

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!



5470 Ruth Keeton Way
Columbia, MD 21044
Office: 410-313-7213
Fax: 410-313-7465
Bain 50+ Center Hours
Monday-Wednesday
8:30 am-4:30 pm
Thursday, 8:30 am-8:30 pm
Friday, 8:30 am-4:30 pm
Website:
www.howardcountymd.gov/aging



The Howard County Office on Aging and Independence
invites you to a

Thanksgiving Celebration

Thursday, November 14, 2019

Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville 21029

Giving Thanks Luncheon AND Dance

DOORS OPEN 10:30 AM • LUNCH 12 NOON

MUSIC BY *Sly 45*
featuring blues/jazz/pop

Tickets sold at all Howard County 50+ Centers

\$15/person (all ticket sales are final; no refunds)

**PLEASE BRING NON-PERISHABLE FOOD ITEMS
FOR THE HOWARD COUNTY FOOD BANK**

For more information, call **410-313-5440** (VOICE/RELAY)

 Howard County Office on
Aging and Independence
Department of Community Resources and Services
howardcountymd.gov/aging



Look Inside

Bain Staff	Page 2
Navigating the Center	Page 2
Bain Council/ Information	Pages 3
Daily Programs	Pages 4-7
Recreation & Parks	Page 8
Movies	Page 8
Ads & Information	Page 9
Health & Wellness	Pages 10-11
Menu	Page 12

Stop by the Bain 50+ Center and purchase your
tickets at the front desk.

The Bain 50+ Center remains open throughout
renovations. We hope to see you soon!

General Information

BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director (410) 313-7468
Tammy Wiggins, Assistant Director (410) 313-7469
Dawn Perez, Registrar (410) 313-7213
Collin Fugate, Facilities (410) 313-7464
Earl Saunders, DaJuan Tyler-Curtis, Center Support Staff

HEALTH AND WELLNESS

Elaine Widom, SeniorsTogether (410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

MARYLAND ACCESS POINT

By Appointment (410) 313-1234
Sunny Moon, (410) 313-7388
Kim Freeman, (410) 313-7288

INCLEMENT WEATHER PROGRAM LINE

410-313-7777

Get Your Bain Newsletter Electronically

Sign up at the front desk to be added to our email Distribution List. Stay informed on upcoming program information.

New Membership Cards

A new scanning process has been implemented that takes the place of the sign-in books. Membership cards are being distributed to all registered members. Please stop by the front desk to pick up your free card. You will need your membership card each time you visit with us at the center. The scanning process is as easy as 1...2...3!



NAVIGATING THE CENTER

LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call (410) 313-7390 to cancel your lunch reservation if you can not make it. Our lunch number reflects the number of reservations placed, and the County is charged for the number of meals ordered. For members **over** 60 years of age, and their spouses, a confidential donation is requested. Contributions ensure the continued viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal, payable at the front desk. A regular meal is \$4.48, box meals are \$5.01 and special meals are \$5.95. Lunch is served Monday through Friday at 12 noon.

SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4:00 pm. Payments may be by cash, credit card, or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. **All activities require a reservation or registration.**

TRANSPORTATION

Transportation is available to the 50+ Center through RTA Mobility, riders must be certified. For certification, reservations, and cancellations please call the RTA Customer Service Line at 1 (800) 270-9553. You may also visit their website at www.transitrt.com. Transportation to the Bain 50+ Center is also available through NeighborRide for a modest fee. For additional information call NeighborRide at (410) 884-7433.

PLEASE NOTE

Membership is required to attend or register for any class, program, or activity. Membership is free and the application is quick and easy. Stop by the Front Desk if your contact information has changed.



Find us on Facebook

www.Facebook.com/HoCoCommunity

Bain Council & Information

Bain 50+ Center Council Dance



The Bain 50+ Council will resume the monthly dances after the renovations are complete. Stay tuned for more information in our upcoming newsletter.

Bain 50+ Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! Your suggestions and contributions are welcome. Contact Peter Eisenhut, Council President, or any Council member through the front desk.

Mary Cooke	Fran Martiny
Athena Dalrymple	Jim McDiarmid
Jackie Dunphy (HPM)	Su Patterson (HPM)
Jeane Evans (HPM)	Priscilla Pitts (HPM)
Peter Eisenhut	Shirley Williams
Annie Foster	Albertha Workman (HPM)
Valerie Hoelz	*HPM= Active Honored Past Member
Sandra Kaiser	

Please don't wait!

UPDATE



Home Phone • Cell Phone • Mailing Address • Email

Please stop by the front desk and update any changes especially your emergency contact information.

Center Closings

Monday, October 14: Columbus Day

Monday, November 11: Veterans Day

Wednesday, November 13: Center will close at 1 pm (Staff Meeting)

Thursday-Friday November 28-29: Thanksgiving

Wednesday, December 25: Christmas

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am and the monthly Brain Fitness program. Your support of council fundraising activities make possible many of our programs.

Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain 50+ Center, at 410-313-7213 or by email at lethridge@howardcountymd.gov one week prior to the date of the event.

The Bain Center Council Needs You

The BAIN COUNCIL is seeking candidates to serve on the Council. If you have a desire to support the Center and its numerous activities, consider joining the Council. Information packets are available at the front desk or contact Council Treasurer, Sandra Kaiser, at Bain.council.comm@gmail.com. All Center members are eligible to apply. **Bain wants you!**

Are You & Your Pet Ready to Share Your Hearts?

Paws4Comfort fosters special bonds between pets, their owners and the County residents they visit. If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen
PROGRAM COORDINATOR
PHONE 410-313-7461 (voice/relay)
EMAIL igleysteen@howardcountymd.gov

PET EVALUATIONS are held at 7:00 PM on the first Thursday of each month

Howard County Paws4Comfort
Touching Hearts... One Visit at a Time

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

Howard County Office on **Aging and Independence**

www.howardcountymd.gov/aging




Daily Programs

MONDAY	PROGRAM	ROOM
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—Noon	Project Linus (2nd & 4th Monday)	Community Room *
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry *
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—10 am	Ask the Pharmacist (4th Monday)	Health Room
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—10:50 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
10—11:30 am	Seniors Together Current Events Discussion	Great Room 2
10—12 noon	Pottery	Craft Room
10:30 am—12 noon	Tai Chi (Drop-In)	Great Room 1
10:55—11:25 am	Core Strength From A Chair (HCC) (\$)	Exercise Room
11:30am—12:30 pm	Cardio Fusion for Parkinson's Disease	Exercise Room
Noon	Lunch	Great Room 3
12:30 pm—4 pm	Korean American Senior Association	Great Rooms 1, 2, 3 / Meeting Room
1 pm—2:30 pm	Religion Discussion Group (Drop-In)	Community Room *
1 pm—2 pm	Better Balance (\$)	Exercise Room
1 pm—4 pm	Canasta (Drop-In)	Activity Room *
1pm—3 pm	Gathering of the Arts (Drop-In)	Craft Room
2:30 pm—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—10:30 am	Arthritis Exercise Program (\$)	Exercise Room
9:45 am—11:45 am	Scrabble (Drop-In)	Pantry *
10 am—Noon	Pottery (HCC) (\$)	Craft Room
10:15 am—11:45 am	Seniors Together Low Vision Group	Meeting Room
10:45 am—11:45 am	Silver Belles (tap dancing)	Exercise Room
Noon	Lunch	Great Room 3

Daily Programs

TUESDAY	PROGRAM	ROOM
Noon—4:15 pm	Duplicate Bridge (Bring a partner)	Activity Room *
1 pm—2 pm	Zumba (\$1 Donation)	Great Room 1
1 pm—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1:30 pm	Phase 10 card game	Great Room 3
2 pm—3:30 pm	Drop-In Jam Session	Great Room 2
WEDNESDAY	PROGRAM	ROOM
8:30 am—10:30 am	Woodworkers Guild Meeting	Community Room *
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—11 am	HCC Bain Senior Choir (\$)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30 am—10:50 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
9:30 am—11:30 am	Bingo (\$)	Activity Room/Pantry *
10 am—11:30 am	Bain “Buzz” Book Club (3rd Wednesday)	Meeting Room
10 am—11:30 am	English as a 2nd Language	Great Room 2
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry *
12:30 pm—1:30 pm	Bill W. Meetings	Conference Room
1 pm—2 pm	Sit & Be Fit	Great Room 1
1 pm—2 pm	Better Balance (\$)	Exercise Room
1 pm—4:15 pm	Drop-In Chess	Meeting Room
1 pm—4 pm	Drop-in Mahjonn	Activity Room *
THURSDAY	PROGRAM	ROOM
8:30 am—8:00 pm	Billiards/Ping Pong (Drop-In)	Billiards Area *
8:30 am—Noon	Woodworking (\$)	Woodshop
8:30 am—Noon	Gathering of the Arts (Drop-In)	Craft Room

*Impacted by Renovation

Daily Programs

THURSDAY	PROGRAM	ROOM
9 am—10 am	Balance “4” All (\$)	Exercise Room
9 am—11:30 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—12 Noon	Artful Journaling (Rec.& Parks) (\$)	Community Room *
9:30 am—11:30 am	Drop-in Pinochle	Pantry *
10 am—11 am	Thrive Thursday-Video Fitness	Great Room 1
10 am—Noon	Blood Pressure (1st & 3rd Thursday)	Health Suite
10 am—11:30 am	Zoom– In Discussion Group	Meeting Room
10:30 am—11:30 am	Coffee With a Howard County Police (3rd Thursday)	Lobby
10:45 am—11:45 am	Arthritis Exercise Program (\$)	Exercise Room
11 am—12 noon	Drop-In Zumba (\$1 Donation)	Great Room 1
Noon	Lunch	Great Room 3
12:30 pm—2 pm	Seniors Together Brain Teasers	Meeting Room
1 pm	Movie	Great Room 1
1 pm—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1 pm—4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room/ Pantry *
2:45 pm—4 pm	Beginners Soul Line Dance (\$)	Exercise Room
5 pm—8:30 pm	Massage Therapy (\$)	Health Suite
6:30 pm—8:15 pm	Man to Man Prostate Cancer Support Group (3rd Thursday) September –June	Meeting Room
6:30 pm—8:00 pm	Alzheimer’s Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—3 pm	Massage (\$)	By Appointment Only
9:30 am—10:30 am	Chair Yoga (\$)	Great Room 2
9:30 am—10:45 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
10 am—11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room
10 am—11:30 am	SeniorsTogether Trenders	Conference Room
10 am—noon	Pottery (HCC) (\$)	Craft Room

*Impacted by Renovation

Daily Programs/ Menu Notes

FRIDAY	PROGRAM	ROOM
10:55 am—11:25 am	Core Strength From A Chair (HCC) (\$)	Exercise Room
11:30 am—12:30pm	Functional Fitness for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Cards and Games	Pantry *
12:30 pm—2 pm	Gospel Choir (1st, 3rd and 4th Friday)	GR1
12:45 pm—3 pm	Drop-in Rummikub and Cards	Activity Room *
1 pm—2:30 pm	Line Dancing (Drop-in)	Exercise Room
1:30 pm—3:30 pm	Council Dance (2nd Friday) (\$)	Great Room 1-3

Bridge Lessons

Friday, October 11 - November 15

1-2 pm/ Free



Review of the basic rules for the play of the cards and scoring. Introduction to bidding (Standard American) with popular bidding conventions. General approaches to play and difference in strategies used by declarer and defense. Sign-up at the Front Desk.

The Social Security Administration Chorus

Friday, October 18

12:30 pm/ Free

The Social Security Administration (SSA) Chorus has been around almost as long as the agency itself. Still in high demand throughout Maryland, they provide a unique community service that always bring a smile and stirs a memory for their audience. Song list includes show tunes, country music, and old favorites.

HCC Bain 50+ Senior Choir

Wednesday, December 11

10:30 am / Free

Join the chorus as they sing holiday tunes that will be music to your ears. Reservations requested. Holiday refreshments. R.S.V.P.

The Lyric Opera Baltimore Presents:

Holiday Spirit

Tuesday, December 17

11 am / Free



Delight in traditional holiday favorites with the Lyric Opera House. The music played by these musicians will add to our season of friends, food and fun. There will be a catered kosher meal. Lunch Donation to be made at the time of reservation. Reserve by **December 10, 2019.**

Programs

The Bain “Buzz” Book Club

10–11:30 am / Free

October 16— Woman in the Window by A.J. Finn-

November 20— Educated by Tara Westover

December 18— A Tree Grows in Brooklyn by Betty Smith

Please note that titles may be switched based on the availability at the library. Please call the front desk for additional information.

Bain 50+ Movie Schedule

1 pm / Free

Reservations Requested



Toss Across Fridays

(except the last Friday of the month)

10:30-11:30 am/ FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!).

Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am/ FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am/ FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction. New players are always welcome!

October 3—*The Best of Enemies* (Featuring Sam Rockwell, Taraji P. Henson,)

October 10—*The Public* (Featuring Alec Baldwin, Emilio Estevez, Jena Malone, Taylor Schilling)

October 17—*What Men Want* (Featuring Taraji P. Henson, Tracy Morgan, Aldis Hodge)

October 24 —*Yesterday* (Featuring Himesh Patel, Lily James, Kate McKinnon and Ed Sheeran)

October 31—*Breakthrough* (Featuring Chrissy Metz, Josh Lucas, Topher Grace and Mike Colter)

November 7—*Little* (Featuring Regina Hall, Issa Rae, Marsai Martin, and Justin Hartley)

November 21 —*Long Shot* (Featuring Seth Rogen, Charlize Theron and O’Shea Jackson)

December 5 —*Late Night* (Featuring Emma Thompson, Mindy Kaling and Max Casella)

December 12 —*Once Upon a Time in Hollywood* (Featuring Leonardo DiCaprio and Brad Pitt)

December 19 —*The Goldfinch* (Featuring Ansel Elgort, Oakes Fegley, Aneurin Barnard, Finn Wolfhard and Luke Wilson)

The views expressed in the listed movies and documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging and Independence, Howard County Government, or their officials and employees.

**Quality of Life Services for Older Adults,
their Families, Caregivers, and
Adults with Disabilities**



**AS EASY AS
1-2-3-4!**

410-313-1234

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!



410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE
map@howardcountymd.gov

www.howardcountymd.gov/aging



Providing vital human services through programs, services and referrals to ensure everyone in the community has the opportunity to **GROW, THRIVE and LIVE with DIGNITY**

How Can Our Offices Serve YOU Today?

- ADA Coordination
- Aging and Independence
- Children and Families
- Consumer Protection
- Community Partnerships
- Human Trafficking Prevention
- Local Children's Board
- Veterans and Military Families

**HOWARD COUNTY
Community Resources Campus**

www.howardcountymd.gov/communityresources
communityresources@howardcountymd.gov
www.facebook.com/HoCoCommunity

410-313-6400 (VOICE/RELAY)
9830 Patuxent Woods Drive
Columbia, MD 21046



**SEMINARS, EXHIBITORS, RESOURCES
and ENTERTAINMENT** especially
geared to the **50+ COMMUNITY!**

**SATURDAY
OCTOBER 19
10 AM TO 3 PM**

Master Aging
Engage ✦ Educate ✦ Inspire

HOSTED ON-SITE AT

Howard Community College
10901 Little Patuxent Parkway, Columbia 21044

FOR MORE INFORMATION

PHONE 410-313-6410 (VOICE/RELAY)
EMAIL aging@howardcountymd.gov
WEB howardcountymd.gov/masteraging
FIND US [Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)
#HoCoMasterAging

PROGRAM HIGHLIGHTS AND DETAILS

11 AM — KEYNOTE PRESENTATION
Kerry Hannon, Author
Never Too Old to Get Rich
Followed by *Conversations with Kerry*

- Capitol Steps at 2 PM (\$5/person)
- Engaging and Educational Seminars
- Free and Accessible On-Site Parking
- Breakfast and Lunch Available On-Site
- 62 Vendor and Sponsor Booths
- Only \$1 Admission

PRESENTED BY



Calvin Ball
Howard County Executive

Health & Wellness

Nutrition Education

Thursdays, 9:30–11:30 am

October 24, November 14, & December 12

Individual sessions by appointment only.

Must be 60+ to sign up

Nutritionist, Carmen Roberts, MS, RD, LDN

Sign-up at the front desk or call 410-313-7213.

Drop-In Jam Session

Tuesdays, 2-3:30 pm/ Free

Join a group of “seasoned” musicians who enjoy playing old time tunes such as the Waltz, Reels, and Irish Dance tunes. Stop-in to listen, dance, or play.

Chair Yoga

Fridays, 9:30–10:30 am

October 4–December 20 Cost: \$59

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Flu Clinic

Thursday, November 7

9:30 am-1:30 pm

Free Flu shots available for individuals 6 months and older. Standard dose (protects against four flu viruses). No High dose flu vaccine, flu mist or pneumococcal vaccines available. Vaccines are *subject to availability* and will be administered on a *first come, first served basis*.



Sit & Get Fit

Wednesdays

1–2 pm /Free

A gentle conditioning exercise program you can do sitting down. Easier to learn than Tai Chi or Yoga. Sit and Get Fit for Seniors blends activity and relaxation by adding circular movements and natural breathing.

Yoga

Mondays, 2:30–3:30 pm

October 7–December 16 Cost: \$48

Wednesdays, 11 am–12 pm

October 2–December 18 Cost: \$64



Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.

Better Balance

Mondays & Wednesdays, 1–2 pm

October 2– December 18 Cost: \$64

Better Balance is designed for those with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, balance bar, and seated exercise. Pre-screening required prior to enrollment; contact Malarie Burgess at (410) 313-6073

Man to Man Prostate Cancer

Support Group

Oct. 17, Nov. 21, Dec. 19 / 6:30–8:15 pm

Man to Man Prostate Cancer Support Group offers confidential support and education. Guest speakers include doctors, health care practitioners, and survivors, who address issues related to treatment options, side effects, and practical guidance. Meets 3rd Thursday every month from September-June. For information, contact Gerry Gears at gerrygears@gmail.com.

Fresh Conversations

Nutrition Topic: Ancient Grains

Friday, November 15

10–11 am / Free

- Understand the difference between whole grains and refined grains.
- Identify sources of whole grains and how much to include in your daily diet.
- Learn how whole grains can help prevent constipation and other common health problems.

Health & Wellness



Drop-in Tap Dance
Instructor:
Diane Andrews
Tuesdays
10:45–11:45 am/ Free

Have fun while tap dancing your way to health.

Join us for the excitement, challenge, and fun of learning to *dance*! Whether you're a beginner or an aspiring performer, you will enjoy this class.

Alzheimer's Caregiver Support Group
Thursdays
6:30-8 pm/ Free
October 10, November 14, December 12

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education and problem solving skills around dementia-related issues. For more information, contact Danilsa Marciniak at (410)736-2217

Essential Touch Massage Therapy
Wednesdays & Fridays 9 am-3 pm
Thursdays 5–8 pm
Cost: \$58 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. Relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. Call the center for appointments.

Ask The Pharmacist
Monday, October 28 & November 25
9–10 am/ Free

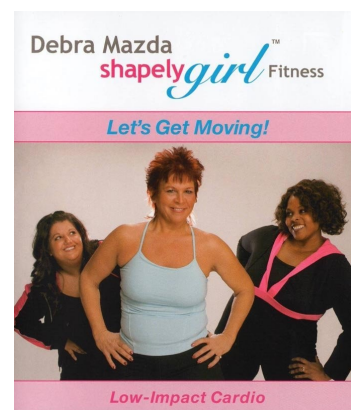
Pharmacist Don Hamilton will provide individual answers to your medication questions. With the allergy season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

BALANCE “4” ALL
Thursdays , 9–10 am
October 3–December 19 Cost: \$59

Learn balance, strength, posture and flexibility. Registration required.

Thrive-Thursdays
Low Impact Cardio
10–10:45am/ Free

Let's Get Moving!
Join us in Great Room 1 and get ready to burn calories and shed those pounds. DVD's will be alternated.



Blood Pressure Screenings
1st & 3rd Thursday of the Month
October 3, 17 November 7,21 & December 5, 19
10 am–Noon/ Free

High blood pressure is a “silent killer.” Know your numbers! Albertha Workman, RN will take your blood pressure to help you to maintain good overall health.

October Menu

	Tuesday October 1	Wednesday October 2	Thursday October 3	Friday October 4
MILK SERVED DAILY UNLESS YOGURT IS OFFERED	Herbed Roast Beef Au Gratin Potatoes Green Bean Blend Dinner Roll Tropical Fruit Pineapple Juice	Chicken Salad Lettuce & Tomato Potato Salad 3-Bean Salad Sand- wich Bun Mandarin Oranges Apple Juice	BOX LUNCH Vegetarian Cheese Tortellini Pesto Salad Salad du Jour Selected Fruit Grape Juice	Cheeseburger on Roll Lettuce & Tomato Mixed Bean Creole Carrot & Raisin Salad Apple Crisp Orange Juice
Monday October 7	Tuesday October 8	Wednesday October 9	Thursday October 10	Friday October 11
Roast Pork Loin in Onion Gravy Braised Cabbage Scalloped Potatoes White Wheat Bread Fruit Cocktail Fruit Punch Chocolate Milk	Chicken Parmesan over Pasta Marinara Green Beans White Wheat Bread Fresh Fruit Cup Yogurt Orange Juice	Homestyle Meatloaf Garlic Mashed Potatoes Peas & Pearl Onions White Wheat Bread Diced Peaches Grape Juice	Tuna Salad on Sandwich Bun Lettuce & Tomato Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	Ham, Green Bean & Potato Casserole Chickpea Salad White Wheat Bread Cinnamon Applesauce Fruit Juice Chocolate Milk
Monday October 14	Tuesday October 15	Wednesday October 16	Thursday October 17	Friday October 18
Center Closed Columbus Day	BBQ Chicken Sandwich on Roll Homemade Coleslaw Black-eyed Peas Hot Apple Slices Cranberry Juice	Swedish Meatballs Brown Rice Pilaf Glazed Carrots Chilled Green Bean Salad White Wheat Bread Yogurt Orange Juice	Baked Ham Seasoned Green Beans Mac & Cheese Broccoli Slaw White Wheat Bread Grape Juice Chocolate Milk	BOX LUNCH Roast Beef & Cheddar on Whole Grain Roll Lettuce & Tomato Salad du Jour Selected Fruit Grape Juice
Monday October 21	Tuesday October 22	Wednesday October 23	Thursday October 24	Friday October 25
Honey Lemon Chicken Fried Brown Rice Peppers & Onions Asian Cuke & Onion Salad White Wheat Bread Diced Pineapple Tomato Juice	SUPER SPECIAL Bratwurst with Peppers & Onions on Club Roll Braised Red Cabbage Mashed Potatoes Waldorf-style Salad Cake & Apple Cider	Tarragon Chicken Wild Rice Blend Green Bean Medley White Wheat Bread Cinnamon Applesauce Orange Juice	BOX LUNCH Cold Cuts & Cheese on Whole Grain Roll Lettuce & Tomato Salad du Jour Selected Fruit Cranberry Juice	Southwest Beef & Mac Casserole with Cheese & Crushed Chip Topping Peas & Pearl Onions Mandarin Oranges Fruit Juice
Monday October 28	Tuesday Special October 29	Wednesday October 30	Thursday October 31	
SUPER SPECIAL Pulled Pork BBQ on Sandwich Roll Cut Sweet Potatoes Creamy Coleslaw Fudge Brownie Fruit Juice	Open-face Turkey Sandwich Mashed Potatoes Harvard Beets Broccoli Salad White Wheat Bread Fruit Cup Chocolate Milk	Sliced Roast Beef Mushroom Barley Pilaf Mixed Veggies White Wheat Bread Tropical Fruit Apple Juice	Chicken Salad Potato Salad 3-Bean Salad Sandwich Bun Mandarin Oranges Apple Juice	