

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030
VOLUNTEERS NEEDED! Ask an NOR staff member how you can volunteer today
Meals on Wheels - 392.2016

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Orange Chicken Broccoli Cantaloupe WW Roll Steamed Rice Milk	Chili Beans Coleslaw Honeydew Melon Corn Bread Milk
5	6	7	8	9
Pasta w/Meat Sauce Italian Green Beans Spinach Salad WW Roll Apple Juice Milk	Chicken Friend Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	Gumbo Soup Perfection Salad Cantaloupe WW Roll Milk	Pork Loin Roasted Potatoes Steamed Cabbage WW Roll Fruit Salad Milk	Baked Fish Apple Waldorf Salad Peas & Carrots WW Roll Rice Apple Juice Milk
12	13	14	15	16
Beef Patty Mashed Potatoes Carrots WW Roll Orange Milk	Chicken Stir Fry Stir Fry Veggies Pineapple WW Roll Steamed Rice Milk	Beef Stew Corn & Black Bean Salad Cantaloupe Corn Bread Milk	Egg Salad Sandwich Pineapple Carrot Salad WW Bread Milk	Chef Salad Green Salad WW Roll Jello w/Fruit Apple Juice Milk
19	20	BIRTHDAY PARTY! 21	22	23
Scrambled Eggs Sausage Link Cantaloupe Roasted Potatoes WW Roll Biscuit Milk	Baked Chicken Mashed Potatoes Corn WW Roll Sliced Oranges Milk	Roast Turkey Mashed Potatoes Carrots WW Roll Cake Apple Juice Milk	Chicken Pot Pie Citrus Salad Mixed Fruit WW Roll Biscuit Milk	Beef Taco Salad Corn Orange Corn Tortillas Black Beans Milk
26	27	28	29	HALLOWEEN PARTY! 30
Baked Potato w/Beef Chili Green Beans Corn WW Roll Vanilla Pudding Milk	Tuna Sandwich Coleslaw Watermelon Milk	Tamale Pie Peas & Carrots Orange WW Roll Milk	Chicken Broccoli Cantaloupe WW Bread Pasta Milk	Clam Chowder Soup Green Salad Honeydew WW Roll Jello w/fruit Spanish Rice

			1	2
			9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance(\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
5	6	7	8	9
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music(\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance(\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
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9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance(\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 9:30: FREE Health Screening 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
19	20	BIRTHDAY PARTY! 21	22	23
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:00: Senior Market Place 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
26	27	28	29	HALLOWEEN PARTY! 30
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: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 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 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo