

WATERLOO SENIOR CENTER **September 2018** RESERVATIONS 939-8880

207 West Fourth ~ Waterloo

























Kim Elizalde, Site Coordinator

Please Call Before 9:00am

Menu Subject To Change

Come Visit Us...We Love Making New Friends!

Meals Served at 11:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3rd</p> <p>We will be CLOSED TO OBSERVE Labor Day</p> 	<p>4th</p> <p>Country Fried Steak Mashed Potatoes Corn Biscuit / Gravy Fruit Cup</p> <p>BINGO ✓ Black-Out ✓ 4 Corner ✓ Cross ✓ Diamond ✓ Postage Stamp</p> 	<p>5th</p> <p>Barbecue Chicken AuGratin Potatoes Mama's Baked Beans Fruit Crisp</p> <p>Matter of Balance 9:30 to 11:30am</p>  <p>Time For BINGO 12:00 NOON</p> 	<p>6th</p> <p>Philly Steak & Cheese Sandwich Roasted Potatoes Green Beans Cantaloupe</p> <p>Klopper 9:15am</p>  <p>Lot Faster Game Than Pinochle!</p>	<p>7th</p> <p>Sorry We're CLOSED</p> 
<p>10th</p> <p>Open Faced Chicken Pot Pie with Vegetables Cole Slaw Biscuit Fruit Crisp</p> <p>Matter of Balance 9:30 to 11:30am</p> 	<p>11th</p> <p>Pork Chop with Gravy Mashed Potatoes California Blend Vegetables Peaches</p> <p>BINGO 12:00 Noon</p>  <p>Our Bingo Scene Is Rockin</p>	<p>12th</p> <p>Lasagna Garlic Bread Green Beans Mixed Romaine Lettuce Salad Fruit Pie</p> <p>Birth Day Party 12:00 Cake & Ice Cream</p> <p>Matter of Balance 9:30-11:30am</p> 	<p>13th</p> <p>Chicken Parmesan over Spaghetti Garlic Bread Romaine Lettuce Salad with Garbanzo Beans Fruit Salad</p> <p>Klopper 9:15am</p>  <p>24 Card Pack Is Used</p>	<p>14th</p> <p>Closed</p> 
<p>17th</p> <p>Pork Sausage Whipped Potatoes Sauerkraut Biscuit / Gravy Fruit Cup</p> <p>Matter of Balance 9:30-11:30am</p> 	<p>18th</p> <p>Enchila Casserole Refried Beans & Rice Mixed Romaine Lettuce Salad Fruit Salad</p> <p>BINGO 12:00 Noon</p>  <p>What Happens At Bingo Stays At Bingo</p>	<p>19th</p> <p>Fish Macaroni & Cheese Stewed Tomatoes Mixed Romaine Lettuce Salad Seasonal Fruit</p> <p>9:30-11:30am Matter of Balance</p> <p>Site Council Meeting 12:00</p> 	<p>20th</p> <p>Grilled Chicken Salad Romaine Lettuce Salad with Tomatoes, Cucumbers, Garbanzo Beans & Cheese Carrots Fruit Pie</p> <p>Klopper 9:15am</p>  <p>4 Person Trick Taking Game</p>	<p>21st</p> <p>Sorry We're CLOSED</p> 
<p>24th</p> <p>Chicken Salad Potato Salad Cucumber Salad Melon Salad</p> <p>9:30 to 11:30am Matter of Balance</p> 	<p>25th</p> <p>Ham & Beans Cornbread Cole Slaw Carrots Fruit Crisp</p> <p>BINGO! HAPPINESS IS YELLING "BINGO" 12:00 NOON</p> 	<p>26th</p> <p>Oven Fried Chicken Baked Sweet Potatoes Green Beans Golden Glow Salad</p> <p>BINGO 12:00 Noon</p>  <p>GET YOUR GAME ON!</p>	<p>27th</p> <p>Liver & Onionis OR Bratwurst Whipped Potatoes Harvard Beets Pineapple</p> <p>Klopper 9:15am</p>  <p>Rarely Will You See It Played Elsewhere!</p>	<p>28th</p> <p>Sorry WE'RE CLOSED</p> 
<p>Did You Sign In? Knowing Who Is At Lunch At The Center Is Important. It's Good To Keep Track So If Someone Isn't Here For A Few Days, We Can Contact Them To Make Sure Everything Is Okay!</p> 	<p>COMMON LOON</p>  <p>IS THE STATE BIRD OF MINNESOTA</p>	<p>Please Call By 9:00am. The Day You Wish To Eat With Us</p>  <p>Suggested Donation \$4⁰⁰ Congregate Meal \$4²⁵ Home Delivered</p>	<p>Join St. Louis Oasis for A Matter of Balance The goals of this program include:</p> <ul style="list-style-type: none"> ✓ Taking steps to reduce your fear of falling ✓ Discussing fall-reduction strategies ✓ Increasing your strength and balance ✓ Setting goals and tracking your progress ✓ Developing new friendships & communication skills <p>Designed To Help Individuals Improve Their Balance, Flexibility And Range Of Motion.</p> <p>All Participants Will Recive A Free Informational Workbook ~ Light Refreshments Will Be Provided Call 939-8880 For Information & To Register</p>	

Autumn carries more gold in its pocket than all the other seasons. ~Jim Bishop