in-Rent	\$1,350	\$1,188	\$1,045	\$920	\$920	\$810
High Energy Cost Supplement	\$250	\$230	\$210	\$190	\$190	\$170
<b>Subsidized Housing Tenants</b>						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$1,155	\$1,016	\$894	\$787	\$787	\$693
Utility and Heat-Included-in-Rent	\$945	\$832	\$732	\$644	\$644	\$567
High Energy Cost Supplement	\$250	\$230	\$210	\$190	\$190	\$170

High Energy Cost Supplement (HECS) Thresholds						
Heating Oil & Propane	\$ 1,279	Natural Gas	\$ 974	Other	\$1,058	
Kerosene	\$ 1,076	Electricity	\$ 1,592			

## Caregiver Support Program

Tri-Valley's caregiver support program provides caregivers access to information, resources, services, training, and support. This program is designed for caregivers who are caring for a spouse, parent, relative or friend, who is 60+, or anyone with a diagnosis of Alzheimer's. Not only do you have access to a caregiver specialist, but you also have access to a scholarship fund, training and educational programs, healthy aging program, and the caregiver guide and caregiver organizer.

For more information, visit: <https://www.trivalleyinc.org/caregiver-support/> or call (508) 949-6640.

# IMPORTANT MESSAGES FROM THE FRIENDS OF THE COUNCIL ON AGING

## Friends of the BCOA Meeting

Thursday, October 13<sup>th</sup> – 11:15 AM to 12:15 PM

The next meeting of this group will be held on Thursday, October 13<sup>th</sup> at 11:15 AM. New members are encouraged to attend this meeting to assist with planning for the upcoming holiday season.

**We appreciate your support!**

*Thank You!*

Members of “The Friends Group of BCOA” would like to thank the following individuals for their assistance and generosity with the successful Pasta Dinner fundraiser held on September 13<sup>th</sup>.

Everyone in attendance enjoyed the delicious homemade meal and the wonderful service provided:

- ✓ **Joe Emidy** for sharing his phenomenal cooking skills as well as preparing and donating the sauce (or “gravy”) and meatballs
- ✓ **Gail Stokes** for her donation of 15 pounds of pasta
- ✓ **Michael Izzo** for his donation of salad and his family’s efforts as servers

## RED SOX RAFFLE WINNERS



The winners of the Red Sox Tickets raffle were Paul and Linda Grondines (#271).

The winner of the Red Sox blanket was Denise Catalano (#659275).

**Our sincere appreciation goes to:**

- *Peter Lentros for donating the four (4) Boston Red Sox tickets and parking pass for our Annual Red Sox raffle*
- *Mary Gatsby for creating and donating a knitted Red Sox blanket for a special Red Sox raffle*

**Pictured Above:** Linda McGilvray (Treasurer of BCOA Friends Group); Linda Grondines (Red Sox Tickets Winner); Dennis Pimenta (Transportation Coordinator) who is responsible for securing the donation of four Boston Red Sox tickets each year

# SPECIAL LUNCHEONS

## Wild Weather Luncheon with Anthony Macari, WJAR Meteorologist

Wednesday, October 5<sup>th</sup> – 12:00 PM to 1:00 PM



Anthony will present an overview on tracking weather, the meaning of commonly used weather terms and being prepared for New England Hurricane Season. We will also allow time for questions to be presented to Anthony.

Menu to be served includes:

Chicken and Vegetable Stir Fry | White Rice | Rolls and Buter | Dessert | Coffee and Tea



## Monthly Birthday Celebration

Wednesday, October 12<sup>th</sup> – 11:30 AM to 1:00 PM

Were you born in October? If so, please join us as our guest at our monthly birthday celebration! Entertainment will begin at 12:00 PM and lunch will be served at 12:00 PM. Menu to be served:

Steak Bombs with Peppers and Onions (Cheese on the Side) | Seasoned French Fries  
Dessert | Coffee and Tea

**All birthday celebrants will take a photo in front of the Senior Center birthday cake!**



## Lunch with Dave Macdonald, Professional Caricaturist

Monday, October 17<sup>th</sup> – 11:00 AM to 1:00 PM

David Macdonald, professional caricaturist, has over 25 years of experience working in the New England regions. He is a regular Artist at Fenway Park for both Red Sox games and corporate functions and he will be sharing his skills with us at BCOA starting at 11:00 AM.

**Everyone in attendance will receive a FREE black & white caricature!**

Lunch will be served at 12:00 PM with the menu to be served including:

Shepard’s Pie | Garden Salad | Rolls and Buter | Dessert | Coffee and Tea



## Halloween Luncheon & Costume Party

Monday, October 31<sup>st</sup> – 11:30 AM to 1:00 PM

(Dessert Provided Courtesy of Oak Street Health)

You are sure to have a *spooktacular* time at our Halloween Luncheon and Costume Party. Whether it is a mask, a wig, or face painting, be sure to dress in your favorite costume. Judges will be watching, and you could win a prize for best costume, scariest costume, or funniest costume.

Lunch will be served at 12:00 PM. Menu to be served includes:

Beef Stroganoff with Egg Noodles | Mixed Vegetables | Rolls and Buter | Dessert | Coffee and Tea



### SPECIAL LUNCHEON EVENTS

Please make your luncheon reservations for any of the October special luncheons with Brenda Takesian, our Nutrition/Activities Coordinator, in the dining room, at [btakesian@townofblackstone.org](mailto:btakesian@townofblackstone.org) or (508) 876-5151.

## WEEKLY EXERCISE CLASSES

Class Name	Day	Time	Instructor	Donation
<b>Beginner's Line Dancing</b>	Monday	1:00 PM – 2:00 PM	Donna	\$3.00
<b>Painting Class</b>	Monday	1:00 PM – 3:00 PM	Diane (Artful Dodger)	\$3.00
<b>Strength Training</b>	Tuesday	9:00 AM – 10:00 AM	Karen	FREE
<b>Chair Yoga</b>	Tuesday	10:00 AM – 11:00 AM	Karen	FREE
<b>Walking Club</b>	Wednesday	9:30 AM – 10:30 AM	Karen and Ashley	FREE
<b>Tai Chi (Beginner Class)</b>	Thursday	9:00 AM – 9:45 AM	Karl	FREE
<b>Tai Chi (Advanced Class)</b>	Thursday	10:00 AM – 11:00 AM	Karl	FREE

## HEALTH & WELLBEING

FREE

### Blood Pressure Screening Clinic

Tuesday, October 11<sup>th</sup> – 11:00 AM to 11:45 AM



As many of you are aware, the information you get from tracking and managing your blood pressure levels regularly may help to lower your risk for heart-related events.

**FREE** blood pressure screenings will be held on Tuesday, September 13<sup>th</sup> at 11:00 AM in the Senior Center dining room.

Please pre-register to have a screening conducted.  
Registration form is in the *Activities Book* in the Dining Room.

## VOLUNTEER OPPORTUNITIES



**We are seeking volunteers to assist with the following:**

- ✓ Assist with participant sign-ups for trips and activities on Wednesdays and Thursdays from 11:00 AM to 1:00 PM
- ✓ Assist with telephone calls to participants confirming their attendance at events
- ✓ Arranging and updating flyers on all bulletin boards for our activities and trips
- ✓ Assist with decorating needs each month
- ✓ Assist with dishwashing after each special luncheon
- ✓ Servers at special luncheons

**If you are able to assist with any of the above volunteer opportunities, please stop by the Senior Center or contact Karen Testa at (508) 876-5134.**

*Thank you!*

## Daylight Savings Time November 6, 2022



### Almost time to fall back!

Remember to purchase new batteries for the smoke detectors in your home this month in preparation for the end of **Daylight Savings Time** next month on November 6<sup>th</sup>.

## ACTIVITIES, PRESENTATIONS, & MORE



### “Wear it Pink Day” BINGO

FREE

Wednesday, October 5<sup>th</sup> – 1:00 PM to 2:30 PM

For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month.

It is a time annually devoted to educating everyone about Breast Cancer and the importance of early detection and timely, high-quality care.

Wear your favorite pink shirt, scarf or hat on Wednesday, October 5<sup>th</sup> to show your support of National Breast Cancer Awareness Month.

**All attendees wearing “Pink” at the Bingo will receive a “Pink” snack!**

Perhaps you are interested in attending the luncheon with Meteorologist Anthony Macari at noon prior to the Bingo?



### Francine’s Fashions



Wednesday, October 12<sup>th</sup> – 11:30 AM to 1:00 PM

Francine’s Fashions will return with a new collection of high-quality printed sweatshirts for the fall.

Special orders are available.

Sweatshirts sell for \$18.00 and are a perfect gift for a friend or loved one.

**The Friends of BCOA will receive a small portion of sales**



### Greeting Card Extravaganza



Thursday, October 13<sup>th</sup> – 10:00 AM to 3:00 PM

Take advantage of the opportunity to purchase an assortment of cards at discounted prices.

Viv has a wonderful supply of birthday, holiday, and thank you cards, as well as blank note cards.

This sale will take place in the corridor area.

## UPCOMING TRIPS



The National Shrine of  
OUR LADY OF LA SALETTE

### HOLIDAY FESTIVAL OF LIGHTS

TUESDAY, DECEMBER 6, 2022



### Holiday Festival of Lights Presented by La Salette Shrine

Tuesday, December 6<sup>th</sup> – 3:00 PM to 7:30 PM

\$25.00 per person (Includes Dinner and Transportation)

**Departure:** Bus leaves the Senior Center at 3:00 PM

**Return:** Bus returns to the Senior Center at 7:30 PM

**We will enjoy a private buffet for Blackstone Council on Aging attendees ONLY at 4:15 PM. Buffet menu includes:**

- ✓ Roasted Turkey, Herbed Chicken Quarters, and French Meat Pie
- ✓ Vegetables, Potatoes, and Rolls with Butter
- ✓ Dessert, Drinks, and a **FREE GIFT FOR EACH ATTENDEE**

**YOU MUST PAY FOR THIS EVENT WHEN PRE-REGISTERING WITH BRENDA IN THE DINING ROOM**

## UPCOMING TRIPS



**A CHRISTMAS FESTIVAL INSIDE A RESORT**  
FRIDAY, NOVEMBER 4, 2022



### New England Christmas Festival Presented by Mohegan Sun Friday, November 4<sup>th</sup> – 10:00 AM to 3:00 PM

\$18.00 per person (Includes Transportation and Admission Ticket)

**Departure:** Bus leaves the Senior Center at 8:30 AM

**Return:** Bus returns to the Senior Center at 4:30 PM

- ✓ Enjoy over 350 Artisans selling their unique creations
- ✓ Sample loads of holiday goodies in the Specialty Food Aisle
- ✓ Over 40 dining options at Mohegan Sun (meals on your own)
- ✓ Jump start your holiday shopping with gifts in all price ranges

**A GREAT DEAL OF WALKING IS REQUIRED ON THIS TRIP**

## ACTIVITIES, PRESENTATIONS, & MORE



### Blackstone Bountiful Book Club



Tuesday, October 18<sup>th</sup> – 11:00 AM to 12:00 PM

Donna from the Blackstone Public Library will lead the Book Club members in discussion on the 3<sup>rd</sup> Tuesday of each month at 11:00 AM – 12:00 PM.

New members are invited to join this Club at any time.

**The novel to be discussed on October 18<sup>th</sup> will be: *In Five Years*, by Rebecca Serle**

Copies of the monthly novels are available at the Senior Center.

**Please contact Brenda in the dining room to obtain a copy.**



### Pop-Up Food Pantry



Monday, October 17<sup>th</sup> – 10:00 AM

On the third Monday of each month at 10:00 AM, a truck from the YMCA will be on site in the Senior Center's parking lot to deliver "FREE" bags of food to eligible participants.

You must be a Blackstone resident and 60 years of age or older to be eligible for the Pop-Up Food Pantry.

You will receive a bag pre-filled with nonperishable grocery items including canned tuna and soup, cereal, low/no salt vegetables and more.

It's first-come, first-served and it is free. You simply drive through the Center's parking lot to pick-up a bag!

**If you require further information, please phone Ashley, Outreach Coordinator at (508) 876-5135.**



### Weekly Wednesdays BINGO



Every Wednesday – 1:00 PM

Join Lorraine as she hosts our "Weekly Wednesdays" Bingo games each Wednesday afternoon!

Dabbers will be provided "FREE" of charge!

# MONTHLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>3</p> <p><b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class</p>	<p>4</p> <p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga</p>	<p>5</p> <p><b>9:30 AM</b> Walking Club <b>12:00 PM</b> Wild Weather Luncheon with Anthony Macari <b>1:00 PM</b> Wear It Pink BINGO</p>
<p>10</p> <p><b>COLUMBUS DAY (CLOSED)</b></p>	<p>11</p> <p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Blood Pressure Screening Clinic</p>	<p>12</p> <p><b>9:30 AM</b> Walking Club <b>10:00 AM</b> Walmart Shopping Trip <b>11:30 AM</b> Francine's Fashions <b>11:30 AM</b> Monthly Birthday Celebration <b>1:00 PM</b> BINGO</p>
<p>17</p> <p><b>10:00AM</b> Pop-Up Food Pantry <b>11:00 AM</b> Lunch with Dave Macdonald, Caricaturist <b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class</p>	<p>18</p> <p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>11:00 AM</b> Blackstone Bountiful Book Club</p>	<p>19</p> <p><b>9:30 AM</b> Walking Club <b>1:00 PM</b> BINGO</p>
<p>24</p> <p><b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class</p>	<p>25</p> <p><b>9:00 AM</b> Strength Training <b>10:00 AM</b> Chair Yoga <b>5:30 PM</b> Craft Class with Celeste</p>	<p>26</p> <p><b>9:30 AM</b> Walking Club <b>10:00 AM</b> Walmart Shopping Trip <b>1:00 PM</b> Vendor BINGO</p>

<p>31</p> <p><b>1:00 PM</b> Beginner's Line Dancing <b>1:00 PM</b> Painting Class <b>11:30 AM</b> Halloween Celebration &amp; Costume Party</p>
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# OCTOBER 2022

THURSDAY	FRIDAY
<p>6</p> <p><b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> BCOA Meeting <b>12:30 PM</b> Knitting &amp; Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully</p>	<p>7</p>
<p>13</p> <p><b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Greeting Card Extravaganza <b>11:15 AM</b> Friends Group of the BCOA Meeting <b>12:30 PM</b> Knitting &amp; Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully</p>	<p>14</p>
<p>20</p> <p><b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>10:00 AM</b> Market Basket Trip <b>12:30 PM</b> Craft Class with Jean <b>12:30 PM</b> Knitting &amp; Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully</p>	<p>21</p>
<p>27</p> <p><b>9:00 AM</b> Tai Chi (Beginners) <b>10:00 AM</b> Tai Chi (Advanced) <b>12:30 PM</b> Knitting &amp; Crocheting Circle <b>1:15 PM</b> Aging Gracefully and Gratefully</p>	<p>28</p>

A \$4.00 donation is requested.  
You must call (508) 876-5151 to make a meal reservation.  
**Reservations must be made at least TWO (2) days in advance.**  
Please inform staff if you have or suspect that you may have any food allergies.



## SPECIAL MENU'S

LUNCH IS SERVED AT 12:00 PM

(UNLESS OTHERWISE NOTED)

**Wild Weather Luncheon with Anthony Macari, WJAR Meteorologist**  
Wednesday, October 5<sup>th</sup>

- ✓ Chicken and Vegetable Stir Fry
- ✓ White Rice
- ✓ Rolls and Butter
- ✓ Dessert
- ✓ Coffee and Tea

**Monthly Birthday Celebration**

Wednesday, October 12<sup>th</sup>

- ✓ Steak Bombs with Peppers and Onions (Cheese on the Side)
- ✓ Seasoned French Fries
- ✓ Garden Salad
- ✓ Rolls and Butter
- ✓ Dessert
- ✓ Coffee and Tea

**Lunch with Dave Macdonald, Professional Caricaturist**

Monday, October 17<sup>th</sup>

- ✓ Shepard's Pie
- ✓ Garden Salad
- ✓ Rolls and Butter
- ✓ Dessert
- ✓ Coffee and Tea

**Halloween Celebration**

Monday, October 31<sup>st</sup>

- ✓ Beef Stroganoff with Egg Noodles
- ✓ Mixed Vegetables
- ✓ Rolls and Butter
- ✓ Dessert
- ✓ Coffee and Tea