




October

Menu & Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>PLEASE REMEMBER TO MAKE YOUR RESERVATION AT LEAST TWO (2) DAYS IN ADVANCE</p>	<p>2</p> <p>Onion Chicken Meatballs, Macaroni and Cheese, Diced Beets, Wheat Bread, Fresh Fruit</p> <div style="border: 1px solid black; padding: 5px;"> <p>Active Living Every Day 10 AM Room 113 SPRY Men's Group**</p> </div>	<p>3</p>	<p>4</p> <p>Chicken and Dumplings, Green Beans with Onions, Ginger Carrots, Wheat Bread, Fresh Fruit</p> <div style="border: 1px solid black; padding: 5px;"> <p>Neptune Society Presentation 11 AM SPRY Seniors of Color Group++</p> </div>	<p>5</p>	<p>6</p> <p>Ham and Red Beans~, Cajun Rice, Mixed Greens, Cornbread, Fresh Fruit, Margarine</p> <div style="border: 1px solid black; padding: 5px;"> <p>Tai Chi 9:45 AM Room 113 Games Day 1 PM Room 113</p> </div>	<p>7</p>
<p>8</p> <p>713 529-0037 EXT: 222 diner@montrosecenter.org</p>	<p>9</p> <p>Salisbury Beef, Brown Gravy, Garlic Whipped Potatoes, Mixed Vegetables, Wheat Bread, Fresh Fruit</p> <div style="border: 1px solid black; padding: 5px;"> <p>Active Living Every Day Haircuts with David and Parker Room 101 SPRY Men's Group**</p> </div>	<p>10</p>	<p>11</p> <p>Turkey Breast with Gravy*, Lima Beans, Country Vegetables, Texas Bread, Pound Cake</p>	<p>12</p> <p>SPRY Potluck 3:30 - 5:30 Room 112</p> 	<p>13</p> <p>Beef Spaghetti Casserole, Broccoli, Parslied Carrots, Whole Wheat Breadstick, Fresh Fruit</p> <div style="border: 1px solid black; padding: 5px;"> <p>Tai Chi 9:45 AM Room</p> </div>	<p>14</p>

<p>15</p> <p>Contains ^-Sulfites *-Turkey + - Pork</p>	<p>16</p> <p>BBQ Pork Chop+, Ranch Beans, Stewed Tomatoes, Wheat Bread, Fresh Fruit</p> <p>Active Living Every Day 10 AM Room 113 SPRY Men's Group**</p>	<p>17</p>	<p>18</p> <p>Mole Chicken, Mexican Rice, Pinto Beans, Flour Tortilla, Chocolate Cake</p> <p>SPRY Seniors of Color Group++</p>	<p>19</p>	<p>20</p> <p>Dijon Turkey Breast*~, Macaroni and Cheese, Capri Vegetables, Dinner Roll, Nutty Buddy Bar</p> <p>Tai Chi 9:45 AM Room 113 SPRY Movie Day 1 PM Room 101</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>King Ranch Chicken, Green Beans, Cauliflower, Wheat Bread, Oatmeal Cream Cookie</p> <p>Active Living Every Day 10 AM Room 113 SPRY Men's Group**</p>	<p>24</p>	<p>25</p> <p>Sloppy Joe, Mixed Beans, Mixed Vegetables, Hamburger Bun, Fresh Fruit</p> <p>SPRY Essential Education Medicare Open Enrollment Workshop 9 AM Room 114</p>	<p>26</p>	<p>27</p> <p>Beef with Country Gravy, Delmonico Potatoes, California Vegetables, Wheat Bread, Fresh Banana</p> <p>Tai Chi 9:45 AM Room 113 Nutrition Presentation 10:45 – 11:45 Birthday Celebration! 12:30 PM Room 113 Book Club 1 PM Room 113</p>	<p>28</p>
<p>29</p> <p>Contains ^-Sulfites *-Turkey + - Pork</p>	<p>30</p> <p>Turkey Tetrazzini*, Green Peas, Sliced Carrots, Wheat Bread, Fresh Fruit</p> <p>Active Living Every Day 10 AM Room 113 SPRY Men's Group**</p>	<p>31</p>	<p>Did you know that you can request a cold box meal on a day that you do not care for the hot meal? You will need to request your cold meal one week in advance. Have questions? Speak with Fred</p>		<p>Active Living Every Day Mondays at 10 AM in Room 113 This program helps sedentary people become and stay physically active-for a Life time.</p>	

**SPRY Men's Group 1 – 2:30 PM Mondays Room 252

++SPRY Seniors of Color Group 1 – 2 PM, First and Third Wednesdays Room 247

Houston Area HIV & Aging Coalition Friday, October 27th at 2 PM in room 106. Presentation on Brain

