

ADC WEEKLY HAPPENINGS
September 30th-October 4th

Monday, September 30th The members will play Cone Catch, Trivia for Seniors, Roll 10 in 3, Name That Country Music Artist, Fall Songs Hangman, Balloon Toss & Talk and Truth or Dare. In crafts, the members will make an Autumn Wreath!

Tuesday, October 1st Today is Pumpkin Spice Day! The members will participate in October Floor Scrabble, Target Golf, Fall Trivia, Spotlight on Jimmy Carter, Nerf Gun Pumpkin Knockout, Tissue Cup Pong and You Be The Judge. In crafts, the members will make a Popsicle Stick Apple Craft!

Wednesday, October 2nd Today is Random Acts of Poetry Day! The members will play Shuffleboard, Odd One Out, October Table Talk, All About Me, Flip The Bottle, Dice Tic Tac Toe and Short Poems. In crafts, the members will make Popsicle Stick Scarecrows!

Thursday, October 3rd Today is National Techies Day! The members will participate in Bowling, Brainteasers, Tailgate Toss, Things To Do In October, Water Pong, Bingo and Mondy Plate. In crafts, the members will make a Fall Collage!

Friday, October 4th Today is World Smile Day! The members will play Smiley Can Knockout, Words That End in ER, Bocce Ball, October Humor and Things That Make You Smile. In the afternoon, the members will join together for a Smiling Social!

Somerset County Senior Center Menu – Week 1 Spring/Summer

MONDAY (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 4 oz. Dill Crusted Alaskan Pollack
- ½ c. Quinoa Pilaf
- ½ c. Mixed Vegetables
- ½ c. Marinated Beet Salad
- 1 sl. Rye Bread – Butter
- ½ c. Fresh Blueberries
- 8 oz. 1% or Skim Milk

TUESDAY

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Piccata (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium** Lemon Caper Sauce (**Please Send Extra Lemon Caper Sauce Separately**)
- ½ c. Wild Rice Pilaf
- ½ c. Green Beans
- ½ c. Salad Blend with 1 Tbsp. Carrots + 2 sl. Cucumbers – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 sl. Fresh Honeydew Melon (**12 Slices Per Honeydew Melon**) (**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
- 6 oz. Eggplant Parmigiana + 2 oz. **Reduced Sodium** Tomato Sauce + 1 oz. **Reduced Fat** Shredded Mozzarella Cheese (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Whole Grain Penne Pasta
- ½ c. Broccoli Florets
- ½ c. Spring Mix with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- ½ c. Fresh, Sliced Strawberries
- 8 oz. 1% or Skim Milk

THURSDAY

- 4 oz. Assorted Fruit Juices
- 1 ea. (3 oz.) Beef Hamburger Patty + 1 Large Romaine Lettuce Leaf + 1 sl. Red Onion + 1 sl. Tomato (**1/8 Inch Thick**) (**Please Send Romaine Lettuce, Red Onion, and Tomato Separately**)
- ½ c. Corn & Red Pepper Medley
- ½ c. Salad Blend with 2 sl. Cucumbers + 1 Tbsp. Carrots – Salad Dressing
- 1 ea. Whole Wheat Hamburger Bun + 1 Pkt. Ketchup
- ½ c. Fruited Yogurt/ ½ c. **Sugar Free Chocolate Pudding – Diabetic**
- 8 oz. 1% or Skim Milk

FRIDAY

- 4 oz. Assorted Fruit Juices
- 1 ea. Turkey Taco Bowl (Made with 3 oz. Turkey Crumbles + ¼ c. Spanish Rice + ¼ c. Black Beans + 2 oz. Sliced Red Pepper, Sliced Green Pepper, Yellow Corn & Diced Tomatoes + 2 oz. **Reduced Sodium** Southwestern Fajita Sauce) (**Please Send Extra Southwestern Fajita Sauce Separately**)
- ½ c. Chopped Romaine Lettuce with 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Flour Tortilla (6 Inch) (**12 Tortillas Per Pack**) (**Staff will have to pack tortillas for HDM clients**)
- 1 ea. Fresh Peach
- 8 oz. 1% or Skim Milk