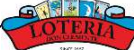


Monday	Tuesday	Wednesday	Thursday	Friday
 ELDERDAY ADULT DAY HEALTH CARE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	2025 <i>October</i> 501 Main St. Watsonville, CA 95076 (831) 458-3481	10:00-The Daily Grind 11:00-TAI CHI with IRO 11:00-Fall Crafts: Collages "New Month Affirmations" 1:00-Captain's Call @RR 1:00- 1:45-Prize Shopping	10:00-Senior Sip Society 11:00-CIRCULO DE ORACIÓN 11:00-MEN'S GROUP 1:00-Puzzle Projects @RR 1:00-♪ Name ♪ That ♪ Tune ♪ 1:15-HOOPS! 	10:00-Table Talk 11:00-GRUPO de MUJERES 11:00-BINGO STORE SALE 1:00-Gentle Guitar with Will @RR 1:00-MOVIE: <i>HONDO</i> 1:15-FLOOR GAMES 
 MAD HATTER MONDAY  6 10:00-Spill the TEA 11:00-TAI CHI with IRO 11:00-WOMEN'S GROUP 12:45:Mad Hat Parade & Contest 1:00-Watercolor Art @RR 1:00-BINGO!	10:00-Mingle Mocha 11:00-Artful Adventures: 11:00-Table Card Games 1:00-NATURE VIDEOS @RR: YouTube Our Seasons-The Circle of Life 1:00-Tuesday Talk Show 1:15-POOL CUE CLUB	10:00-Sip and Savor 11:00-TAI CHI with IRO 11:00-Artful Adventures 1:00-Pitcher's Pick 1:00- 1:45-Prize Shopping	10:00-<i>TÉ</i>-rapia Social 11:00-CATCH-UP with <i>ELARISA</i> 11:00-Artful Adventures 1:00-Table Crafts@RR 1:00-BINGO STORE SALE 1:15-WHEEL-of-FORTUNE	<u>Indigenous Peoples Day</u> 10  10:00-BREW Crew 11:00-CATHOLIC MASS 11:00-Artful Adventures 1:00-GRUPO de HOMBRES 1:00-Gentle Guitar with Will @RR 1:15-BADMINTON
10:00-Brewed Bliss 13 11:00-Pumpkin Decorating 11:00-TAI CHI with IRO 11:00-GRUPO de MUJERES 1:00-Reminiscing @RR 1:00-BINGO! 1:45-Prize Shopping	10:00-Cafecito y Compañía 14 11:00-Pumpkin Decorating 11:00-BINGO STORE SALE 1:00-Lost Kitchen Gadgets @RR 1:00-CATCH-UP with <i>ELARISA</i> 1:15-TRIVIA en Español	10:00-TEA-rific Morning! 15 11:00-TAI CHI with IRO 11:00-Pumpkin Decorating 1:00-Dealer's Draw @RR 1:00- 1:45-Prize Shopping	 World Singing  16 10:00-Snacks & Songs 11:00-PRAYER CIRCLE 11:00-Pumpkin Decorating 1:00-KARAOKE  1:15-CORNHOLE	10:00-Fancy A CUPPA? 17 11:00-Pumpkin Decorating 11:00-PAPER FLOWER CRAFTS 1:00-Gentle Guitar with Will @RR 1:00-MOVIE: A Un Millón de Millas 1:15-TOTALLY TRIVIA
10:00-Java Junction 20 11:00-TAI CHI with IRO 11:00-SCARECROW CREATIONS 1:00-Memory Match Games @RR 1:00-BINGO! 1:45-Prize Shopping	10:00-Excelen-<i>TÉ</i> Despertar 21 11:00-GRUPO de HOMBRES 11:00-SCARECROW CREATIONS 1:00-Music & Dance Videos @RR 1:00-Travel Talk  1:15-POOL CUE CLUB	10:00-Common Grounds 22 11:00-TAI CHI with IRO 11:00-SCARECROW CREATIONS 1:00-Chief's Choice @RR 1:00- 1:45-Prize Shopping	10:00-Despierta América! 23 11:00-CIRCULO DE ORACIÓN 11:00-SCARECROW CREATIONS 1:00-CATCH-UP with <i>ELARISA</i> 1:00-Table Crafts @RR 1:00-TOTALLY TRIVIA 1:30-SCARECROW CONTEST 	10:00-Teatime Tales 24 11:00-WOMEN'S GROUP 11:00-BINGO STORE SALE 1:00-Gentle Guitar with Will @RR 12:45-MOVIE: <i>POLTERGEIST</i> 1:30-BIRTHDAY CELEBRATION 
10:00-DeCOFFIN-ated Drinks 27  11:00-TAI CHI with IRO 11:00-MEN'S GROUP 1:00-Watercolor Art @RR 1:00-Día de Muertos Altar Crafts 1:00-BINGO! 1:45-Prize Shopping	10:00-WITCH'S BREW  28 11:00-Día de Muertos Altar Crafts 11:00-CATCH-UP with <i>ELARISA</i> 1:00-Forgotten Foods @RR 1:00-BINGO STORE SALE 1:15-TRIVIA en Español	10:00-THE MUMMY'S MUG  29 11:00-TAI CHI with IRO 11:00-Día de Muertos Altar Crafts 1:00-Staff Selection @RR 1:00- 1:45-Prize Shopping	10:00-TRANSYLVANIA TEA  30 11:00-PRAYER CIRCLE 11:00-Día de Muertos Altar Crafts 1:00-Puzzle Projects @RR 1:00-♪ Name ♪ That ♪ Tune ♪ 1:15-♪ USICAL ♪ EMORIES with JUAN CARLOS 	 HAPPY HALLOWEEN  31 10:00-THE WITCHING HOUR 11:00-SPOOKTACULAR STROLL 11:45-CREEPY COSTUME CONTEST 1:00-SKELE-BRATION & GHOUL GAMES 1:00-BLACK LAGOON BEVERAGES & TREATS

To Cancel Transportation to Elderday, Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

Lunch Is Served Daily At 12pm

MENU

		OCTOBER 2025 ELDERDAY MEALS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup
		1 Sliced Turkey w/ Mushroom Gravy Garden Vegetable Blend Romaine Salad Barely Pilaf WW Roll/Butter 1% Milk	2 Picadillo Corn w/Peppers Mixed Green Salad Mexican Rice Corn Tortilla 1% Milk	3 Lentil Soup Tabouli Salad Spinach Salad w/ Feta WW Roll/Butter 1% Milk	
6 Rigatoni Casserole Mixed Green Salad Three Bean Salad WW Roll/Butter 1% Milk	7 Three Bean Minestrone Pesto Pasta Salad Tossed Green Salad Garlic Bread 1% Milk	8 Quiche Roast Potatoes Romaine Salad w/ Beans WW Roll/Butter 1% Milk	9 Chicken Fajitas Refried Beans Romaine Salad w/ Carrots Spanish Rice Tortilla 1% Milk	10 Fish Sticks w/ Lemon Baked Potato Spinach Salad Dill Noodles WW Bread/ Butter 1% Milk	
13 Salisbury Steak Mashed Potatoes Spinach Salad w/ Peppers WW Roll/Butter Graham Crackers 1% Milk	14 Turkey Salad Cream of Broccoli Soup Romaine Salad w/ Carrots WW Bread/Butter WW Crackers 1% Milk	15 Pizza Three Bean Salad Caesar Salad 1% Milk	16 Chicken Soft Taco Black Beans Cauliflower w/ Peppers Mexico City Rice Tortilla 1% Milk	17 Beef Stew Green Peas Cabbage Salad WW Biscuit/ Butter 1% Milk	
20 BBQ Pork Mashed Potatoes Coleslaw WW Bread/Butter Graham Crackers 1% Milk	21 Vegetarian Chili Steamed Carrots Romaine Salad WG Cornbread w/Butter 1% Milk	22 Mexican Chicken Noodle Soup Pinto Beans Mixed Green Salad WW Crackers 1% Milk	23 Hamburger Carrot Raisin Salad Potato Wedges WW Bun 1% Milk	24 Green Bean Chicken Vegetable Chow Mein Napa Cabbage Salad Brown Rice 1% Milk SF Birthday Cake	
27 Spaghetti & Meatballs Broccoli Romaine Salad WW Roll/Butter 1% Milk	28 Split Pea Soup Mushroom Salad Mixed Green Salad WW Bread/ Butter WW Crackers 1% Milk	29 Shrimp Enchiladas Black Beans Zucchini Spanish Rice 1% Milk	30 Tuna Salad Sandwich Cucumber Tomato Salad Vegetable Barley Soup WW Bread 1% Milk	31 Deviled Chicken w/ Orange Glaze Baked Yam Steamed Carrots WW Roll/Butter Graham Crackers 1% Milk	