

Colstrip Senior Center October 2022

Meals Subject to change.

Please call by 10:30 am 748-3525

Senior Center Open from 10:30am to 2:00pm Monday- Friday

Served with Hot Coffee and Tea, 2% milk, water or juice

Suggested Senior Donation \$4.00 Non-seniors \$7.00

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bingo Flu Shot 1-4 upstairs SAIL 9:30 @Center Sausage and Croissants Cottage cheese and Fruit	4 Governor's Conference Taco with the fixings Pumpkin cake Snacks for conference 9-5	5 Governor's Conference SHAC Crafts @ 12:30 Chicken Al A King Over Rice Snacks for Conference 9-12	6 Movies and popcorn Sauerkraut and Brats Baby potatoes Carrot and raisin Salad	7 SAIL 9:30 @Center Leftover Surprise! Fruit and Veggie
10 Center Closed for Columbus Day	11 Foot Clinic 9-11 Scalloped Potatoes and Ham Salad, fruit, roll	12 Senior Club Meeting Darleen Sanders Presentation Chicken Fried Steaks Mashed potatoes, gravy Corn, rolls and cake	13 Movies and popcorn Grilled Cheese and tomato Soup Fruit and Fall dessert	14 SAIL @ 9:30 Leftover Surprise! Veggie and Fruit
17 Bingo 12 :30SAIL @9:30 Chicken Salad on a roll Salad and Fruit	18 Blood Pressure Checks Fajitas Onions and peppers Salad fruit	19 Spaghetti with Garlic Toast Green Beans and Salad peaches	20 Movies and popcorn Grilled Cheeseburgers Coleslaw and salad	21 SAIL @ 9:30 Leftover Surprise! Fruit and Veggie
24 Bingo 12:30 &SAIL @9:30 Biscuits and Gravy Fruit and cottage cheese O'Brien Hashbrowns	25 Dominoes Taco salad Fruit Jello	26 Chicken Noodle Soup Breadsticks Applesauce	27 Movie and popcorn Beef stroganoff Salad and fruit Dessert Town Hall Meeting @City Hall	28 SAIL @9:30 Leftover Surprise! Veggie and Fruit
31 Halloween Foot Loaf with Spooky Side surprises and dessert Fruit and Veggie				

