



EMC SENIOR CENTER

21679 McCleskey Road, New Caney, TX 77357

281-577-8911



OCTOBER



OPEN MONDAY - THURSDAY
8AM - 3PM
FRIDAY
8AM - 12PM

LUNCH DAILY @ 11:30AM

Every Monday- 10:30-12:00PM
Blood Pressure Checks by Encompass Health

Every Tuesday- 9:30AM
Sit and Fit & Diabetes Prevention Program

Every Thursday- 9:30AM
Sit and Fit & Gardening

BINGO
STARTS @ 12PM TUESDAYS AND THURSDAYS
\$2.00 PER PERSON TO PLAY
LUNCH IS \$1.00
YOU MUST LIVE IN MONTGOMERY COUNTY TO EAT LUNCH



SERVING MONTGOMERY COUNTY
SENIOR CITIZENS AGES 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SAUSAGE & PEPPER PENNE ITALIAN VEGGIES BROWNIE	2 CHICKEN PICATTA BUTTERED NOODLES MIXED VEGGIES FOOD BANK CLASS	3 GARDEN SALAD POTATO SALAD RICE KRISPY TREAT	4 CHICKEN FAJITAS CHARRO BEANS CILANTRO LIME RICE
7 BLT SANDWICH SQUASH CASSEROLE VANILLA PUDDING	8 CREAMY CHICKEN STEW PARMESAN FOCACCIA MIXED VEGGIES	9 HONEY SOY PORK BALLS POLENTA PEAS & CARROTS CRAFTS @12-3PM	10 TACO SALAD TORTILLA STRIPS KEY LIME BARS	11 CHICKEN CORDON BLEU CASSEROLE ITALIAN VEGGIES BLUEBERRY CRISP
14 BRING A LUNCH! COLUMBUS DAY	15 LEMON PEPPER COD W/ CAPER SAUCE CREAMY RISOTTO BRUSSEL SPROUTS	16 Day trip to Valley Ranch Movie Theater FOOD BANK CLASS	17 EGG SALAD SANDWICH TEXAS CAVIAR BREAD PUDDING	18 HOMEMADE CHILI CORNBREAD GREEN BEANS
21 CHICKEN FETTUCINI ALFREDO RATATOUILLE BERRY CRISP	22 SPLIT PEA & HAM SOUP TOMATO FOCACCIA FRUIT COMPOTE	23 BLACKED CATFISH DIRTY RICE MUSTARD GREENS CRAFTS @12-3PM	24 ITALIAN PASTA SALAD BROCCOLI SALAD BROOKIE	25 SALISBURY STEAK W/ MUSHROOM GRAVY MASHED POTATOES BRUSSEL SPROUTS
28 CHICKEN & DUMPLINGS BROCCOLI PEACHES & APPLES	29 CHICKEN MARSALA OVER NOODLES ITALIAN VEGGIES SPICE CAKE	30 Pumpkin Patch Old MacDonald's Farm \$10	31 CHICKEN CEASAR SALAD POTATO SALAD KEY LIME BAR HALLOWEEN PARTY & BIRTHDAY CAKE	COSTUME CONTEST PUMPKIN DECORATING CONTEST