

October 2016**QUIN-TOWN SENIOR CENTER, HANCOCK, VT.****802-767-3763**

SUN	MON	TUE	WED	THUR	FRI	SAT.
LUNCH SERVED MONDAY WEDNESDAY FRIDAY AT NOON	3 MUFFINS & COFFEE 9AM Beef Stew Vegetable Stew Rye Bread Cole Slaw Jello Fruit Salad	4	5 BLOOD PRESSURE CLINIC Baked Fish Mashed Potato Peas & Carrots Zucchini Brownies	6	7 BINGO BLT French Fries Green Salad & Chick Peas Birthday Cake	8
8 EVERYONE WELCOME	10 BEAN BAG TOSS GAME Sausage Gravy & Biscuits Roasted Potatoes Green Beans Mandarin Oranges Oatmeal Raisin Cookies	11	12 BUCKY DOUGLAS ACCORDION MUSIC RSVP by 10/10 Meat Lasagna Green Beans Garlic Bread Baked Apples	13	14 BINGO Goulash Tossed Salad 12 Grain Bread Fruit Salad	15
16 1% Milk & 100% Juice Served On Site	17 FALL CRAFT Potato Salad Hot dogs w/Bun 3 Bean Salad Peaches	18	19 LIBRARY DAY Scalloped Potatoes & Ham Broccoli Wheat Bread Gingerbread Cake	20	21 BINGO Fish Au Gratin Roasted Sweet Potatoes Tomato Cucumber Salad Wheat Bread Fruit Salad	22
23	24 ANNUAL MEETING 11:15 RSVP by 10/21 Baked Lemon Chicken Potato Wedges Mixed Vegetables Bread Pineapple Upside- Down Cake	25	26 BBB SCAMS & FRAUD PROTECTION TALK RSVP by 10/24 Tuna Noodle Casserole Peas Wheat Bread Coleslaw Chocolate Pudding	27	28 HALLOWEEN COSTUME PARTY AND MUSIC BY MERVIN & FRIENDS RSVP by 10/26 Roast Beef Mashed Potato & Gravy Corn Wheat Bread Pears	29
30 MENU SUBJECT TO CHANGE AT ANY TIME	31 HAPPY HALLOWEEN Chicken and Biscuits Broccoli Carrot Salad Cherry Dump Cake					

Senior Helpline 1-800-642-5119**PLEASE SEE REVERSE SIDE FOR MORE ACTIVITY INFORMATION**

Please help us prepare by making meal and event reservations two days in advance!

The first Friday of the month we celebrate birthdays for the month! Birthday cake Oct. 7!

Bingo – Generally on Fridays from 11:15 – 11:45AM. A dime per card per game and winner takes the dimes!

Monday Muffins & Coffee, Oct. 3 – Do Mondays have you down? Come to the center at 9AM for muffins and coffee. Bring a friend and jumpstart your week with good food and friends! Make a donation to benefit the Meals on Wheels program.

Blood Pressure Clinic, Oct. 5 – Come and have your blood pressure checked here at 11:30AM. You will receive a card to keep track of your blood pressure results taken here at the center.

Bean Bag Toss, Oct. 10 – Join us as we play “corn hole” inside the center!

Accordion Music by Bucky Douglas, Oct. 12 – Come listen to lovely accordion music played for us by Bucky Douglas. Please RSVP by 10/10

Fall Craft, Oct. 17 – We will create wonderful fall craft masterpieces!

Library Day, Oct. 19 – The librarian from the Hancock Free Public Library brings a selection of books and magazines for guests to check out. Guests can sign up for a library card here at the center.

Annual Meeting, Oct. 24 – 11:15AM Annual Board of Directors meeting. Please RSVP by 10/21

Better Business Bureau Fraud Protection Talk, Oct. 26 – The BBB Scams & Fraud program will cover the most common scams currently circulating the community, the major Red Flags to watch out for, and the precautionary steps we can take to protect ourselves from falling victim. Please RSVP by 10/24

Merv & Friends Halloween Costume Party, Oct. 28 – Come dressed in costume and enjoy music by Merv & Friends! Please RSVP by 10/26