



# SEPTEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Exercise Class- 9AM Rummikub- 10AM Line dance- 10:45AM Arts/Crafts- 1PM Bingo- 1PM Pinochle- 12:30PM Exercise Class- 3:30PM
<b>4</b> <b>CLOSED</b>	<b>5</b> Exercise Class 9AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM Exercise Class 3:30PM	<b>6</b> Bingo 10AM Rummikub 12:30PM Knitting/Crochet 1PM	<b>7</b> Karaoke 9AM Bible Study- 10:30AM Line dance 1PM	<b>8</b> Exercise Class- 9AM Rummikub- 10AM Line dance- 10:45AM Arts/Crafts- 1PM Bingo- 1PM Pinochle- 12:30PM Exercise Class- 3:30PM
<b>11</b> Bingo- 10AM Rummikub- 12:30PM	<b>12</b> <b>Tacky Tuesday</b> Exercise Class- 9AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM Exercise Class 3:30PM	<b>13</b> Bingo 10AM Rummikub 12:30PM Knitting/Crochet 1PM	<b>14</b> Karaoke 9AM Bible Study- 10:30AM Line dance 1PM	<b>15</b> Exercise Class- 9AM Rummikub- 10AM Line dance- 10:45AM Arts/Crafts- 1PM Bingo- 1PM Pinochle- 12:30PM Exercise Class- 3:30PM
<b>18</b> Bingo- 10AM Rummikub- 12:30PM	<b>19</b> Exercise Class 9AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM Exercise Class 3:30PM	<b>20</b> Bingo 10AM Rummikub 12:30PM Knitting/Crochet 1PM	<b>21</b> Karaoke 9AM Haircuts 10AM Bible Study- 10:30AM Line dance 1PM	<b>22</b> Exercise Class- 9AM Rummikub- 10AM Line dance- 10:45AM Arts/Crafts- 1PM Bingo- 1PM Pinochle- 12:30PM Exercise Class- 3:30PM
<b>25</b> Bingo- 10AM Rummikub- 12:30PM Popcorn & A Movie 12:30PM	<b>26</b> Exercise Class 9AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM Exercise Class 3:30PM	<b>27</b> Bingo 10AM Rummikub 12:30PM Knitting/Crochet 1PM	<b>28</b> Karaoke 9AM Bible Study- 10:30AM Line dance 1PM	<b>29</b> Exercise Class- 9AM Rummikub- 10AM Line dance- 10:45AM Arts/Crafts- 1PM Bingo- 1PM Pinochle- 12:30PM Exercise Class- 3:30PM

## SPECIAL EVENTS

Sept 12- Tacky Tuesday (dress tacky)  
 Sept 13 @ 12PM Senior Scams  
 Sept 15 @ 10AM Tech Assistance  
 Sept 20 @ 1PM Wreaths w/ Marla  
 TBA Brunch w/ a Doctor- Walmart Health

## CLIENT BIRTHDAYS

LARRY CRUCE(2)-HENRY MARTIN(3)  
 REGINA CLAYTON(7)-PATRICIA HUTSELL (7)  
 DEBRA RIGGS (15) - JEAN AKINS (17)  
 LOUANN SIMPSON (19)  
 KIMBERLY MORGAN (22) -STEPHEN  
 MUILERNBURG (27)



## MANAGEMENT

**PRINCELLA MILLER**  
 Senior Center Supervisor  
 (904) 291 - 3520  
 PMiller1@agingtrue.org

Meals are served from 12:00 PM - 1:00 PM,  
 Monday - Friday and require a 2-day  
 advance reservation. To reserve a meal,  
 please call or stop by your local center to  
 sign up.

Meals must be consumed on site and may  
 contain or have been exposed to allergens  
 such as: Dairy, Gluten, Soy, and Shellfish.



# SEPTEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> BBQ Chicken Baked Beans Hashbrown Casserole Dinner Roll Oreo Cookie Milk
<b>4</b> <b>CLOSED</b>	<b>5</b> Chicken Noodle AuGratin Green Beans Whole Kernel Corn Saltine Crackers Fruit Cup Orange Juice	<b>6</b> Meatballs/ Mushroom Gravy Yellow Rice Mixed Beans Dinner Roll Fresh Fruit Milk	<b>7</b> Garlic Rosemary Chicken Lima Beans Mustard Greens Wheat Bread Fresh Fruit Orange Juice	<b>8</b> Italian Mac Green Peas Broccoli & Carrots Wheat Bread Fresh Fruit Milk
<b>11</b> Meatloaf Brown Gravy Whipped Potatoes Orange Carrots Wheat Bread Fruit Cup Milk	<b>12</b> Turkey Ham/White Beans Whole Kernel Corn Spring Vegetables Dinner Roll Fruit Cup Orange Juice	<b>13</b> Hamburger w/ Bun Baked Pinto Beans Lettuce / Tomato Condiments Mixed Fruit Cobbler Milk	<b>14</b> Smothered Chicken Confetti Rice Herbed Green Beans Dinner Roll Fresh Fruit Orange Juice	<b>15</b> Cheesy Meat Casserole Lima Beans Mixed Greens Dinner Roll Fruit Cup Milk
<b>18</b> Meatballs/Spaghetti Sauce Spaghetti Noodles Summer Vegetables Wheat Bread Fruit Cup Milk	<b>19</b> Chicken Rice Casserole Green Beans Okra & Tomatoes Dinner Roll Fruit Cup Orange Juice	<b>20</b> BBQ Rib Patty Red Beans/Rice Peas & Carrots Dinner Roll Fresh Fruit Milk	<b>21</b> Orange Glazed Chicken Delmonico Potatoes Mixed Vegetables Dinner Roll Fresh Fruit Orange Juice	<b>22</b> Beef Fiesta Mac Pinto Beans Whole Kernel Corn Wheat Bread Fresh Fruit Milk
<b>25</b> Chicken Tetrazinni Glazed Carrots Brussel Sprouts Dinner Roll Fruit Cup Milk	<b>26</b> Pork Sausage Northern Beans California Vegetable Blend Hot Dog Bun Fruit Cup Orange Juice Mustard	<b>27</b> Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk	<b>28</b> Turkey Ham Mac/Cheese Black-eyed Peas Collard Greens Dinner Roll Fresh Fruit Orange Juice	<b>29</b> Taco Meat w/ Tortilla Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Fresh Fruit Milk

## CONTACT US

3916 Section Street  
 Middleburg, FL.  
 32068

(904) 291 - 3520

### Hours of Operations

**Monday - Friday**

9:00 AM till 4:30 PM

**Saturday - Sunday**

Office Closed



[agingtrue.org/clay-county/](http://agingtrue.org/clay-county/)



[facebook.com/agingtrue](https://facebook.com/agingtrue)

## OTHER LOCATIONS

### Keystone Heights

125 N.E. Commercial Circle  
 Keystone Heights, FL. 32656  
 (352) 473 - 7121

### Green Cove Springs

604 Walnut Street  
 Green Cove Springs, FL. 32043  
 (904) 284 - 3134

### Orange Park

414 Stowe Avenue  
 Orange Park, FL. 32073  
 (904) 269 - 4731

## OTHER SERVICES

- Meals on Wheels
- Case Management
- Mental Wellness
- Long Term Care
- In-home Services
- Respite Care
- R.E.L.I.E.F. Program
- Adult Day Health Services
- Utility Assistance (EHEAP)