Seskehko:wa/September 2011 Lunch Menu & Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	• The Senior Center is open 8-4 • Please call for reservations by 9:30am to Arvella @ 358-2963, Ext. 108. This courtesy call ensures that we will have enough food for everyone. • Salads are now available, and must be called in advance • All meals are served promptly at 12pm unless otherwise noted.			1 Menu Hamburgers Macaroni & Cheese, Peas Fruit Cocktail **Activates** 12:30 Mall Trip 1-3 Fall Prevention	2 Menu Tuna Fish Sandwich, Tomato Soup, Peanut Butter Cooki **Activities** 12:30pm Trip to IGA 12:30 Movie Water for Elephants	3 6:30 Pm A-K
4 6:30 Pm A-K	5 Holiday Tribal Closed Labor Day 	6 Menu Lemon Baked Chicken, Wild Rice Carrots Vanilla Pudding **Activities** 12:30 Shopping 1-3 Fall Prevention 1:30 Zumba Gold	7 Menu Meatloaf, Mashed Potatoes, Corn Oatmeal Cookie **Activities** 9am Zumba Gold 10am Sewing A Quilted Banner	8 Menu Vegetarian Lasagna, Tossed Salad, Italian Bread, Chocolate Pudding **Activities** 10am Hair Cuts w/ Lisa Jock 12:30 Mall Trip 1-3 Fall Prevention 1:30 Legal Aid	9 Menu Chicken Noodle Soup, Egg Salad Sandwich, Yogurt w/berries **Activities** 12:30 Trip to the IGA	10 6:30Pm A-K
11 6:30Pm A-K	12 Menu Stuffed Pork Chops, Butternut Squash, Green Beans, Applesauce Activities 9am Zumba Gold 11:30 Tom Saxby	13 Menu Chicken Tetrazzini Waxed Beans Chocolate Pudding **Activities** 8-2pm Massage 10am Club Mt 12:30 Shopping 1-3 Fall prevention 1:30 Zumba Gold	14 Menu Chicken Parmesan/ Spaghetti, Tossed Salad, Garlic Bread Jell-0 **Activities** 9am Zumba Gold 11:15 Nutrition Ed 10am Fun w/ Mohawk Language	15 Menu Baked Fish Boiled Potato Brussels, Sprout Butterscotch **Activities** 12:30 Cornwall Shopping 1-3 Fall prevention	16 Menu Corn Soup Biscuits, German Apple Cake **Activities** 12:30Trip to IGA 1pm Painting	17 6:30 pm A-K 12pm Cribbage
18 6:30 Pm A-K	19 Menu Garlic Chicken Rice pilaf, Mixed Vegetables Chocolate pudding **Activities** 9am Zumba Gold 1:00 Bingo	20 Menu Roast Beef Mashed potato Carrots Sliced Pears Activities 10am Club Mt 12:30 Shopping 1-3 Fall Prevention 1:30 Zumba Gold	21 Menu Cheese Manicotti Tossed Salad Garlic Bread Peaches **Activities** 9am Zumba Gold 10am Trip to Kahanwake Lunch and Bingo	22 Menu Open Faced Turkey Sandwich Sweet Potatoes, Cauliflower, Butterscotch Pudding Activities 10am Vital Signs 12:30 Mall 1-3 Fall Prevention 1:30 Legal aid	23 Menu Fish on a Bun Seasoned Potatoes Coleslaw Mandarin Oranges **Activities** 10am Book Club 12:30pmTrip to IGA	24 6:30 pm A-K 12pm Cribbage
25 6:00pm A-K Tournament 	26 Menu Chicken& Dumplings, Green Beans, apple crisp **Activities** 9am Zumba Gold 1:00 Bingo	27 Menu Mild Chili Corn Bread Tapioca Pudding **Activities** 8:30-2pm Massage 12:30 Shopping 1:30 Zumba Gold	28 Birthday Meal Baked Ham Scalloped Potatoes Carrots, Birthday Cake **Activities** 9am Zumba Gold 10am Vital Signs 5-7 Caregivers Heather Pontius RD "Cooking for two"	29 Menu Baked Fish Baked French Fries, Coleslaw Brownie **Activities** 12:30 Mall Trip to Cornwall	30 Menu Minestrone Soup Peaches Peanut Butter Cookie **Activities** 12:30pmTrip to IGA 1pm Painting Class	