



Join the Fun!

# OCTOBER

## SENIOR MENU 2024

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

**VOLUNTEERS NEEDED!** Front sign in desks, servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Spaghetti w/Meat Sauce Italian Green Beans Spinach Salad Watermelon WW Roll Milk	Pork Stir Fry Green Salad Steamed Rice Bread Pudding Milk	Scrambled Eggs Sausage Potatoes Mixed Melon Biscuit Milk	Stuffed Bellpeppers Green Beans Carrot Raisin Salad Mixed Fruit WW Roll Milk
<b>7</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chicken Fried Steak Mashed Potatoes Zucchini Mixed Melon WW Roll Milk	Baked Potato w/Chili Meat Broccoli Fresh Fruit WW Roll Milk	Gumbo Soup Citrus Salad Ranch Salad WW Roll Milk	Ground Turkey Shredded Lettuce Pinto Beans Spanish Rice Sliced Orange Tortilla Milk	Fish Cantaloupe Carrots Rice Pilaf WW Roll Milk
<b>14</b>	<b>15</b>	<b>HAPPY BIRTHDAY! 16</b>	<b>17</b>	<b>18</b>
Baked Chicken Peas & Carrots Citrus Salad WW Roll Rice Milk	Beef Stew Peas & Cheese Salad Mixed Fresh Fruit Corn Bread Milk	Deep Pit Shredded Beef Green Salad Pinto Beans Tortilla Cantaloupe Birthday Cake Milk	Baked Potato w/the Works Mixed Vegetables Pinto Beans WW Roll Sliced Orange Milk	Chicken Fajita Salad Fresh Fruit Corn Tortilla Strips Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Kielbasa Sausage Potatoes Steamed Cabbage WW Onion Cheese Roll Fresh Fruit Milk	Chili Beans Fresh Fruit Coleslaw Corn Bread Milk	Meatballs w/Gravy Rice Peas & Carrots Fruit Salad WW Roll Milk	Tuna Sandwich Carrot Salad Watermelon WW Bread Milk	Orange Chicken Broccoli Steamed Rice WW Roll Cantaloupe Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>HALLOWEEN PARTY! 31</b>	
Spaghetti w/Meat Sauce Green Salad Vegetables Cantaloupe WW Roll Milk	Chicken Pot Pie Carrot Salad Fresh Fruit Biscuit Milk	Beef Lasagna Green Salad Melon Peas & Carrots WW Roll Milk	Chicken Stir Fry Steamed Rice Sliced Orange WW Roll Milk	



Join the Fun!

# OCTOBER

## RASMUSSEN SENIOR CENTER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 9:30 - Loteria 9:30 - Tech Savvy Seniors 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch 1:00 - One Book Movie Project	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$6) 9:30 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$6) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$6)	9:00 - Exercise Class 9:00 - Painting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 9:30 - Loteria 9:30 - Tech Savvy Seniors 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch 1:00 - Senior Afternoon Movie	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$6) 9:30 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$6) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$6)	9:00 - Exercise Class 9:00 - Painting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>14</b>	<b>15</b>	<b>HAPPY BIRTHDAY! 16</b>	<b>17</b>	<b>18</b>
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 9:00 - Senior Marketplace 9:30 - Loteria 9:30 - Tech Savvy Seniors 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$6) 9:30 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$6) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$6)	9:00 - Exercise Class 9:00 - Painting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 9:30 - Loteria 9:30 - Tech Savvy Seniors 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch 1:00 - Senior Afternoon Movie	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$6) 9:30 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$6) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$6)	9:00 - Exercise Class 9:00 - Painting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>28</b>	<b>29</b>	<b>30</b>	<b>HALLOWEEN PARTY! 31</b>	
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch	9:00 - Sewing/Quilting 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 9:30 - Loteria 9:30 - Tech Savvy Seniors 10:00 - Live Music & Dancing: Ed Rogers & Guys 12:00 - Lunch	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$6) 9:30 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$6) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$6)	