

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>³ We will be closed for the Labor Day Holiday</p>	<p>⁴ Tater Tot Casserole with Ground Beef Cherry Tomato Salad WGR Muffin Fruit Milk</p>	<p>⁵ Hot Dogs on WGR Bun WGR Mac N Cheese Bake Veggies Fruit Jello Milk</p>	<p>⁶ Pulled Pork on WGR Hoagie Bag of Chips Veggies Fruit Milk</p>	<p>⁷ Cheeseburger on WG Bun Lettuce & Tomatoes Jo-jo's Fruit Milk</p>
<p>¹⁰ Chicken Tamale Pie Bake Sour Cream & Salsa WG Tortilla Chips Mixed Field Greens Salad Fruit Milk</p>	<p>¹¹ Chicken Pot Pie Spinach Strawberry Salad WGR Biscuit Fruit Milk</p>	<p>¹² Club Sub on WGR Bun Cream Broccoli Cheese Soup Fruit Milk</p>	<p>¹³ Chicken Patty Burger on WGR Bun Broccoli Salad Chips Fruit Milk</p>	<p>¹⁴ Egg Salad on WGR Croissant Vegetarian Lentil Soup WGR Crackers Fruit Milk</p>
<p>¹⁷ Tuna & Cheese Melt On WGR Bread Tomato Ravioli Soup WGR Crackers Veggies Fruit Milk</p>	<p>¹⁸ Picnic Box Lunch</p>	<p>¹⁹ BBQ Chicken Thighs Potato Salad Veggies WGR Cornbread Fruit Milk</p>	<p>²⁰ Chicken Enchiladas WGR Tortillas Refried Beans WG Spanish Rice Salsa & Sour Cream Fruit Milk</p>	<p>²¹ Cheesy Egg Bake With Veggies Sausage Links WGR French Toast With Strawberries Milk</p>
<p>²⁴ Ground Beef Meatloaf Oven Roasted Red Potatoes Veggies WGR Biscuit Cottage Cheese w/Fruit Milk</p>	<p>²⁵ Herb Chicken Thighs Baked Beans Veggies Fruit Salad WGR Biscuit Milk</p>	<p>²⁶ Chicken Salad On WGR Croissant Minestrone Soup Veggies Fruit Milk</p>	<p>²⁷ WGR Spaghetti With Meatballs WGR Garlic French Bread Caesar Salad Fruit Milk</p>	<p>²⁸ Chicken Teriyaki with WG Rice Veggies WGR Roll Fruit Milk</p>
<p style="text-align: center;"><u>Milk</u> Lochmead Dairy All milk served is 1%/non-fat unflavored or non-fat flavored milk for adult participants.</p>				<p><i>USDA and this institution are equal Opportunity providers and employers</i></p>

Conversations about Aging and Families

The Grace Center and Good Samaritan Church are hosting an Aging Summit on September 8th, (8am-12:30 pm) at the Church: 333 NW 35th Street . For more information go to www.gracecenter-covallis.org or call us at 541-754-8417

National Grandparents Day Open House Celebration

Sunday September 9th from 1 pm to 4 pm Grace Center, 980 NW Spruce Ave. is opening its doors for a free community event. There will be a number of activities for all ages.

For more information go to : www.gracecenter-covallis.org

September Outing

An all day visit to a park on Tuesday the 18th!!!! There will be limited spots available, so sign up early to guarantee your seat on the bus! Priority will be given to participants who attend Tuesdays on a set schedule. however RSVP is still required. We will leave by 9:30 am & travel to Timber Linn Park in Albany. We will have a picnic lunch followed by games and activities in the Park. Timber Linn is a large beautiful park with a lake. If you want to fish bring your license & gear!!

The Center will be closed that day while we are at the park.

