

West Shore Senior Center

Activity Calendar

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Apple Dumpling Sale Begins 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	2 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/ instructor \$3/class	3 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Chit chat
6 CLOSED Labor Day	7 8:30 Dominoes/Games 9:00 Billiards 9:30 Wii bowling 12:00 Slingo	8 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible study 12:00 Healthy steps	9 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/ instructor \$3/class	10 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Chit chat
13 8:30 Dominoes/Games 11:00 Chair Yoga 12:30 Movie	14 8:30 Dominoes/Games 9:00 Billiards 9:30 Wii bowling 12:00 Slingo	15 Camp Eder Senior Day 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible study 12:00 Healthy steps	16 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Humana present. (Medicare Bingo) 12:30 Tai Chi w/ instructor \$3/class	17 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Chit chat
20 8:30 Dominoes/Games 11:00 Chair Yoga 12:30 Movie	21 8:30 Dominoes/Games 9:00 Billiards 9:30 Wii bowling 12:00 Slingo	22 Apple Dumpling Sale Ends 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible study 12:00 Healthy steps	23 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/ instructor \$3/class	24 Yard Sale Prep 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Chit chat
27 8:30 Dominoes/Games 10:30 Humana present. (Medicare 101) 11:00 Chair Yoga 12:30 Movie	28 8:30 Dominoes/Games 9:00 Billiards 9:30 Wii bowling 12:00 Slingo	29 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible study 12:00 Healthy steps	30 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Bake dumplings 12:30 Tai Chi w/ instructor \$3/class	

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Monday	Tuesday	Wednesday	Thursday	Friday
Apple dumpling order will be ready for pick up on Monday, October 4 from 9:00 am - 2:00 pm!				1 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Chit chat 12:00 Bake dumplings
4 Active Aging Week 9:00 Yard games 11:00 Chair Yoga 1:00 Movie	5 Active Aging Week 8:30 Dominoes/Games 9:00 Billiards 9:30 Wii bowling 12:00 Slingo	6 Active Aging Week 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	7 Active Aging Week 9:00 Yard Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/ instructor \$3/class	8 CLOSED Active Aging Picnic at Community Park in Newville 9:00 am - 2:00 pm
11 Columbus Day 8:30 Dominoes/Games 11:00 Chair Yoga 12:30 Movie	12 8:30 Dominoes/Games 9:00 Billiards 9:00 & 12:00 AARP Driver safety 9:30 Wii bowling. 12:00 Slingo	13 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	14 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/ instructor \$3/class	15 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Chit chat
18 8:30 Dominoes/Games 11:00 Chair Yoga 12:30 Movie	19 8:30 Dominoes/Games 9:00 Billiards 9:00 & 12:00 AARP Driver safety 9:30 Wii bowling 12:00 Slingo	20 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	21 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/ instructor \$3/class	22 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Chit chat
25 8:30 Dominoes/Games 11:00 Chair Yoga 12:30 Movie	26 8:30 Dominoes/Games 9:00 Billiards 9:30 Wii bowling 12:00 Slingo	27 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	28 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:30 Tai Chi w/ instructor \$3/class	29 CLOSED Doubling Gap Event

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Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Meatloaf w/ gravy ½ c Baked Potato w/ margarine ½ c wax beans Wheat Bread / Cookie / Milk	2 Tuna salad sandwich w/ lettuce and tomato 1 c lentil soup with crackers Sandwich roll Fresh orange / Chocolate milk	3 Baked breaded chicken cutlet ½ c scalloped potatoes ½ c mixed vegetables White bread / ½ c fruited gelatin Milk
6 CLOSED Labor Day	7 Spaghetti and meatballs (4) w/ marinara ¾ c pasta with sauce ½ c broccoli Italian bread / ½ c pineapple Milk	8 Warm roast beef sandwich with mozzarella ½ c Roasted parmesan redskins ½ c Carrots Sandwich roll / Apple / Milk	9 Chicken with gravy ½ c Blended rice Wheat bread ½ c Applesauce Chocolate milk	10 Turkey salad sandwich w/ lettuce Saltines 1 c Creamy cauliflower soup Whole grain dinner roll ½ c Mixed fruit / Milk
13 Fish triangle ½ c Garlic buttered pasta ½ c Peas Wheat bread ½ c Pineapple / Milk	14 Kielbasa in kraut ½ c Whipped potatoes ½ c Green beans Wheat Bread Gelatin / Milk	15 Fiesta grilled chicken Corn and black beans Spanish rice Fresh fruit Milk	16 Pulled turkey ½ c Mashed potatoes w/ gravy ½ c Mixed vegetables Wheat bread Cookie / Chocolate milk	17 BBQ riblet 1 c Summer potato and corn Chowder with crackers Hamburg bun Fresh fruit / Milk
20 Beef burgundy ½ c Bowtie noodles ½ c Coin carrots Wheat bread Fresh orange Milk	21 Hot dog and chili sauce Cheddar cheese stick ½ c Baked potato ½ c Green beans Hot dog roll / ½ c Applesauce Milk	22 Orange glazed pork loin ½ c Blended rice ½ c Californian blend Wheat bread ½ c Pineapple tidbits Milk	23 Chicken caesar salad 1 c mixed greens (diced chicken, parmesan, tomato, croutons) 1 c pasta florentine soup w/ crackers / dinner roll Fruit mix / Chocolate milk	24 Lasagna with meat sauce Parm packet 1 c tossed salad w/ HB egg Italian dressing / Italian bread ½ c peaches Milk
27 Baked meatloaf with gravy ½ c Mashed potatoes ½ c Corn Wheat bread ½ c Pudding / Milk	28 Brunch Lunch Western omelet w/ ham, cheese, peppers, onions ½ c Breakfast potatoes WG English muffin w/ jelly 4 oz. Orange juice / Milk	29 Sweet & sour meatballs (3) ½ c Brown rice Wheat bread ½ c Mixed fruit Milk	30 BBQ turkey burger ½ c Brown rice ½ c Creamy coleslaw Wheat bread ½ c Fruit mix / Choc. milk	

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 1 c Chili 1 oz Cheddar Cheese Tossed Salad Cornbread ½ c Applesauce/Milk
4 Roasted Pork w/ Dijon mushroom Sauce ½ c Vegetable Rice Pilaf ½ c Green Beans Wheat Bread Fresh Fruit/Milk	5 Pot Roast with gravy ½ c Mashed Potatoes ½ c Coin Carrots Italian Bread Cookie Milk	6 Egg Omelet with cheese 1 Sausage Patty ½ c Breakfast Potatoes Wheat English Muffin w/ Jelly Fresh Fruit Milk	7 Lasagna with meat sauce Parm. Cheese 1 c Tossed Salad with dressing Garlic Breadstick ½ c Mixed Fruit Salad Chocolate Milk	8 <p style="text-align: center;">CLOSED Active Aging Picnic held at Newville Community Park 9:00 am - 2:00 pm</p>
11 Hot Dog 2 oz Sauerkraut ½ c Cheesy Potatoes Hot Dog Roll ½ c Sliced Apples/Milk	12 BBQ Chicken ½ c Bowtie Pasta 1 c Tossed Salad Wheat Bread Fresh Fruit/Milk	13 Salisbury Steak with gravy ½ c Mashed Potatoes Carrots Wheat Bread ½ c Pears/Milk	14 Baked Cabbage Roll with 2 oz Tomato Sauce ½ c Garlic Whipped Potatoes Mixed Vegetables Dinner Roll/Fresh Fruit/Milk	15 Tuna Noodle Casserole (3 oz Tuna, 4 oz Noodles) ½ c Peas & Carrots Wheat Bread ½ c Pineapple/Milk
18 Crab Cake Slider ½ c Parmesan Noodles ½ c Baked Beans Dinner Roll ½ c Mandarin Oranges/Milk	19 Roast Beef & Dumplings ½ c Creamy Coleslaw WG Buttermilk Biscuit ½ c Applesauce Milk	20 Roasted Turkey w/ Gravy ½ c Mashed Potatoes ½ c Mixed Vegetables Wheat Bread Cookie/Milk	21 Roasted Pork with gravy ½ c Whipped Potatoes ½ c Mixed Vegetables Biscuit with Apple Butter Fresh Fruit/Chocolate Milk	22 Baked Ham Slice With Pineapple ½ c Sweet Potatoes ½ c Carrots Wheat Bread & ½ c Pears/Milk
25 Stuffed Pepper with tomato Sauce ½ c Garlic Whipped Potatoes ½ c Coin Carrots White Bread/Fresh Fruit/Milk	26 Taco Salad with Lettuce, Tom, Cheese, Sour Cream, Taco Sauce Spanish Rice Corn & Black Beans Nacho Chips Pineapple/Milk	27 Orange Glazed Pork Loin ½ c Vegetable Rice Pilaf ½ c Cauliflower ½ c Sliced Apples Wheat Bread/Milk	28 Crispy Chicken Salad 1 c Mixed Greens w/ Diced Chi Bacon Bits, Cheddar, 1/2 Egg 1c Vegetable Soup w/ Crackers Dinner Roll Peach Crisp/Milk	29 <p style="text-align: center;">CLOSED Doubling Gap Event</p>