

ADC WEEKLY HAPPENINGS
October 21st-October 25th

Monday, October 21st Today is Back to the Future Day! The members will play Pumpkin Bowling, Would You Rather, Velcro Ball, America Says, Halloween Floor Scrabble, Are You Smarter and Relaxation Group. In crafts, the members will help Diann w/Crazy Crafts!

Tuesday, October 22nd The members will participate in Floor Basketball, Fall Jokes, Hot & Cold Find the Pumpkin, Words That Start w/PL, Halloween Free For All, High Rollers, Music From the 80's, Halloween Character Racing and Ring Pick Up Challenge. In crafts, the members will be having some Gnome Fun!

Wednesday, October 23rd Today is Country Western Day! We will have Volunteers From Mallinckrodt Pharmaceutical to Help Us! The members will play Country Music Ball Toss, Horse Racing, Fall Word Scramble, and Fun w/ Cowboy Fill Ins. In crafts, the members will make Pumpkin Squeeze Balls. In the afternoon we will come together for a Country Western Dance w/Gary Morton!

Thursday, October 24th The members will play Soccer, Penny Ante, Knockout, EZ Trivia, Taste Touch Smell October, Bingo, Hit That Tune and Name 10. In crafts, the members will have Art Therapy w/Suzanne

Friday, October 25th Today is National I Care About You Day! The members will participate in Nerf Axe Throwing, Acronyms, Caring Professionals Talk, Halloween Collage, Family Feud, Spin a Song and A to Z Halloween. In crafts, we will finish up with our Gnome Fun!

Somerset County Senior Center Menu – Week 4 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 3 oz. Garlic Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Roasted Garlic Sauce (**Please Send Extra Roasted Garlic Sauce Separately**)
- ½ c. Creamy Polenta
- ½ c. Zucchini & Stewed Tomatoes
- ½ c. Tossed Salad with 1 Tbsp. Carrots + 2 ea. Artichoke Heart Quarters – Salad Dressing
- 1 ea. Eight Grain Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 1 ea. Stuffed Cabbage + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Roasted Red Skinned Potato Wedges
- ½ c. Carrot Coins
- ½ c. Spinach with 2 sl. Cucumbers + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- 1 sl. Fresh Watermelon – **Seedless (24 Slices Per Watermelon)** (**Caterer will send whole on Monday morning with the delivery**) (**Staff will have to cut onsite**)
- 8 oz. 1% or Skim Milk

WEDNESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Polynesian Roasted Pork + 2 oz. **Reduced Sodium/Reduced Sugar** Polynesian Sauce (**Please Send Extra Polynesian Sauce Separately**)
- ½ c. Quinoa Pilaf
- ½ c. Snow Peas, Baby Corn & Water Chestnuts
- ½ c. Carrot Raisin Salad
- 1 sl. Marble Bread – Butter
- ½ c. Fruited Yogurt/ ½ c. **Sugar Free Vanilla Pudding – Diabetic**
- 8 oz. 1% or Skim Milk

THURSDAY

- 6 oz. **Reduced Sodium** Minestrone Soup – **No Crackers/MOW's Clients: Assorted Fruit Juices**
- 2 ea. **Reduced Fat** Manicotti + 3 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Italian Blended Vegetables
- ½ c. Tossed Salad with 1 Tbsp. Sliced, Green Olives – Salad Dressing
- 1 ea. Plain Dinner Roll – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% or Skim Milk

FRIDAY

- 4 oz. Assorted Fruit Juices
- 4 oz. Lemon Pepper Alaskan Pollack
- ½ c. Roasted Sweet Potatoes
- ½ c. Broccoli Florets
- ½ c. Four Bean Salad
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Peach
- 8 oz. 1% or Skim Milk