
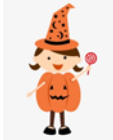



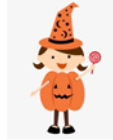













October 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30AM Coffee @ Chompies 	4 1PM Costume Shopping: Spirit Store 	5 11AM State Fair \$30 A/C  12:30PM Move @ the Y	6 11AM State Fair \$30 D/G/I 	7 9AM Karate Testing 9AM Breakfast Outing: Joy Bus Diner \$10-20 9AM Puppet Theater \$8 2PM Library Outing
10 9:30AM Coffee @Black Rock 	11 10AM-12PM Volunteer: Check for a Lump  1PM Costume Shopping: Goodwill	12 8AM FABRIC Tour Sign up required 11AM State Fair \$30 J/E/F 	13 9AM Movement @ the Park 11AM State Fair \$30 B/H/K 	14 9AM Breakfast Outing: Joy Bus Diner \$10-20 9AM Puppet Theater \$8 2PM Library Outing
17 9:30AM Coffee @ Cartel 	18 12:30PM Card Shop  1PM Costume Shopping: Spirit Store	19 11AM MacDonald's Ranch Pumpkin Patch \$15-30  A/C 12:30PM Move @ the Y	20 11AM MacDonald's Ranch Pumpkin Patch \$15-30 D/G/I 	21 9AM Breakfast Outing: Joy Bus Diner \$10-20 9AM Puppet Theater \$8 2PM Library Outing
24 9:30AM Coffee @ PRESS 	25 1PM Costume Shopping: Goodwill 	26 11AM MacDonald's Ranch Pumpkin Patch \$15-30 J/E/F 	27 9AM Movement @ the Park 11AM MacDonald's Ranch Pumpkin Patch \$15-30 B/H/K 	28 Haunted Hotel Party! 2PM Pumpkin Pie Eating Contest
Halloween 31 1PM Noble McCoy Performs 2PM Trick or Treating 	<ul style="list-style-type: none"> • MONDAYS: 9-11AM Volunteer: St. Vincent De Paul Hope Chest, 9:30AM-12:30PM YOGA @ YMCA, & 1PM Pawsitive Friendships • TUESDAYS: 9-11AM Volunteer: St. Mary's • WEDNESDAYS: 9-11AM Volunteer: St. Vincent de Paul Human Services Campus & 9:30-11AM Mindfulness Classes • TUESDAYS & FRIDAYS: 10:30-11:30AM Karate Core & 1:30-2:30PM High Belt Core 			

OCTOBER COSTUME CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3 HARRY POTTER DAY	4 STAR WARS DAY	5 DISNEY DAY	6 CHARACTERS, CARTOONS, COMICS, & ANIME DAY	7 HORROR MOVIE DAY
10 ROARING 20S DAY	11 HIPPIY 60S DAY	12 DISCO 70S DAY	13 NEON 80S DAY	14 GRUNGE 90S DAY
17 WITCHES & WIZARDS DAY	18 FARM ANIMAL DAY	19 DRESS AS YOUR PET DAY	20 JUNGLE ANIMAL DAY	21 HOLIDAY DAY
24 HERO DAY	25 VILLAIN DAY	26 BEACH DAY	27 COLORFUL RAINBOW DAY	28 GOTH DAY
HALLOWEEN 31 WEAR YOUR HALLOWEEN COSTUME				



October 2022

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 <ul style="list-style-type: none"> • Fish Sticks with Tots • Turkey & Cheese Wrap • Chef Salad 	4 <ul style="list-style-type: none"> • Pesto Pasta with Chicken • BLT • Hummus with Veggies 	5 <ul style="list-style-type: none"> • Crispy Chicken Sandwich • Roast Beef Sandwich • Quinoa Salad with Roasted Squash & Feta 	6 <ul style="list-style-type: none"> • BBQ Ribs • Ham & Cheese Sandwich • Garden Salad 	7 <ul style="list-style-type: none"> • FREE LUNCH FRIDAY
10 <ul style="list-style-type: none"> • Bean & Cheese Burrito • Club Sandwich • Greek Salad with Chicken 	11 <ul style="list-style-type: none"> • Tortellini Alfredo • Roast Beef & Provolone Sandwich • Chicken Caesar Salad 	12 <ul style="list-style-type: none"> • Philly Cheesesteak Hoagie • Ham & Swiss Sandwich • Garden Salad 	13 <ul style="list-style-type: none"> • Penne with Meat Sauce • Deli Kabob with Crackers • Roasted Sweet Potato Salad 	14 <ul style="list-style-type: none"> • FREE LUNCH FRIDAY
17 <ul style="list-style-type: none"> • Chicken Tenders & Tots • Roast Beef & Cheese Sub • Southwest Chicken Salad 	18 <ul style="list-style-type: none"> • Beef Tacos • Italian Sub • Garden Salad 	19 <ul style="list-style-type: none"> • Turkey & Mashed Potatoes • Chicken Salad Croissant • Steak Salad 	20 <ul style="list-style-type: none"> • Meatball Sub • Turkey Wrap • Caprese Salad 	21 <ul style="list-style-type: none"> • FREE LUNCH FRIDAY
24 <ul style="list-style-type: none"> • Grilled Ham & Cheese • Chicken Club Sub • Greek Salad with Feta 	25 <ul style="list-style-type: none"> • Chicken Fajitas • Egg Salad Croissant • Chef Salad 	26 <ul style="list-style-type: none"> • The Rachel • Ham & Swiss Wrap • Crispy Chicken Salad 	27 <ul style="list-style-type: none"> • Cheeseburger & Tots • Roasted Veggie Wrap • Taco Salad 	28 <ul style="list-style-type: none"> • FREE LUNCH FRIDAY
31 <ul style="list-style-type: none"> • Chicken Quesadilla • Turkey Wrap • Greek Salad with Chicken 				

* Menu subject to change due to product shortages.