

ONSTED SENIOR CITIZEN CENTER  
DIRECTOR~ JULIE RUTTINGER

AMERICAN LEGION, ONSTED, MICHIGAN  
COOK ~ CAROLE JONES

8:30 - 2:30 MON - WED - THUR

PHONE: 517 467-6917

LUNCH SERVED  
AT 11:30

# October 2018

MONDAY	WEDNESDAY	THURSDAY
1 9:30 GENTLE EXERCISE 10:30 <b>BLOOD PRESSURE CHECK</b> 12:00 CARDS, GAMES & PUZZLES	3 9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 CRAFT/BINGO	4 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
8 9:30 GENTLE EXERCISE 12:00 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	10 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 CRAFTS/BINGO	11 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES 12:00 <b>ORCHARD TRIP</b>
15 9:30 GENTLE EXERCISE 12:00 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	17 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 CRAFT/BINGO	18 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES 12:15 <b>POPCORN DAY</b>
22 9:30 GENTLE EXERCISE 12:00 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	24 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 CRAFTS/BINGO	25 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES 12:15 <b>BROOKDALE ACTIVITY</b>
29 9:30 GENTLE EXERCISE 12:00 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE 10:30 <b>BOARD MEETING</b>	31 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 <i>CRAFT/BINGO</i>	

LENAAWEE COUNTY DEPARTMENT ON AGING, 1040 S. WINTER ST., SUITE. 3003, ADRIAN PHONE: 264-5280

We're planning a field trip to a cider mill/apple orchard on 10/11, more details will be given at the Senior Center.  
Come join us for popcorn day on 10/18.

## SUGGESTED SHELF-STABLE FOOD AND OTHER ITEMS TO HAVE ON HAND

- MRE's (Meals Ready to Eat) that do not require refrigeration or heating for safe consumption
- Dry ready-to-eat cereal/granola and/or instant oatmeal
- Nut butter- peanut, cashew, almond (check to make sure they do not require refrigeration)
- Snacks such as potato chips pretzels, corn chips, crackers, nuts
- Protein, Granola or fruit bars bars, dried fruits and trail mixes
- Canned meat such as tuna, chicken and salmon (Don't forget a manual can opener) or packaged jerky
- Milk: powdered, or boxed, such as almond milk
- Veggies and fruit that need no refrigeration, such as canned or plastic containers that are shelf-stable
- Canned or dried juices, broths, bouillon cubes and soups
- Instant rice and potatoes
- Water- Plan on 1 gallon per person or pet per day. Plan for a 3 day supply.  
~Wishing you wellness...  
Cassie Hollenbeck  
Nutrition Director