

## Dinners are served at 5:30 p.m. at the Wood County Senior Center

*Reservations required by 2 p.m. that day.* (Menu is subject to change.)

No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. There is a \$4 suggested donation those over 60 and \$7 fee for those under 60 years of age.

*Nutrition and ingredient information is available upon request.*

**When making your reservation, a chicken breast can be requested instead of the listed entrée.**

### **TUESDAY, October 2**

BBQ Ribs, scalloped potatoes, green beans, cantaloupe, cherry strudel bites.

4:30 p.m. *Readers' Café*

6 p.m. *Dominoes*

### **WEDNESDAY, October 3**

Sausage Links, French toast, hash browns, tomato juice, baked apples.

### **THURSDAY, October 4**

Chicken Tenders, ranch fries, coleslaw, peaches, rice pudding.

### **TUESDAY, October 9**

**Birthday Celebration!** Meatloaf, mashed potatoes, European blend vegetables, citrus sections, cake & ice cream.

4:30 p.m. *Readers' Café*

6 p.m. *Dominoes*

### **WEDNESDAY, October 10**

Beef Strip Salad w/Egg & Cheese, 3 bean salad, strawberries, angel food cake.

### **THURSDAY, October 11**

Chicken Kiev, rice pilaf, carrots, mandarin orange salad, peach cobbler.

### **TUESDAY, October 16**

Fish Tacos, black beans & rice, rum sauced bananas, ice cream.

4:30 p.m. *Readers' Café*

6 p.m. *Dominoes*

### **WEDNESDAY, October 17**

BBQ Chicken Breast, potato cheese bake, Brussels sprouts, apple, raspberry fluff.

6 p.m. *BG Knitters Group*

### **THURSDAY, October 18**

Smoked Sausage, small whole potatoes, squash, fruited Jell-O, éclair cake.

6 p.m. *Bingo sponsored by Bowling Green Manor and Bowling Green Care Center.*

### **TUESDAY, October 23**

Seafood Alfredo, noodles, asparagus, tossed salad, berry blend, pound cake.

4:30 p.m. *Readers' Café*

6 p.m. *Dominoes*

6 p.m. *Movie: "The Greatest Showman" Sponsored by Family Video of Bowling Green.*

### **WEDNESDAY, October 24**

Sweet & Sour Chicken, rice, peas, cantaloupe, marinated vegetable salad, cookies.

### **THURSDAY, October 25**

**All Sites Closed due to Staff Retreat!**

### **TUESDAY, October 30**

Fried Bologna Sandwich, French fries, pears, apple juice, brownie.

### **WEDNESDAY, October 31**

White Chicken Chili, carrot & celery sticks, cauliflower peanut salad, fresh plum, gingerbread



### **Friendly Visitor Volunteers Needed!**

The purpose of The Wood County Friendly Visitor Program is to reduce loneliness and isolation in older adults.

#### **Requirements:**

- 21 years or older
- Able to commit to 6 months
- Desire to work with older adults
- Successfully complete a background check
- Visit with an older adult 1 hour per week in their home

**If interested, please call Lisa Myers at  
1-800-367-4935 or 419-353-5661**