

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, September 4

Turkey, mashed potatoes, carrots, citrus sections, lemon bar.

4:30 p.m. Readers' Café

6 p.m. Dominoes

WEDNESDAY, September 5

Bratwurst, German potato salad, apple slices w/ peanut butter, cauliflower salad, black forest cake.

THURSDAY, September 6

Vegetarian Stew, rice, pineapple w/cottage cheese, 3 bean salad, pie.

TUESDAY, September 11

Birthday Celebration! Roast Beef, Scandinavian vegetable blend, baked potato, fruited Jell-O, cake & ice cream.

4:30 p.m. Readers' Café

6 p.m. Dominoes

WEDNESDAY, September 12

Pollock, rice, apple & sweet potato bake, coleslaw, ambrosia.

THURSDAY, September 13

Chicken Alfredo w/noodles, broccoli, Caesar salad, pears, éclair cake.

TUESDAY, September 18

Chicken Casserole, mixed vegetables, cantaloupe, apple cobbler.

4:30 p.m. Readers' Café

6 p.m. Dominoes

WEDNESDAY, September 19

Shrimp Poppers, broccoli, baked potato, tomato-zucchini salad, peachy fine dessert.

6 p.m. BG Knitter Guild

THURSDAY, September 20

Pork Chop, green beans, squash, orange, brownie.
6 p.m. Bingo sponsored by Bowling Green Manor and Bowling Green Care Center.

TUESDAY, September 25

Meat Lasagna, roasted Brussels sprouts, rosy applesauce, apricots, pudding.

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, September 26

Chicken Tenders Salad w/Egg, & Cheese, citrus sections, pea salad, ice cream cake.

THURSDAY, September 27

Roast Beef Roll-Up, mashed potatoes, bread dressing, corn, cranberry Jell-



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**