



Monday

Tuesday

Wednesday

Thursday

Friday

	<p><b>International Day of Older Persons 1</b>          10:00-Morning Snack &amp; Chat          11:00-Arts &amp; Crafts / Garden Group          12:00-LUNCH          1:00-TRIVIA @RR          1:00-WHEEL-of-FORTUNE          1:15-CORNHOLE CHALLENGE</p>	<p><b>2</b>          10:00-Early TEA time          11:00- TAI CHI with IRO          11:00-Grupo de Hombres w/Juan Carlos          12:00-LUNCH          1:00-DRUMMING TO THE BEAT @RR          1:00-NEWSLETTER Team w /Larisa          1:00-<b>LOTERIA!</b></p>	<p><b>3</b>          10:00-Coffee Crew          11:00-Prayer Circle with Elena          11:00-Arts &amp; Crafts / Garden Group          12:00-LUNCH          1:00-Travel to: Czech Republic @RR          1:00-Relaxation Station          1:15-HOOPS!</p>	<p><b>4</b>          10:00-Have a MUG-nificent Day!          11:00-GRUPO de MUJERES w/ Alondra          11:00-Musical Memories with Will          12:00-LUNCH          1:00-Bridgetown Music @RR          1:00- <i>Viajando El Mundo</i>          1:15-<b>KARAOKE LOUNGE</b></p>
<p><b>7</b>          10:00-Rise &amp; GRIND ☕          11:00-TAI CHI with IRO          11:00-WOMEN'S GROUP w/Alondra          12:00-LUNCH          1:00-HOOPS! @RR          1:00-NEWSLETTER Team w/ Larisa          1:00-<b>BINGO</b></p>	<p><b>8</b>          10:00-Cafecito y Platica          11:00-Arts &amp; Crafts          11:00-MEN'S Group w/Juan Carlos          12:00-LUNCH          1:00-REMINISCING @RR          1:00- <i>TOTALMENTE TRIVIA</i> (Spanish)          1:15-Group Games: Memory!</p>	<p><b>9</b>          10:00-BREW-tiful Morning          11:00- TAI CHI with IRO          11:00-Arts &amp; Crafts / Garden Group          12:00-LUNCH          1:00-TABLE TENNIS @RR          1:00-<b>LOTERIA!</b>          1:45-Prize Shopping</p>	<p><b>10</b>          10:00-Sereni-TEA NOW!          11:00-Prayer Circle with Elena          11:00-Arts &amp; Crafts / Garden Group          12:00-LUNCH          1:00-TABLE GAMES: Memory @RR          1:00-JEOPARDY!          1:15-Group Games: HOCKEY!</p>	<p><b>11</b>          10:00-Relajan-Té Mañana          11:00-Musical Memories with Will          12:00-LUNCH          1:00-Music Trivia @RR          1:00-Recuerdos de Mexico          1:15-<i>Dance Hall Days</i></p>
<p><b>14</b>          10:00-Let's JAVA Great Week!          11:00- TAI CHI with IRO          11:00-GRUPO DE MUJERES w/ Alondra          12:00-LIVE MUSIC w/ Will &amp; Neil @ LUNCH          1:00-DARTS @RR          1:00-<b>BINGO</b>          1:45-Prize Shopping</p>	<p><b>15</b>          10:00-Morning Snack &amp; Chat          11:00-Fall Crafts and Leaf Art          12:00-LUNCH          1:00-TRIVIA @RR          1:00-WHEEL-of-FORTUNE          1:15-HOOPS!</p>	<p><b>16</b>          10:00-Early TEA time 🍵          11:00- TAI CHI with IRO          11:00-<b>Jack-o-Lantern Decorating</b> 🎃          12:00-LUNCH          1:00-DRUMMING TO THE BEAT @RR          1:00-NEWSLETTER Team w/ Larisa          1:00-<b>LOTERIA!</b></p>	<p><b>17</b>          10:00-Coffee Crew          11:00-Prayer Circle with Elena          11:00-<b>Jack-o-Lantern Decorating</b> 🎃          12:00-LUNCH          1:00-TV Memories Trivia @RR          1:00-Relaxation Station          1:15-BEACH BALL VOLLEYBALL</p>	<p><b>18</b>          10:00-Have a MUG-nificent Day!          10:45- <i>LIVE Ukulele Music with</i> 🎸  <b>Mid-County Pluckers</b>          11:00-MEN'S Group w/Juan Carlos          12:00-LUNCH          1:00-Musical Memories with Will          1:00-<b>KARAOKE LOUNGE</b></p>
<p> <b>DIENTES DENTAL VISIT</b> 21          10:00-Rise &amp; GRIND ☕          11:00- TAI CHI with IRO          12:00-LUNCH          1:00-HOOPS! @RR          1:00-<b>BINGO</b>          1:45-Prize Shopping</p>	<p><b>22</b>          10:00-Cafecito y Platica          11:00-<b>Jack-o-Lantern Decorating</b> 🎃          11:00-Grupo de Hombres w/Juan Carlos          12:00-LUNCH          1:00-REMINISCING @RR          1:00- <i>TOTALMENTE TRIVIA</i> (Spanish)          1:15-Table Games</p>	<p><b>23</b>          10:00-BREW-tiful Morning          11:00- TAI CHI with IRO          11:00-<b>Jack-o-Lantern Decorating</b> 🎃          12:00-LUNCH          1:00-TABLE TENNIS @RR          1:00-<b>LOTERIA!</b>          1:45-Prize Shopping</p>	<p><b>24</b>          10:00-Sereni-TEA NOW!          11:00-Butterfly Symmetry Collage          11:00-<b>PARTICIPANT COUNCIL w/Tara</b>          12:00-LUNCH          1:00-Finish the List! Trivia @RR          1:00-JEOPARDY!          1:15-Group Games: Pass the Bucket!</p>	<p><b>25</b>          10:00 Relajan-Té Mañana          11:00-CATHOLIC MASS          11:00-WOMEN'S GROUP w/ Alondra          12:00-LUNCH          1:00-Musical Memories with Will          1:00- <i>Dance Hall Days</i>          1:45-<b>Birthday Celebration</b> 🎂</p>
<p><b>28</b>          10:00-Let's JAVA Great Week!          11:00- TAI CHI with IRO          12:00-LUNCH          1:00-DARTS @RR          1:00-NEWSLETTER Team w/ Larisa          1:00-<b>BINGO</b>          1:45-Prize Shopping</p>	<p><b>29</b>          10:00-Morning Snack &amp; Chat          11:00-Día de Muertos Crafts          12:00-LUNCH          1:00-TRIVIA @RR          1:00-WHEEL-of-FORTUNE          1:15- BOWL-a-RAMA</p>	<p><b>30</b>          10:00-Early TEA time          11:00- TAI CHI with IRO          11:00-Día de Muertos Crafts          12:00-LUNCH          1:00-DRUMMING TO THE BEAT @RR          1:00-<b>LOTERIA!</b>          1:45-Prize Shopping</p>	<p><b>HAPPY HALLOWEEN</b> 🎃          10:00-Cuppa Witches BREW 🍷          11:00- <b>FABULOUS PHANTOM PARADE &amp; COSTUME CONTEST</b>          1:00-MONSTER MASH PARTY GAMES          1:00- <b>MOVIE @RR- "ADAMS FAMILY"</b></p>	

To Cancel Transportation to Elderday, Please Contact **LIFTLINE** (831) 688-9663 As Soon As Possible

**Elderday, ADHC**  
 501 Main St.  
 Watsonville, CA 95076  
 (831)458-3481



# MENU



## October 2024 | ELDERDAY MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Mexican Chicken Soup Noodles Pinto Beans Mixed Green Salad Corn Tortilla 1% Milk	<b>2</b> Quiche Roasted Potatoes Romaine Salad w/ Beans Oatbran Muffin 1% Milk	<b>3</b> Sweet & Sour Shrimp Wonton Soup Nappa Cabbage Salad Brown Rice 1% Milk	<b>4</b> Vegetarian Lasagne Broccoli Cesar Salad WW Roll 1% Milk
<b>7</b> Shephards's Pie Green Salad WW Roll/ Butter Graham Crackers 1% Milk	<b>8</b> Minnestrone Soup Couscous Vegetable Mixed Green Salad WW Roll/Butter 1% Milk	<b>9</b> Sloppy Joes Succotash Romaine Salad w/ WW Bun 1% Milk	<b>10</b> Potato, Kale, Cheese Enchiladas Refired Beans Green Salad w/ Peppers Mexico City Rice 1% Milk	<b>11</b> Lemon Chicken Carrots Steamed Bok Choy Barley WW Roll/Butter 1% Milk
<b>14</b> Meatloaf Mashed Potatoes Green Salad w/ Peppers WW Roll/ Butter Graham Crackers 1% Milk	<b>15</b> Vegetarian Chili Zuchinni Spinach Salad w/ Carrots WG Cornbread 1% Milk	<b>16</b> Picadillo Mixed Vegetables Romaine Salad Spanish Rice Corn Tortilla 1% Milk	<b>17</b> Fish Sticks w/ Lemon Baked Potato Tossed Green Salad WW Roll/Butter Graham Crackers 1% Milk	<b>18</b> Eggplant Pasta Bake Cali Mixed Vegetables Spinach Salad WW Roll/Butter 1% Milk
<b>21</b> BBQ Pork Mashed Potatoes Coleslaw WW Bread/Butter Graham Crackers 1% Milk	<b>22</b> Lentil Soup Vegetable Pasta Salad Tomato Cucumber Salad WW Roll 1% Milk	<b>23</b> Beef Fajitas Refried Beans Romaine Salad w/ Tomato Spanish Rice Tortilla 1% Milk	<b>24</b> Chicken Alfredo Casserole Italian Green Beans Spinach Salad WW Roll/ Butter 1% Milk	<b>25</b> Turkey Pot Roast w/ LS Gravy Roasted Potatoes Mixed Green Salad w/ Peppers WW Roll/Butter Birthday Cake 1% Milk
<b>28</b> Rigatoni Casserole Three Bean Salad Green Salad w/ Egg WW Roll/Butter 1% Milk	<b>29</b> Tuna Salad Garden Vegetable Soup Carrot Raisin Salad WW Bread Crackers 1% Milk	<b>30</b> Sopa de Albondigas Cauliflower w/ Peppers Spinach Salad WG Cornbread 1% Milk	<b>31</b> Deviled Chicken w/ Mandarin Orange Glaze Baked Yam Peas & Carrots WW Roll/Butter Graham Crackers 1% Milk	