

September 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------|
| 2 CLOSED FOR LABOR DAY! | 3 10:00 YMCA 12:15 Art/ Recovery | 4 10:00 YMCA 12:15 Aldi | 5 10:00 YMCA 12:00 Mall Walk 12:30 Smoking Cessation 2:00 Swim/ Riverside | 6 10:00 YMCA 10:00 Grow a plant 12:15 Dollar General | 7 |
| 9 10:00 Diabetes 10:00 YMCA 12:15 Fit Factor 5:30 Nami | 10 10:00 YMCA 12:15 IMR New Group 1:30 Frisbee Golf | 11 10:00 YMCA 12:15 Wal-Mart 2:00 Ladies Day Out | 12 10:00 YMCA 12:00 Mall Walk 12:30 Smoking Cessation 2:00 Entertainment Hop | 13 9:30 Grief group 10:00 YMCA 10:00 Board games 12:15 Wal-Mart | 14 |
| 16 10:00 YMCA 12:15 Library 2:00 Dollar Tree/ Wal-Mart | 17 10:00 YMCA 12:15 Art/ Recovery 5:00 Nami | 18 10:00 YMCA 12:15 Aldi | 19 10:00 YMCA 12:00 Mall Walk 12:30 Smoking Cessation | 20 10:00 YMCA 10:00 Tye Dye T-Shirt 12:15 Family Dollar | 21 |
| 23 10:00 YMCA 12:15 Virtual visit to India | 24 10:00 YMCA 12:15 IMR New Group 1:30 Frisbee Golf | 25 10:00 YMCA 12:15 Wal-Mart | 26 10:00 YMCA 12:00 Mall Walk 12:30 Smoking Cessation | 27 9:30 Grief Group 10:00 YMCA 10:00 Fishing 12:15 Dollar Tree | 28 |
| 30 10:00 YMCA 12:15 Library 2:00 New Wal-Mart Daisy Delight | | | | | |



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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 | 3 | 4 | 5 | 6 |
| Cook's Choice | Meatball Sub Green Beans Fruit Side Salad | Bratwurst Baked Beans Fruit Side Salad | Chicken Alfredo Carrots Fruit Side Salad | Taco Salad Refried Beans Fruit Side Salad |
| 9 | 10 | 11 | 12 | 13 |
| Cook's Choice | Parmesan Tilapia Rice Pilaff Fruit Side Salad | Hot Ham & Cheese Onion Rings Fruit Side Salad | Chicken Sandwich Mac & Cheese Fruit Side Salad | Shepherd's Pie Cottage Cheese Fruit Side Salad |
| 16 | 17 | 18 | 19 | 20 |
| Cook's Choice | Spaghetti & Meatballs Cheese Sticks Fruit Side Salad | Sloppy Joe's Mashed Potato Fruit Side Salad | Pancakes Sausage Links Fruit Side Salad | Cheeseburgers Sidewinders Fruit Side Salad |
| 23 | 24 | 25 | 26 | 27 |
| Cook's Choice | Beef Enchiladas Mexican Rice Fruit Side Salad | Tuna Salad Crackers/chips Fruit Side Salad | Chicken Strips Ranch Potatoes Fruit Side Salad | Pizza Side Salad |
| 30 | <div data-bbox="500 1507 911 1801" data-label="Image"></div> <p>Call 634-7621 by 10 AM to sign up for lunch.</p> <p>**Sandwich and chips can be requested except on pizza day and cook's choice**</p> <p>*All menu items subject to change*</p> | | | |
| Cook's Choice | | | | |