

Path Valley Senior Center (717) 349-7227

Oct. 2024

Activity Classes are **RED**
 Exercise classes are **BLUE**
 Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All activities are subject to change	1 Fall Fest Mont Alto 10am -2pm Centers Closed See you at Fall Fest	2 Closed	3 Nutrition Ed. Smart ways to make physical activities part of your day 11:00am	4 Center Closed Cracker Barrel.11:45 (self-pay) Martins Potato Roll 2pm. Pre-registration required
	7 Closed	8 Group Study with Pastor Darwin 11:00am	9 Closed	10 Keystone Health 11:00am Dental Hygiene Medications
14 Shoebox Packing Day Starting 9:30am	15 Group Study with Pastor John 11:00am	16 Closed	17 Table Games & Wii Bowling	18 Martha 11:15 Thyroid Health
21 Health & Wellness Bingo With Tina 11:00am	22 Group Study with Pastor John 11:00am	23 Closed	24 Fall Craft Deco pumpkins 10:45	25 Blood Pressure self –check 11:00 Movie & Popcorn 12:45
28 Closed	29 Group Study with Pastor John 11:00am	30 Closed	31 Fall Party & Games	Donation Sheet For Fall Party on Bulletin Board

October

Franklin County

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Popcorn Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	2	3 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll Fresh Fruit	4 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp
	7	8 Tuna Salad Sandwich (4oz) 1c Roasted Pumpkin Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	9	10 Baked Ravioli (6) w/ Tomato Cream Sauce 1/2c Brussel Sprouts 1/2c Warm Peaches 1 Italian Bread
14 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	15 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	16	17 Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit	18 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
21 Cajun Shrimp 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple	22 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	23	24 Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	25 Open Faced Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
28	29 Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Lemon Buttered Orzo 1/2c Brussel Sprouts Hamburger Bun 1/2c Fruit Crisp	30	Happy Halloween! 31 Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	



