

TITLE VI OCTOBER

ACTIVITY DESCRIPTIONS

MONDAY

Birthday Blessings Celebration
First Monday of the Month

Let's Make It Monday 11AM to 1PM - create hand crafted art

TUESDAY

Talking Circle 11AM to 12PM - fellowship and inspire

Get Fit 10:30AM - exercise for all fitness levels

WEDNESDAY

Wellness Wednesday 10AM to 2 PM - focus on improving health

Respite Care

THURSDAY

Technology Tuesday 11AM to 1PM - tech savvy education sessions

Get Fit 10:30AM - exercise for all fitness levels

Iowa Casino 11AM to 2PM
Third Thursday of the Month

FRIDAY

Foodie Friday 9AM to 10AM
Breakfast food make and take meals.

Cimarron Casino 10AM to 1PM
Fourth Friday of the Month

Meal Times

Lunch 11:30PM to 12:30PM
Breakfast Hours 9AM to 10AM

Title VI

Community Hall
Cell Number 405-334-6905

MONDAY

02

Pepper Steak on White Rice

Served with: pacific blend and sugar free cherry pie

Salad Bar

Let's *Make it* MONDAY
Birthday Blessings

09

**Holiday
CLOSED**

16

Chicken Chunks

Served with: scalloped potatoes, broccoli, and peaches

Salad Bar

Let's *Make it* MONDAY

23

Tater Tot Casserole

Served with: carrots and cake

Salad Bar

Let's *Make it* MONDAY

30

Salisbury Steak

Served with: wild rice, capri blend, fruit cocktail, and Cake

Salad Bar

Let's *Make it* MONDAY
HALLOWEEN BOO BASH

TUESDAY

03

Chicken Pot Pie

Served with: peaches

Salad Bar

TALKING CIRCLE TUESDAY
GET FIT

10

Chicken Taco

Served with: refried beans, Spanish rice, and cinnamon apples

Salad Bar

TALKING CIRCLE TUESDAY
GET FIT

17

Hamburgers

(with all the fixings)

Served with: baked Lays chips, Tabouli, and cookies

Salad Bar

TALKING CIRCLE TUESDAY
GET FIT

24

Oven Fried Chicken

Served with: mashed potatoes, gravy, California blend and pears

Salad Bar

TALKING CIRCLE TUESDAY
GET FIT

31

Chicken Alfredo

Served with: Italian blend and pineapple

Salad Bar

TALKING CIRCLE TUESDAY
GET FIT

WEDNESDAY

04

Goulash

Served with: 4-way blend, garlic bread, and tropical fruit

Salad Bar

Wellness WEDNESDAY
RESPIRE CARE WEDNESDAY

11

Corn Soup

Served with: vegetable blend and fry bread

Salad Bar

Wellness WEDNESDAY
RESPIRE CARE WEDNESDAY

18

Meat Loaf

Served with: cauliflower, mashed potatoes, gravy, capri blend, and cheesecake

Salad Bar

Wellness WEDNESDAY
RESPIRE CARE WEDNESDAY

25

Chopped BBQ Sandwich

Served with: chips and apricots

Salad Bar

Wellness WEDNESDAY
RESPIRE CARE WEDNESDAY
OKLAHOMA STATE FAIR SENIOR DAY FREE ADMISSION



THURSDAY

05

Baked Potato

Served with:

Salad Bar

Technology THURSDAY
GET FIT

12

Baked Potato

Served with:

Salad Bar

Technology THURSDAY
GET FIT

19

Baked Potato

Served with:

Salad Bar

Technology THURSDAY
GET FIT
IOWA CASINO

26

Baked Potato

Served with:

Salad Bar

Technology THURSDAY
GET FIT



FRIDAY

06

Fried Eggs

Served with: pancakes, sausage, and juice

Foodie FRIDAY

13

Ham

Served with: grits, boiled eggs, toast, and Juice

Foodie FRIDAY

20

Biscuits & Gravy

Served with: bacon and juice

Foodie FRIDAY

27

Waffles

Served with: sugar free syrup, sausage links, and juice

Foodie FRIDAY
CIMARRON CASINO

