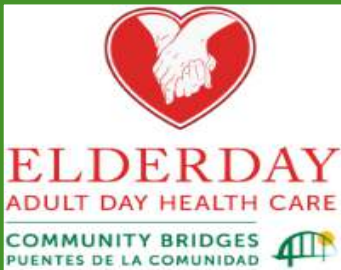
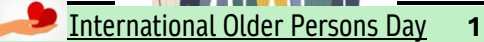


Monday	Tuesday	Wednesday	Thursday	Friday
				
				
World Teacher Day 10:00-Morning Mug Club 11:00-TAI CHI with IRO 11:00-Recetas y Recuerdos 1:00-Famous Faces Trivia 1:00-Did Someone Say... BINGO !? 1:45-BINGO Buck\$	 Community Dental 10:00- TEA -rific Day! 11:00- Words & Watercolor 11:00- <i>"La Lluvia de Oro"</i> con Liliana 1:00-Table Tennis @RR 1:00- Men's Group with Steve 1:00-Ballet Folklorico	Random Acts of Poetry Day 10:00-Sipping & Stanzas 11:00-TAI CHI with IRO 11:00-The LIVE Poets Society 1:00-Peaceful Patio Time @RR 1:00- LOTERIA 1:45- Spend That BINGO Ca\$h! 2-3pm Caregiver Support Group	International Older Persons Day 1 10:00-Silver Sippers Coffee & Tea 11:00- Prayer Circle with Elena & Gloria 11:00- TRIVIA TIME! 1:00-Name That Tune @RR 1:00- ¡Adivina la Canción! 1:15-Beachball Volleyball	10:00-Café y Cotorreo 11:00- Grupo de Hombres con Juan Carlos 11:00-Arts & Crafts 1:00-Gentle Guitar with Will @RR 1:00-Patio Power Hour Disco Cardio Drumming 1:15- WHEEL OF FORTUNE
Indigenous Peoples Day 12 10:00-Mañanitas con Cafe 11:00-TAI CHI with IRO 11:00- Grupo de Mujeres con Alondra 1:00-Is This Really a Kitchen Tool? @RR 1:00- BINGO !! Is the Game-O !! 1:45-BINGO \$store \$ale	13 10:00-Morning Mingle 11:00- Clase Informativa Sobre: Servicios de Protección Para Adultos 11:00- Words & Watercolor 1:00-Darts @RR 1:00- KARAOKE LOUNGE 1:15-HAND SPA at the GYM	14 10:00-Enchanted Tea Pot 11:00-TAI CHI with IRO 11:00- <i>"La Lluvia de Oro"</i> con Liliana 1:00-Soak'n Up Some Sun @RR 1:00- LOTERIA 1:45-\$SHOP \$SHOP \$SHOP 2-3pm Caregiver Support Group	15 10:00-Café con Rayos de Sol 11:00 Prayer Circle with Elena & Gloria 11:30-LIVE ZOOM SESSION Bridgetown Music: 80's Hits 1:00-Fall Landscapes with RR 1:00- PELICULA de TERROR 1:15-HOOPS!	16 10:00-News & Coffee Brews 11:00- Grupo de Hombres con Juan Carlos 11:00- Table Games with Rosa 1:00-Gentle Guitar with Will @RR 1:00-Rueda de Fortuna 1:15- "Getting To Know You" Group With Christine
19 10:00-CAWFEE TAWK 11:00-TAI CHI with IRO 11:00-Jack-O-Lantern Art 12:45-LIVE MUSIC @Majel's Place with "LOS PRIMOS" 1:00-Puzzle Projects @RR	20 10:00-Sip & Socialize 11:00-Jack-O-Lantern Art 11:00- Words & Watercolor 1:00-Gentle Music & Movement @RR 1:00- BINGO! On a TUESDAY ?? 1:45-Spend that CASH \$TA\$h	21 10:00-Tranquili- TEA 11:00-TAI CHI with IRO 11:00-Jack-O-Lantern Art 1:00-Sunny Patio Stretches with RR 1:00- LOTERIA 1:45-\$hop 'Til You Drop 2-3pm Caregiver Support Group	22 10:00-Coffee & Chill 11:00- Informational Class: Adult Protective Services 11:00- Prayer Circle with Elena & Gloria 1:00- <i>"La Lluvia de Oro"</i> con Liliana 1:00- Grupo de Mujeres con Alondra 1:15-POOL CUE CLUB	23 10:00-Steep Dreams 11:00- Men's Group with Steve 11:00-Gentle Guitar with Will @RR 11:00-Recetas y Recuerdos 1:00- Musical Memories with Juan Carlos 1:45- BIRTHDAY CELEBRATION
26 10:00-DeCaf Crew 11:00-TAI CHI with IRO 11:00-Costume Mask Creatives 1:00-Weekend Remiscing @RR 1:00- BINGO! Is Always a Great Idea! 1:45-Don't \$tash That BINGO Ca\$h	27 10:00-The Daily Drip 11:00- Words & Watercolor 11:00- <i>"La Lluvia de Oro"</i> con Liliana 1:00- Women's Group with Alondra 1:00- ¡Adivina la Canción! 1:15-Putt-Putt Golf Practice 1:15-Hand Spa at the Gym	28 10:00-Sip Happens 11:00-TAI CHI with IRO 11:00-Costumes Mask Creatives 1:00-Catch'n Some Rays with RR 1:00- LOTERIA 1:45-\$pend Your Winning\$ 2-3pm Caregiver Support Group	29 10:00-Bes- TEAS in the Morning 11:00- Prayer Circle with Elena & Gloria 11:00- TRIVIA TIME! 1:00-Puzzle Projects in the RR 1:00-True or False Games 1:15-Beachball Volleyball	MONSTER MASH BASH 10:00-Witches Brew Crew 10:45-Costume Prep & Photos 11:15- SPOOKTACULAR PARADE 12:45- CREEPY COSTUME CONTEST 1:30- BLACK LAGOON BOOGIE & TREATS

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

 ELDERDAY ADULT DAY HEALTH CARE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD 		 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		1 Stir Fry Chicken Stir Fry Vegetable Blend Sesame Carrots Brown Rice Chow Mein Noodles 1% Milk	2 Three Bean Minestrone Tabouli Salad Green Salad w/ Egg WW Roll/Butter 1% Milk	ELDERDAY MENU LUNCH IS SERVED DAILY AT 12:00 pm. Seated Chair Exercises & Movement Daily at 11:45 am.
5 Savory Casserole Broccoli Mixed Green Salad WW Roll/Butter 1% Milk	6 Tuna Salad Sandwich Vegetable Barley Soup Cucumber Tomato Salad WW Bread 1% Milk	7 Turkey Pot Roast Roasted Potatoes Romaine Salad w/ Carrots WW Roll/Butter Graham Crackers 1% Milk	8 Lentil Soup Vegetable Couscous Salad Spinach Salad w/ Mandarins WW Roll/Butter Crackers 1% Milk	9 Chicken Enchilada Summer Squash Fiesta Cabbage Salad Spanish Rice 1% Milk		
12 BBQ Pork Mashed Potatoes Coleslaw WW Bread/ Butter Graham Crackers 1% Milk	13 Beef Stew Green Peas Spinach Salad WW Biscuits 1% Milk	14 Macaroni & Cheese Three Bean Salad Green Salad w/ Broccoli WW Roll/Butter 1% Milk	15 Turkey Mole Garden Vegetables Romaine Salad Spanish Rice Corn Tortilla 1% Milk	16 Egg Salad Sandwich Garden Vegetable Soup Mixed Green Salad WW Bread 1% Milk		
19 Salisbury Steak Mashed Potatoes Romaine Salad w/ Broccoli WW Bread/ Butter Graham Crackers 1% Milk	20 Vegetarian Lasagne Zucchini Caesar Salad w/ Egg WW Roll/Butter 1% Milk	21 Sweet & Sour Shrimp Sesame Green Beans Napa Cabage Salad Brown Rice Graham Crackers 1% Milk	22 Turkey Grape Salad Carrot Ginger Soup Romaine Salad WW Bread/ Butter Crackers 1% Milk	23 SW Chicken Noodle Soup Birthday Cake!! Mixed Green Salad Tortilla 1% Milk 		
26 Spaghetti & Meatballs Green Beans Spinach Salad w/ Broccoli WW Roll/Butter 1% Milk	27 Chicken Fajitas Refried Beans Romaine Salad Spanish Rice Tortilla 1% Milk	28 Vegetarian Chili Cauliflower Green Salad Cornbread 1% Milk	29 Fish Sticks Potato Wedges Coleslaw w/ Carrots Pesto Noodles WW Roll/Butter 1% Milk	30 Devild Chicken L Peas & Carrots Brown Rice WW Roll/Butter 1% Milk SF Birthday Cake		