

October 2023

Oak Hill Grapevine

Oak Hill | 623 Hamacher St., Waterloo, Illinois, 62298 | 618-939-3488

Celebrating October

**Popcorn Poppin'
Month**

**Italian American
Heritage Month**

Country Music Month

**Breast Cancer
Awareness Month**

October 9th- Columbus Day

October 31st- Halloween



Wear **Pink Every
Wednesday in October
in Honor of those who
have experienced
Breast Cancer**



Absolutely Gourd-geous



Anyone who's attended a county fair is probably familiar with gargantuan, record-breaking pumpkins. Last October, Travis Gienger grew the largest pumpkin in America at 2,560 pounds. But in September of 2021, Italian

farmer Stefano Cutrupi set a new world record for the world's largest when his colossus weighed in at 2,702.9 pounds. Why grow pumpkins to such enormous sizes? A better question to ask is how do pumpkins get so big? And can you grow a giant in time for Pumpkin Day on October 26?

Pumpkins are members of the genus *Cucurbita*. These fruits are related to the cucumber family and include squashes, gourds, zucchini, and, of course, pumpkins. All these plants are native to tropical and subtropical areas of North and South America. They grow on vines and can naturally grow as large as 200 pounds, making them the heaviest fruits on the planet.

Over the years, farmers moved these plants out of the tropics and began to grow them around the world. They selected certain species and explored which cultivars could be cross-bred to create the largest pumpkins. At the 1893 Chicago World's Fair, William Warnock wowed crowds with a 365-pounder. In 1900, Warnock showed off a 400-pound pumpkin at the World's Fair in Paris. His giant pumpkins had become major attractions.

It wasn't until the 1970s that Howard Dill of Nova Scotia bred a pumpkin known as the "Atlantic Giant," a cross between the Rennie's Mammoth (itself descended from the Goderich Giant) and Mammoth Chile pumpkins. Over the next decade, pumpkins would grow to 700 pounds.

Growing an Atlantic Giant takes 130 days, with plenty of full sunshine, fertilizer, and water. A frost will ruin the growth, so it's important to keep the pumpkin warm early in the season. Once the vine bears a pumpkin, choose the best to focus on and remove the rest. Even nonprofessionals can grow Atlantic Giants as large as 500 pounds!

Leif the Lucky

Each year, October 9 is proclaimed Leif Erikson Day to honor the Scandinavian explorer who landed in North America over 1,000 years ago. For many people of Scandinavian descent, this is a day to remind the world that Leif Erikson, also known as Leif the Lucky, was the first European to set foot in North America.

Both the *Saga of Erik the Red* and the *Saga of the Greenlanders* are books that offer details about Leif Erikson's voyage to Vinland, in present-day Newfoundland. While sailing from Norway to Greenland, Erikson was blown off course. He discovered a land full of wild grapes, wheat, and maple trees, samples of which the seafarers brought back to Greenland. The new land was called Vinland, or "wine land," after the grapes found growing there. Erikson never returned to Vinland, but others from both Greenland and Iceland did, including the Icelandic explorer Thorfinn Karlsefni, who unsuccessfully attempted to establish a permanent settlement there.

Giving Thanks



Thanksgiving may fall on the fourth Thursday of November in America, but for Canadians, the second Monday in October will always be Thanksgiving. Canada's holiday commemorates Sir Martin

Frobisher, who sailed from England to Canada in 1578 in search of the Northwest Passage. When Frobisher reached Nunavut in the eastern Arctic, he gave a "thanksgiving" for their safe arrival, eating a meal of salty beef, biscuits, and mushy peas. Luckily, most Canadians don't repeat this meager meal on Thanksgiving. As in America, most Canadians opt for turkey. Stuffing and pumpkin pie also grace the Thanksgiving table, but the stuffing is made of rice and bread crumbs, and the pie is chock full of ginger and other spices, like cloves, nutmeg, and cinnamon. As the holiday's name implies, it is still a day to give thanks for family and the fall harvest.

Tale of the Tape



The very first ticker-tape parade was a spontaneous celebration held on October 28, 1886, at the official dedication of the Statue of Liberty, which was presided over by President Grover Cleveland.

After the dedication, a parade wound its way through lower Manhattan's financial district. From financial offices high above, workers threw down ticker tape, the one-inch-wide strip of paper that continuously "ticked" out of machines and showed the values of stocks being traded on the stock market. Normally, the tape streamed out of machines and formed useless piles on the floor. Workers saw the piles as potential confetti waiting to rain down on the president, visiting dignitaries, and their cavalcade. The rain of ticker tape was such a hit that "ticker-tape parades" became a hallmark of New York City celebrations.

The largest ticker-tape parade New York has ever seen was held in 1951 for General Douglas MacArthur. The 19-mile route attracted seven million spectators and amassed 3,000 tons of ticker tape. While this parade was the largest New York has ever seen, the parade with the most ticker tape was held in 1945 following the Allied victory over Japan. Over 5,000 tons of paper, including ticker tape and confetti, rained down in celebration.

Alas, traditional ticker-tape parades went out of style when the stock market switched from ticker-tape machines to electronic boards in the 1960s. These days, parades still take place, but confetti is used in place of ticker tape. Regardless of when a parade has taken place, during or after the ticker-tape era, almost all parades travel a one-mile stretch of Broadway from the Battery to City Hall, known as the Canyon of Heroes. Today, visitors to the Canyon of Heroes will find over 200 black granite plaques detailing each parade that has been held in New York, honoring astronauts, world leaders, explorers, scientists, and sports heroes. This is New York City's version of the Hollywood Walk of Fame.

Nostalgia for Rent

A holiday on the third Saturday in October celebrates a dying breed: the independent video store. Staff picks. Late fees. "Be kind, rewind." Throughout the 1980s, '90s, and even into the 2000s, video stores enjoyed a culture all their own. Some stores, such as Scarecrow Video in Seattle and Vidiots in Santa Monica, have achieved such a cult following that they still operate in this era of on-demand streaming. Most video stores did not survive the technological shift. Back in 2004, Blockbuster had 9,000 stores around the world and earned \$5.9 billion annually. In 2010, Blockbuster filed for bankruptcy.

For anyone nostalgic for the good old days of video store rentals, one Blockbuster store still exists in Bend, Oregon. Or you can do what some video rental superfans have done and convert their own homes into nostalgic shrines to the rental stores of yesteryear. During the pandemic, one couple converted their basement into a video store "bunker" using furniture and shelving from a local video store that closed. There's a cash register, a restricted adults-only section, and a bell on the door that rings when a "customer" enters.

Burgoo Days



October 7 and 8 bring the Burgoo Days to counties across the American Midwest and South. Burgoo is a traditional stew that celebrates both the pioneers and the harvest season, as it was traditionally made with whatever meats and vegetables the pioneers could find, including venison, squirrel, opossum, raccoon, game birds, lima beans, corn, okra, tomatoes, cabbage, and potatoes. In Kentucky and Indiana, the making of burgoo is a vast communal enterprise, where members of the community each bring an ingredient and the stew is slow-cooked in a public setting. Burgoo is considered an iconic dish of the Kentucky Derby.

Great Balls of Fire

On October 29, thousands of visitors will line the banks of the Mekong River in Thailand to celebrate the end of Vassa, a period of intensive Buddhist meditation when Buddhists often give up meat or alcohol, a practice that has led some to call Vassa “Buddhist Lent.” But the real highlight is the river itself, which holds a mysterious secret.



Each year, along a 150-mile stretch of river, glowing balls of red light shoot from the river and disappear into the sky. A local legend attributes the fireballs to Naga, a massive serpent who lives in the river and awakens at the end of Vassa. The Naga is a deity who is believed to

guard a treasure in the underwater kingdom of Naga-Loka, a palace adorned with precious gems. The god is also a protector of Vientiane, the capital of Laos.

Scientists have attempted to explain the fireball phenomenon. The fireballs may be the result of a buildup of the swamp gas methane. As organic matter in the riverbed decomposes, methane increases until it is released in great underwater bubbles. When the methane touches the oxygen-rich air, it spontaneously combusts, creating brief explosions of fire. Other researchers have discovered traces of the flammable gas phosphine, a gas that is typically manufactured for industrial uses. None of the research explains why the fireballs always coincide with the end of Vassa, although some scientists have concluded that the phenomenon might correspond to a unique alignment of the sun, moon, and Earth, which coincides with the lunar holiday of Vassa.

Some skeptics have an alternate explanation. They assert that people from the county of Laos across the river from Thailand shoot flares up into the sky, perpetrating a massive ruse on the spectators. However, local villagers who have witnessed the Naga lights for decades find this hard to believe. While the debate over the origin of the fireballs continues, people still flock to the river to watch the mysterious lights, often joining in the fun by setting off fireworks of their own.

October Resident Birthdays

- October 1 - Patricia Mehrrens
- October 3 – Laverne Slawski
- October 6 – Juanita Butler
- October 9 – Jane Lange
- October 16 – Edwina Bogacki
- October 17 – Ruthie Moore
- October 20 – Orville Haudrich
- October 22 – Charles Huelsmann
- October 23 – Esther Muertz
- October 25 – David Procasky
- October 27 – Bernice Salger
- October 30 – Jody Winkelmann

The Lady with the Lamp



Would the “Florence Nightingale effect” exist if Florence Nightingale never left for Crimea on October 21, 1854? Nightingale and her nurses

arrived at the Crimean War hospital in Scutari to find that conditions were so unsanitary that soldiers were dying ten times faster than they should have. Nightingale nearly single-handedly turned the hospital around, cleaning the rooms, providing laundered clothes and linens to patients, bringing fresher food, flushing out the sewers, and ventilating the rooms. She made her nightly rounds with a handheld light, earning her the nickname the “Lady with the Lamp.” Some wonder, did Florence Nightingale fall in love with any of the patients under her care? Records show that Nightingale never married out of fear that it would interrupt her duties as a nurse. Perhaps we should be thankful for that decision, as Nightingale’s efforts have earned her renown as the “Founder of Modern Nursing.”



Faith Gardner, Dietary

Tonya Kolis, CNA

Macy Parks, LPN

Jenna Smalley, CNA

Camari Keen, LPN

Kimberly Richardson, RN

Tara Knechtel, Dietary

Jessica Williams, CNA

Shannon Powell, Housekeeping

Jasmine Tatum, Laundry

Whitney Shoemaker, Housekeeping

We are Glad You are Here!

Staff Birthdays in October

Aidan Stell, CNA – October 1

David Zimmermann, Environmental Services Director – October 2

Brent Clark, Maintenance – October 6

Joyce Rossel, SCU Activity Aide – October 7

Emmanuel Facun, CNA – October 8

Krista Wrinkle, Asst Cook – October 8

Katherine Browning, Dietary – October 9

Megan Barnes, CNA – October 12

Susie Frye, Receptionist – October 17

Jenna Smalley, CNA – October 17

Logan Szymanski, CNA- October 18

Michael Swistak, Maintenance – October 19

Jaelynn Baker, Dietary – October 26

Karen Patton, Asst Cook – October 27

Scott Phillips, CNA – October 28

Amy Felix, Accounts Receivable – October 29

Alexandra Thornton, LPN – October 29

Jennifer Grider, LPN – October 30

Bryce Oconnor, RN – October 30

Connie Piller, Laundry – October 31



Elise Horvath, Special Care Unit Activities

September Employee of the Month



Here's what others had to say about Elise:

- Elise is a great asset to Oak Hill and to Whispering Pines! She is a very hard worker and is very helpful to the residents and staff. She's reliable, always on time, cooperative, and a team player. She always has a smile. Elise makes a difference while working hard to make the residents happy. She has pride and compassion in her activities. She does a professional job and that shows with the care and fun she gives the residents. Elise is such an amazing person and co-worker. I'm so blessed to know and work with Elise.
- Elise goes above and beyond for the residents on Whispering Pines.
- Elise is always happy and helpful. She does an excellent job with residents on the Pines.
- Elise is such a joy to work with. She always has a smile on her face and is great with the residents.
- We appreciate all of Elise's hard work!
- Elise's kindness and hard work are very much noticed and appreciated!
- Elise is a great asset to Whispering Pines.
- She is kind and friendly to all. She has the residents' best interests at heart.
- Elise is a great co-worker and she is great with the residents.
- She always goes above and beyond.
- She always has a smile on her face. She is willing to help anyone out. We appreciate all she does!
- She is very dedicated to the residents on Whispering Pines. She is very observant and makes great suggestions on how to encourage our residents to eat.
- She is very friendly and helpful to all.
- We appreciate all she does including her hard work and dedication she provides to the residents.
- She is friendly and enjoys her job. She is wonderful with the residents.
- She always goes above and beyond to make our residents happy.
- Elise is a great asset to Oak Hill's team! We appreciate all of her hard work.
- She goes above and beyond her role to provide the BEST quality of care to the residents of Whispering Pines, often doing more than just her job duties.

Interesting Facts about Elise:

Activity Professional since February, 2022.

Lives in Waterloo. She moved here from southern California almost three years ago.

She is the Mother to two young men.

Hobbies are photography, painting, container gardening and cooking.

Memorable Oak Hill Moment: To date, it's the smiles our residents give and the hugs she receives when she walks in to Whispering Pines at 7:15 a.m.

Embarrassing Oak Hill Moment: She embarrasses herself daily by dancing in the dining room.

Achievements: Elise says she is fortunate to say she is still standing and smiling.

Favorite Foods: Mexican, in particular Casa Romero which says a lot since she lived in southern California for 16 years.

If she could meet anyone in history it would be Leonardo DaVinci. Not only because of his art but also because his contributions and studies in science changed history.

Favorite TV Show: Yellowstone

Favorite sport to watch is Chiefs football.

Favorite song/band: When Doves Cry, Prince and she is a Die Hard Madonna fan.

Favorite Movies: *Elf*, *The Other Woman*, and *Shutter Island*

Best Childhood Memory: When she was five, her family adopted their first dog, Snowball, a little white toy poodle.

Travel: Would like to go to Maine because everything about it interests her, especially the fresh seafood and the Eastern coast.

If she won 50 million in the lottery: She has a dream of starting a non-profit vacation home for families of special needs kids. Mindful Manor would finally be a reality.

Other Nominations for Employee of the Month:

Scott Phillips, CNA – Scott is always friendly, very helpful and hard working. He brings comfort and happiness to not only his co-workers but the residents as well.

Dawn Stapleton, CNA- She goes above and beyond for the care and wellness of her residents. She spends countless hours with them to know exactly what they want and when they want it.

Sara Decker, RN- She is a great nurse. She makes sure the residents are happy and feeling good. She also isn't afraid to help the aides when they need it.

Kaitlyn Jarvis, Dietary – She comes in with a good attitude. She always makes sure the residents are taken care of and are getting the proper items they need.

Staff Anniversaries in October

Christina Swistak, Resident Care Coordinator - 19 Years

Robyn Stulce, CNA - 15 Years

Rebecca Dunker, LPN - 8 Years

Mitchell Heinen, Dietary - 5 Years

Nancy Vogt, Dietary - 5 Years

Courtney Heimbürger, RN - 4 Years

Nicole Strong, Evergreen Coordinator - 3 Years

Scott Phillips, CNA - 3 Years

Brandy King, CNA - 2 Years

Rebecca Johnson, CNA - 2 Years

Holly Wojtysiak, Activity Aide - 2 Years

Robin Walters, Dietary - 1 Year

Alyssa Wright, Infection Preventionist - 1 Year

Congratulations!

DIETARY APPRECIATION



We will recognize our Dietary department on Wednesday, October 4. Please take a moment to thank the members of our Dietary department who work hard to provide delicious food for us.



Count the Candy Corn

There will be a jar of candy corn at the front receptionist desk starting on Monday, October 2. The person who comes closest to guessing the number of candy corn in the jar without going over will win a prize!

ALL STARS

Employees are recognized who have gone above and beyond. The staff that are recognized spin a wheel to win prizes. Prizes have been provided by the Endowment Committee. The recent All Stars were:

Christina Swistak, Resident Care Coordinator - \$75 Cash

Sara Decker, RN - \$75 Casa Romero

Jaelynn Baker, Dietary - \$100 Cash

Lindsey Dinning, RN - \$75 Casa Romero





Jack-O'-Lantern



There's no more classic Halloween image than a glowing jack-o'-lantern perched in a window or on a porch, setting a merrily macabre mood. For decades, carving a pumpkin has been a beloved fall tradition in America, celebrated with parties, festivals, and televised competitions.

The backstory of jack-o'-lanterns, including how they came to star in Halloween decor and why they're carved in the first place, is a tale worth telling. Although the legendary Headless Horseman and his hurled pumpkin have been scaring Americans for generations, jack-o'-lanterns actually trace their origins back centuries to Old World traditions in countries including Ireland, England, and Scotland.

Along the way, pagan rituals, freaky folktales, and natural phenomena have interwoven to create a fascinating history that's part fact, part fiction, and all frightfully fun. The concept of using a round fruit or vegetable to depict a human face goes back thousands of years in some northern European Celtic cultures.

The idea took deeper hold during the Celtic festival of Samhain, which was originally celebrated on November 1 and inspired many traditions of modern-day Halloween. On Samhain eve, October 31, spirits of the dead were thought to mingle with the living. To ward off restless souls, people donned costumes and carved frightening faces into root vegetables such as beets, potatoes, and turnips—usually plentiful after the recent harvest.

The origins of jack-o'-lanterns aren't limited to produce; the term also referred to people. According to Merriam-Webster, in 17th-century Britain it was common to call a man whose name you didn't know "Jack." A night watchman, for example, became known as "Jack-of-the-Lantern," or jack-o'-lantern.

Then there's the 18th-century Irish folktale of Stingy Jack, an unsavory fellow often said to be a blacksmith who had a fondness for mischief and booze. Dozens of versions abound, but one recurring storyline is that Stingy Jack tricked the devil twice. When Jack died, he found himself barred from heaven—and from hell. But the devil took some pity on Jack,

giving him an ember of coal to light his turnip lantern as he wandered between both places for eternity—again inspiring the nickname Jack-of-the-Lantern, or jack-o'-lantern. It was used as a cautionary tale, a morality tale, that Jack was a soul trapped between two worlds, and if you behaved like he did you could end up like that, too.

The story also helped explain *ignis fatuus*, a natural phenomenon that occurs in marshlands and bogs—such as those in Ireland's countryside—producing flickering lights as gases from decomposing organic matter combust. Also known as fool's fire, fairy lights, will-o'-the-wisp, and eventually, jack-o'-lantern, it often seemed like “a floating flame that would move away from travelers,” says Nathan Mannion, senior curator for EPIC The Irish Emigration Museum, in Dublin. Mannion says. “If you were to try to follow the light, you could go into a sinkhole or bog, or drown. People thought it was Jack of the Lantern, a lost soul, or a ghost.”

The tradition of jack-o'-lanterns took root in the New World, showing up in early American literature and media.

Washington Irving's “The Legend of Sleepy Hollow,” first published in 1820 and republished in 1858, propelled the pumpkin into American culture like never before. In the short story's climax, the Headless Horseman chucks an uncarved pumpkin at Ichabod Crane, who is never seen again. But most images of the terrifying villain portray him holding a fiery jack-o'-lantern, which helped the story become a perennial Halloween favorite.

In the 19th and early 20th centuries, the influx of Irish immigrants, who brought their traditions and folktales, also helped shape the story of jack-o'-lanterns in America. They discovered that pumpkins, not indigenous to Ireland but common in North America, were much better suited to carving than turnips or potatoes.

As more Americans began to celebrate Halloween, the jack-o'-lantern emerged as its most iconic image. Despite their often fearsome look, jack-o'-lanterns now symbolize a welcoming sense of community. “At Halloween, you don't go up to someone's house unless they have a jack-o'-lantern,” Ott says. “It's about cementing a community, projecting good values, neighborliness. The pumpkin and jack-o'-lantern take on those meanings, too.”

BREAST CANCER AWARENESS

We will support Breast Cancer Awareness Month in October by wearing pink or breast cancer awareness attire every Wednesday of the month. On October 13, Breast Cancer Awareness Day, we will go all out by dressing to excess in pink.



Pumpkin Decorating

All Staff and Residents are invited to compete in our Pumpkin Decorating Contest. Pumpkins are to be small to medium sized pumpkins, no larger than 10 pounds. NO carvings or penetrations can be made on the pumpkin. Bring your decorated pumpkin to the receptionist desk by Monday, October 23. Judging will be done by residents and staff until noon on Thursday, October 26. Only one ballot per person. Ballots can be obtained from the receptionist.

OCTOBER

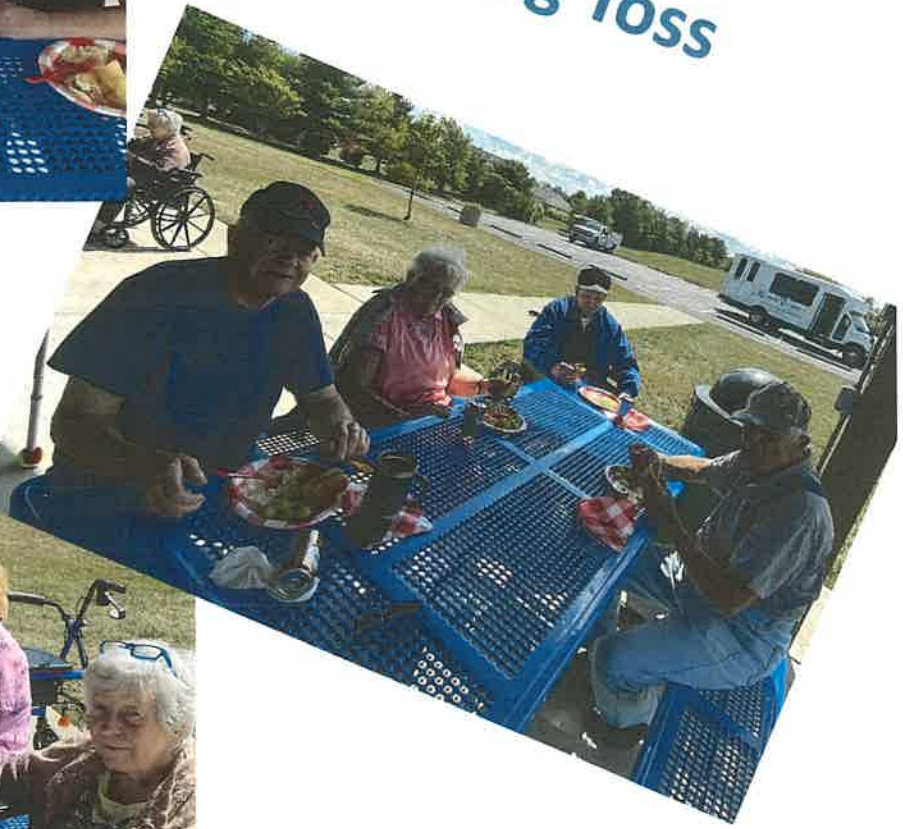
Magnolia Moments

Last months recap....We began the month with music from Rehka on Labor day. Celebrated Grandparents Day with music from Everett Dean. It's apple season so of course we had to make homemade apple pie. Celebrated our September birthday's with cupcakes and music with Pearl. Enjoyed a picnic at the park and had perfect weather to grill out. Started to get ready for October by painting pumpkins. Enjoyed some day of pretty weather outside and played bingo under the pavilion.





Bean Bag Toss



Picnic





V
F
W



The Red Bud High School Cheer Team would like to thank Magnolia Terrace for sponsoring their breakfast, at Off the Square Coffee Co.

Bean Bag Toss

Winner's

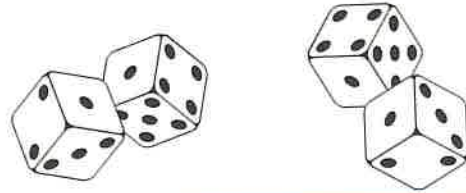
1st Arline (260)

2nd Jo (185)

3rd Corrine (180)

Farkle Winners

Carol



Columbus
Day



Alvin & Flo

Rice



Birthday's

2nd - Dorothy Sapienza

3rd - Freda Holton

7th - Beverly Jarvis &

Audrey Rodenberg

8th - Nick Pantler

24th - Linda Hard

BOO

Happy
Halloween





News from Whispering Pines



alzheimer's association®

Alzheimer's Association "In the Moment" Support Group

There will be an Alzheimer's Association, "In the Moment," support group meeting at Oak Hill, in the classroom from 7 pm to 9 pm on Thursday, October 26th. The support groups are scheduled for the last Thursday of the month. The first part of the group will be educational and the second part will be for sharing.

This support group is for caregivers of those with Alzheimer's and other dementias. The meeting is open to the public and Oak Hill family members.

For more information, please call Julia at 618-939-3488 ext.1248.



October Dining Room Entertainers on the Pines

Here is the schedule of entertainers for October:

10/5 Pickin' Buds

10/10 Laurene Taylor –Mrs. O'Leary and the Chicago Fire

10/12—Forrest Bevineau, "The Singing Sheriff" (pictured above)

10/16—Pearl Hirsch on the keyboard

10/20—Ron Schewe on the Accordion

10/24 Brad Cook on the keyboard

10/30—Terry Roberson, "The Singing Cowboy"

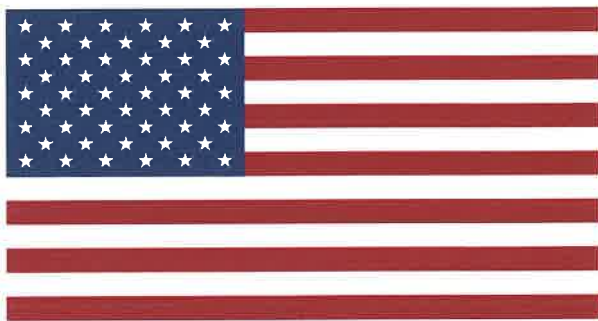
All programs will start at 2 pm in the Cedar or Spruce dining room.

Honoring Our Veterans

In anticipation of Veteran's Day the Whispering Pines Staff has created an honor wall to recognize our residents that have served in the military. A family member whose aunt was in the Navy inspired us to create this wall when he told us about a display like this where his mother lived. The display is outside the entrance to the Pines.



To our men and women in uniform,
past, present, and future,
God bless you and thank you.



Labor Day Entertainment

Also this month the residents were entertained on Labor Day by Phyllis Diller (a.k.a. Laurene Taylor). The performance included stand-up comedy, poems and songs honoring the holiday!





Walking Is a Great Step

Alzheimer's disease and other forms of dementia can affect people's balance and mobility. Difficulty misjudging depth, like the height of a curb, can leave people fearful of walking, even if they're physically fit.

Most people with memory loss can and do want to walk. Like anyone, physical exercise and being outdoors are uplifting and might lead to a better appetite or sleep. Walking is a great way for families, volunteers, and staff members to spend time with someone or get to know them better.

Sometimes talking or being in silence feels more natural when you're moving and observing the scenery. Of course, prepare for walks first, checking to see if the person needs to use the bathroom and has appropriate clothes and shoes for the weather. Here are other tips to help you put your "best foot forward."

Get ready: Carry a fanny pack or small backpack with necessities, like keys, water, an extra sweater, and a phone. Ensure the person you're walking with has anything they need, such as glasses, hearing aids, or a walking aid.

Think about the path: Try to choose a route that doesn't require crossing major streets or walking where there are no sidewalks. Walking by a playground or park is usually welcome.

Pace yourself: Don't worry about what speed you're walking. Take time to notice the weather, trees, people you encounter, etc.

Be observant: Look for signs that the person you're walking with is getting more unsteady, tired, or distressed. Walking a familiar route and for a short time (at least initially) is wise. Remember that curbs and cracks in the sidewalk can present hazards when someone isn't aware of them.

Ask for help: Ask the person you are walking with to hold your arm so you can both stay steady on a bumpy path. If you become worried that the person could fall, find a spot to sit down and call someone to pick you up or come and assist you.

Sunday

Monday























Tuesday

Wednesday

Thursday

Friday

Saturday

<p>10:00 Worship Service & Hymn Sing IN2L 1:00 Funny Videos IN2L 2:30 Cookies & Music <i>Happy Birthday Patricia!</i></p> 	<p>10:00 Vintage Laughs - 2 Groucho & Little Rascals 2:00 Armchair Travel - United States IN2L 3:00 Coffee & Snack</p>	<p>9:45 Ball Kick/Toss 10:30 Alexa Sing-along 2:00 Columbus Day IN2L 3:00 Coffee & Snack</p> <p>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</p> <p>9:45 Love on a Leash-Therapy Dog 10:30 Alexa Sing-along 2:00 Pearl on Pines 3:00 Coffee & Snack</p> 	<p>10:00 Karaoke IN2L 2:00 Netflix: Fall Movie 3:30 Salty Snack, Soda & Therapeutic Music IN2L</p>	<p>9:30 Relaxation Music 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Cookies & Coffee</p> 	<p>9:30 Newspaper & Trivia 10:00 Arbor - Church* 2:00 Pickin Buds on Pines 3:00 Donut Shop</p> 	<p>10:00 Family Feud IN2L 2:00 Classic TV IN2L 3:00 Afternoon snack & Therapeutic Music IN2L</p>	<p>9:30 Stretching 10:00 Library Cart & Puzzles 2:00 Classic Movie & Popcorn</p> 
<p>10:00 Worship Service & Hymn Sing IN2L 1:30 Ted Talks IN2L 2:30 Ice Cream & Tunes</p>	<p>10:00 Yodeling with Beth Williams IN2L 2:00 Laurene Taylor - Chicago Fire Show- Pines 3:00 Salty Snack</p> 	<p>9:45 Love on a Leash-Therapy Dog 10:30 Alexa Sing-along 2:00 Pearl on Pines 3:00 Coffee & Snack</p>	<p>10:00 Netfix: Fall Movie 3:30 Salty Snack, Soda & Therapeutic Music IN2L</p>	<p>9:30 Relaxation Music 10:00 Catholic Mass* 2:00 Bingo IN2L 3:00 Snack Time</p> 	<p>9:30 Newspaper & Trivia 10:00 Arbor - Church* 2:00 Singing Sheriff - Forrest on Pines 3:00 Donut Shop</p>	<p>10:00 Junk Drawer Detective 2:00 Classic TV IN2L 3:00 Afternoon snack</p> 	<p>9:30 Stretching 10:00 Watercolor Painting 2:00 Classic Movie & Cheese Puffs</p>
<p>10:00 Worship Service 15 & Hymn Sing IN2L 1:30 Football Livingroom 2:30 Nachos & Music</p> 	<p>10:00 Karaoke IN2L 2:00 Armchair Travel - Rick Steves IN2L 3:00 Salty Snack & Soda</p> <p><i>Happy Birthday Ruthie!</i></p> 	<p>9:45 Love on a Leash-Therapy Dog 10:30 Alexa Sing-along 2:00 Pearl on Pines 3:00 Coffee & Snack</p>	<p>10:00 Karaoke IN2L 2:00 Armchair Travel - Rick Steves IN2L 3:00 Salty Snack & Soda</p>	<p>9:30 Relaxation Music 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Snack Time</p> 	<p>9:30 Newspaper & Trivia 10:00 Arbor - Church* 2:00 Singing Sheriff - Forrest on Pines 3:00 Donut Shop</p>	<p>10:00 Classic TV IN2L 2:00 Accordion Music - Ron Schewe 3:00 Afternoon snack</p> 	<p>9:30 Stretching 10:00 Library Cart & Puzzles 2:00 Halloween Craft with Courtney</p> 
<p>10:00 Worship Service 22 & Hymn Sing IN2L 1:30 History Videos IN2L 2:30 Ice Cream & Tunes</p>	<p>10:00 Charlie Brown's "The Great Pumpkin" & Casper IN2L 2:00 Brad Cook - Music on Pines 3:00 Salty Snack & Soda</p> 	<p>9:45 Ball Kick/Toss 10:30 Alexa Sing-along 2:00 Pumpkin Carving Demonstration 3:00 Coffee & Snack</p>	<p>10:00 Karaoke IN2L 2:00 Armchair Travel - Rick Steves IN2L 3:00 Salty Snack & Soda</p>	<p>9:30 Relaxation Music 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Snack Time</p> 	<p>9:30 Newspaper & Trivia 10:00 Arbor - Church* 2:00 Monthly Birthday Party! 3:00 B-day Videos IN2L</p> 	<p>10:00 Short Stories IN2L 2:00 Classic TV IN2L 3:00 Pretzel Snack & Therapeutic Music IN2L</p> 	<p>9:30 Stretching 10:00 Halloween Videos YouTube IN2L 2:00 Classic Movie & Cheese Puffs</p>
<p>10:00 Worship Service 29 & Hymn Sing IN2L 1:30 Football Livingroom 2:30 Cookies & Music</p> 	<p>10:00 Halloween Puzziel & Coloring Pages 1:30 Spooky Games 2:30 Halloween Party!</p> 	<p>9:45 Ring Toss 10:30 Alexa Sing-along 2:00 Singing Cowboy - Terry Roberson on Pines 3:00 Coffee & Snack</p>	<p>10:00 Karaoke IN2L 2:00 Armchair Travel - Rick Steves IN2L 3:00 Salty Snack & Soda</p>	<p>9:30 Relaxation Music 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Snack Time</p> 	<p>9:30 Newspaper & Trivia 10:00 Arbor - Church* 2:00 Monthly Birthday Party! 3:00 B-day Videos IN2L</p> 	<p>10:00 Short Stories IN2L 2:00 Classic TV IN2L 3:00 Pretzel Snack & Therapeutic Music IN2L</p> 	<p>9:30 Stretching 10:00 Halloween Videos YouTube IN2L 2:00 Classic Movie & Cheese Puffs</p>

October 2023


WHISPERING PINES

Activity schedule subject to change.

IN2L touch screen computer.

* Off unit activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1:30 Satin Hands & Social Hour</p> <p>2:30 Wii Bowling</p> <p>3:00 Hymn Singing</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Dorothy!</p>	<p>9:30 Sit & Be Fit</p> <p>2:00 Party on the Patio (Magnolia Terrace Pavilion weather permitting)</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Dorothy!</p>	<p>9:30 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>10:30 Rosary **</p> <p>1:30 Bingo</p> <p>3:00 Word Games</p> <p>6:30 Grab your neighbor & come play a game</p> <p>WEAR PINK</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study</p> <p>10:30 UCC Church **</p> <p>1:15 Pickh Buds</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Sit & Be Fit</p> <p>10:15 Balloon Game</p> <p>1:30 Bingo (2 Cards)</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Audrey & Bev!</p>	<p>10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Audrey & Bev!</p>	<p>10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>6:30 Grab your neighbor & come play a game</p>
<p>1:30 Quarter Bingo</p> <p>2:30 Wii Bowling</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Nick!</p>	<p>9:30 Sit & Be Fit</p> <p>10:15 Balloon Game</p> <p>1:30 Bingo</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Dorothy!</p>	<p>9:00 Drive Thru Lone Elk Park and Lunch out</p> <p>10:30 Catholic Mass **</p> <p>2:30 Bingo</p> <p>6:30 Grab your neighbor & come play a game</p> <p>WEAR PINK</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study</p> <p>10:30 Lutheran Church **</p> <p>2:00 Birthday Party w/ Pearl</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Sit & Be Fit</p> <p>10:15 Balloon Game</p> <p>1:30 Bingo (2 Cards)</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Audrey & Bev!</p>	<p>10:00 Exercise Video</p> <p>1:30 Movie (Father of the Bride)</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>6:30 Grab your neighbor & come play a game</p>
<p>1:30 Satin Hands & Social Hour</p> <p>2:30 Wii Bowling</p> <p>3:00 Hymn Singing</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Sit & Be Fit</p> <p>1:30 Pumpkin Patch Bingo</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:00 Flu Shots (Dining Room)</p> <p>10:30 Picnic @ the Park</p> <p>10:30 Catholic Mass**</p> <p>2:30 Bingo</p> <p>6:30 Grab your neighbor & come play a game</p> <p>WEAR PINK</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study</p> <p>10:30 UCC Church **</p> <p>1:00 River City Casino</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Sit & Be Fit</p> <p>10:15 Balloon Game</p> <p>1:15 Brautigam's Orchard Pumpkin Picking & Wagon Ride</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>10:00 Exercise Video</p> <p>1:30 Movie (Fried Green Tomatoes)</p> <p>6:30 Grab your neighbor & come play a game</p>
<p>1:30 Quarter Bingo</p> <p>2:30 Wii Bowling</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:15 Shopping @ Dollar Tree</p> <p>2:00 Pumpkin Ring Toss</p> <p>6:30 Grab your neighbor & come play a game</p> <p>Happy Birthday Linda!</p>	<p>9:30 Sit & Be Fit</p> <p>10:30 Rosary **</p> <p>1:30 Scenic Ride</p> <p>6:30 Grab your neighbor & come play a game</p> <p>WEAR PINK</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study</p> <p>10:30 New Life Church **</p> <p>1:30 Horse Races</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Sit & Be Fit</p> <p>10:15 Balloon Game</p> <p>1:30 Bingo (2 Cards)</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>10:00 Exercise Video</p> <p>1:30 Movie (Fried Green Tomatoes)</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>10:00 Exercise Video</p> <p>1:30 Movie (Fried Green Tomatoes)</p> <p>6:30 Grab your neighbor & come play a game</p>
<p>1:30 Satin Hands & Social Hour</p> <p>1:30 Presbyterian Church**</p> <p>2:30 Wii Bowling</p> <p>3:00 Hymn Singing</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Sit & Be Fit</p> <p>1:30 Halloween Bingo</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>10:30 Rosary **</p> <p>1:30 Bingo</p> <p>3:00 Word Games</p> <p>6:30 Grab your neighbor & come play a game</p> <p>WEAR PINK</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study</p> <p>10:30 UCC Church **</p> <p>1:30 Horse Races</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>9:30 Sit & Be Fit</p> <p>10:15 Balloon Game</p> <p>1:30 Bingo (2 Cards)</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>6:30 Grab your neighbor & come play a game</p>	<p>10:00 Exercise Video</p> <p>1:30 Movie (Fried Green Tomatoes)</p> <p>6:30 Grab your neighbor & come play a game</p>



OCTOBER 2023

Magnolia Terrace

*** All activities are subject to to change.**

**** Church is held in the Oak Hill Activity Room.**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Dinner Roll</p> <p><i>Lunch</i> Pulled Pork on Bun Beef Stroganoff over Noodles Cheesy Hash brown Casserole Cauliflower/ Green Beans Creamy Custard Pie</p> <p><i>Supper</i> Southern Turkey Casserole Rice Pilaf/ Parmesan Baked Zucchini Dinner Roll/Tomato Breadcrumbs</p>	<p>2</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Pancakes</p> <p><i>Lunch</i> Open Fried Turkey Sandwich Glazed Ham Buttered Peas/ Butternut Squash Peanut Butter Pie</p> <p><i>Supper</i> Stuffed Pepper Soup Egg Sautéed Potatoes Mixed Berry Cobbler</p>	<p>3</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Cinnamon Roll</p> <p><i>Lunch</i> Smoked Sausage/ Grilled Fish Mashed Potatoes & Gravy Long Grain Wild Rice Blend Sauerkraut/ Seasoned Yellow Squash Texas Sheet Cake</p> <p><i>Supper</i> Chicken Noodle Soup Vegetable/ Marinated Cucumbers Peach Pie</p>	<p>4</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Toast</p> <p><i>Lunch</i> Salsbury Steak Broccoli Chicken Divan BBQ Pork Ribs/steak on Bun Spinach Bacon & Onion Buttered Peas & Carrots Carrot Cake w/ Cheese Frosting</p> <p><i>Supper</i> French Toast/ Cheese & Egg Casserole Bacon or Sausage Tri Taler/ Battered Potatoes & Onions Cinnamon Roll & Fresh out Fruit</p>	<p>5</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Breakfast Bread</p> <p><i>Lunch</i> Caddish Filled Grilled Frank on a Bun Crawfish Boil Cowboy Beans/ Baked Ozo Creamy Cole Slaw Brownie Pie</p> <p><i>Supper</i> Country Fried Steak w/ creamy gravy Mashed Potatoes/ Creamed Corn Dinner Roll/ Banana Pudding</p>	<p>6</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Biscuit & Gravy</p> <p><i>Lunch</i> Oven Fried Fish/ Western Chicken Macaroni & Cheese Spanish Rice Stewed Tomatoes/ Fiestas Corn Hush Puppies / Churros</p> <p><i>Supper</i> Cream of Potato Soup Pasta & Meatballs Turkey and Swiss Cheese Sandwich Chips or Pretzels Green Pea Salad/ Ambrosia</p>	<p>7</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Dinner Roll</p> <p><i>Lunch</i> Roast Beef/ Sweet & Sour Chicken Garlic Red Roasted Potatoes Steamed Rice/ Buttered Broccoli Oriental Vegetables Dinner Roll/ Hawaiian Fruit Cup Wine & Cheese Soup Ham & Cheese Slider Red Skin Potato Salad/ Herb Vegetable Orzo Fruited Gratin with Topping</p>
<p>8</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Breakfast Bread Coffee Cake</p> <p><i>Lunch</i> Fried Chicken/ Baked Breaded Pork Chop Mashed Potatoes & Gravy Cheesy Hash brown Casserole Green Beans w/ Onions & Bacon Cheese Herb Biscuit/ Peach Cobbler</p> <p><i>Supper</i> Homestyle Chicken Noodle Soup Stuffed Peppers Marinated Cucumbers/ Onion/ Cowboy Salad Dinner Roll/ Ice-cream</p>	<p>9</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Lemon Pepper Fish Mushroom Hamburger Steak Scalloped Potatoes/ Florentine Potatoes Green Peas/ Marinated Vegetables Angel Food Cake</p> <p><i>Lunch</i> Broccoli Cheese Soup Chicken Tenders Tater Tot/ Creamy Cole Slaw Columbus Day (US) Indigenous Peoples Day Thanksgiving Day (Canada)</p>	<p>10</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Biscuits & Gravy Greek Marinated Chicken/ Veal Fritter w/ Gravy</p> <p><i>Lunch</i> Herbed Rice/ Garlic Chive Mashed Potatoes Parmesan Yellow Squash/ Spinach & Onion Fresh Cut Pineapple</p> <p><i>Supper</i> Cheese Ravioli w/ Meat Sauce Broccoli/ Tossed Salad Garlic Bread Stick/ Country Apple Dessert</p>	<p>11</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Breakfast Muffin</p> <p><i>Lunch</i> Meatloaf/ Creamy Chicken Spaghetti Oven Fried Fish/ Western Chicken Macaroni & Cheese Spanish Rice Stewed Tomatoes/ Fiestas Corn Hush Puppies / Churros</p> <p><i>Supper</i> Brown Sugar Meatloaf/ Stuffed Sausage Shredded Rice/ Stuffed Cabbage Baked Peas</p>	<p>12</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat French Toast</p> <p><i>Lunch</i> Pizza / Beef Tips w/ Gravy Buttered Egg Noodles/ Caesar Salad Mixed Vegetables/ Cheese Bread Stick Chocolate Layered Dessert</p> <p><i>Supper</i> Oven Fried Fish/ Cordon Bleu Cheesy Hash brown Casserole Sugar Snap Peas Chocolate Chip Cookie Bar</p>	<p>13</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Beacon, Egg, & Cheese Biscuit</p> <p><i>Lunch</i> Oven Fried Fish/ Western Chicken Macaroni & Cheese Spanish Rice Stewed Tomatoes/ Fiestas Corn Hush Puppies / Churros</p> <p><i>Supper</i> Cream of Potato Soup Pasta & Meatballs Turkey and Swiss Cheese Sandwich Chips or Pretzels Green Pea Salad/ Ambrosia</p>	<p>14</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Toast</p> <p><i>Lunch</i> Baked Ham/ Creamy Broccoli Chicken AU Gratin Potatoes Herb and Garlic Veggie Pasta Broccoli Cauliflower Blend/ Green Beans Frosted Spinade Cake</p> <p><i>Supper</i> Pasta & Meatballs Turkey and Swiss Cheese Sandwich Chips or Pretzels Green Pea Salad/ Ambrosia</p>
<p>15</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Dinner Roll</p> <p><i>Lunch</i> Beef Pot Roast w/ Gravy Roast Turkey w/ Gravy Mash Potatoes & Gravy Cranberry Sauce Corn Bread Dressing Almond Raisin Roll Dinner Roll/ Cherry Cheesecake</p> <p><i>Supper</i> Tomato Beef Soup Chicken Salad on Croissant Macaroni Salad/ Cucumber & Onion Salad Peanut Butter</p>	<p>16</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Dinner Roll</p> <p><i>Lunch</i> Aloha Chicken/ BBQ Beef on a Bun White Rice/ Potato Wedges Roast Turkey w/ Gravy Mash Potatoes & Gravy Egg Roll/ Hawaiian Roll Almond Raisin Roll Dinner Roll/ Cherry Cheesecake</p> <p><i>Supper</i> Cheddarburger on a Bun Mac & Cheese Bites Vinegar Dressing Cole Slaw Pudding Parfait</p>	<p>17</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Biscuit</p> <p><i>Lunch</i> Peachy Pork Chop/ Chicken Alfredo Baked Potato Green Beans/ Onions/ Italian Vegetable Blend Breaded Chicken/ Bacon Cubes Creamed Spinach & Green Peas Cherry Cobbler</p> <p><i>Supper</i> Fiesta Hamburger Steak Spanish Rice/ Chuck wagon Corn Cinnamon Baked Apples</p>	<p>18</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Raisin Toast</p> <p><i>Lunch</i> Garlic Herbed Pork Loin Ham & Beans Potatoes/ Mashed Potatoes & Gravy Breaded Chicken/ Bacon Cubes Creamed Spinach & Green Peas Cherry Cobbler</p> <p><i>Supper</i> Fiesta Hamburger Steak Spanish Rice/ Chuck wagon Corn Cinnamon Baked Apples</p>	<p>19</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Pancakes</p> <p><i>Lunch</i> Residents Choice Bratwurst on a Bun German Beer Salad Fruit Cocktail w/ Whipped Topping</p>	<p>20</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Banana Bread</p> <p><i>Lunch</i> Beef Tips over Noodles Grilled Salmon/ Lemon Butter Sauce Cranberry Sauce/ Mixed Vegetables Dinner Roll/ Peach Crisp</p> <p><i>Supper</i> Chicken Noodle Soup Grilled Ham and Cheese Sandwich Potato Chips / Chopped Mixed Spinach Salad Strawberry Ice-cream</p>	<p>21</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Toast</p> <p><i>Lunch</i> Spaghetti with Meat Sauce Smothered Pork Chop Baked Beans/ Corn Garlic Bread Stick/ Rock Road Pudding</p> <p><i>Supper</i> Sloppy Joe on a Bun Roasted Redskin Potatoes Mashed Orange / Fruited Gelatin</p>
<p>22</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Breakfast Muffin</p> <p><i>Lunch</i> Parmesan Crispy Chicken/ Swiss Steak Mashed Potatoes w/ Gravy Herb Buttered Noodles/ Green Bean Casserole Cauliflower w/ Cheese Sauce Dinner Roll/ Chocolate Cream Pie</p> <p><i>Supper</i> Homemade Cream of Tomato Soup Bacon Ranch Pasta Salad/ Pickled Beets Rosal Peas</p>	<p>23</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Toast</p> <p><i>Lunch</i> Brown Sugar Ham/ Battered Butter Thiapa Ranch Style Potatoes Loaded Mashed Potatoes Butter Cabbage/ Tuscan Blend Vegetables Strawberry Crumble</p> <p><i>Supper</i> Grilled Chicken/ Sandwich Popato Salad/ Fresh Vegetable sticks w/ Ranch Tropical Fruit with Whipped Topping</p>	<p>24</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Biscuit & Gravy</p> <p><i>Lunch</i> Chicken Tenders/ Lunchmeat Steak Seasoned Fried Potatoes/ Baby Bators Broccoli Salad/ Parsnips/ Butternut Carrots Berry & Orange Smoothie/ Yogurt Parfait</p> <p><i>Supper</i> Sausage Cuts w/ Sautéed Onion and Peppers Steamed Rice/ Green Pea Salad Frosted Vanilla Cake</p>	<p>25</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat French Toast</p> <p><i>Lunch</i> Taco Salad/ BBQ Chicken Mexican Rice/ Baked Beans Fiesta Corn Salad/ Cole Slaw Mascan Corn Bread/ Sopapilla Cheese cake</p> <p><i>Supper</i> Cream Veg Sandwich Turkey Veg Sandwich Homemade Macaroni Salad Apple Pie A la Mode</p>	<p>26</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Sausage, Egg, & Cheese Biscuit</p> <p><i>Lunch</i> Roast Turkey Vegetable Lasagna Sweet Potato Casserole Green Peas with Sautéed Onions/ Caesar Salad Dinner Roll/ Lemon Bar</p> <p><i>Supper</i> Flame Roasted Red Potatoes & Veggies Buttered Broccoli Cream Cheese Brownie</p>	<p>27</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Pancakes</p> <p><i>Lunch</i> Beef Pot Pie/ Honey Glazed Pork Chops Cheddar Mashed Potatoes Asparagus Cuts / Lima Beans Biscuit and Cherry Crisp</p> <p><i>Supper</i> Fish & Cheese Sandwich Tater Tots / Breaded Zucchini Sticks Fruit Fluff</p>	<p>28</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Donuts</p> <p><i>Lunch</i> Cornflake Chicken Herb Roasted Pork Loin with Gravy/ Herb Stuffing Buttered Rice / Wax Beans/ Roasted Corn Dinner Roll/ Strawberries & Peaches</p> <p><i>Supper</i> Italian Wedding Soup Cheese Tonellini in Red Sauce Italian Blend Vegetables/ Garlic Bread Stick Stuffed Peas/ Apple</p>
<p>29</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Dinner Roll</p> <p><i>Lunch</i> Pulled Pork on Bun Beef Stroganoff over Noodles Cheesy Hash brown Casserole Cauliflower/ Green Beans Creamy Custard Pie</p> <p><i>Supper</i> Southern Turkey Casserole Rice Pilaf/ Parmesan Baked Zucchini Dinner Roll/Tomato Breadcrumbs</p>	<p>30</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Pancakes</p> <p><i>Lunch</i> Open Fried Turkey Sandwich Glazed Ham Buttered Peas/ Butternut Squash Peanut Butter Pie</p> <p><i>Supper</i> Stuffed Pepper Soup Egg Sautéed Potatoes Mixed Berry Cobbler</p>	<p>31</p> <p><i>Breakfast</i> Choice of Hot or Cold Cereal Egg of Choice Breakfast Meat Cinnamon Roll</p> <p><i>Lunch</i> Smoked Sausage/ Grilled Fish Mashed Potatoes & Gravy Long Grain Wild Rice Blend Sauerkraut/ Seasoned Yellow Squash Texas Sheet Cake</p> <p><i>Supper</i> Chicken Noodle Soup Vegetable/ Marinated Cucumbers Peach Pie</p>				

October 2023

Meal Calendar

Meal tickets can be purchased for \$3.00 at the front desk.