

SEPTEMBER ACTIVITY CALENDAR

September is Deaf Awareness Month!

Monday	Tuesday	Wednesday	Thursday	Friday
  				1 Hand & Foot (Cards) 9:00 Bingo 12:30
4  CLOSED	5 Knit/Crochet 9:00 Stretching w/Georgia 9:30 Bingo 12:30	6 Hand & Foot (Cards) 9:00 Bible History 10:00 Bingo 12:30	7 Knit/Crochet 9:00 Zumba 9:30 Mexican Train 11:30	8 BP Checks 8:30-10:00 Hand & Foot(Cards) 9:00 Bingo 12:30
11 Hand & Foot (Cards) 9:00 NO LINE DANCE Chair Exercise 12:00 Bunko 1:00	12 Knit/Crochet 9:00 Stretching w/Georgia 9:30 Bingo 12:30	13 Hand & Foot (Cards) 9:00 Bible History 10:00 Bingo 12:30	14 Knit/Crochet 9:00 Zumba 9:30 Mexican Train 11:30	15 Hand & Foot(Cards) 9:00 Arm Chair Travel "Greece" 10:00 Bingo 12:30
18 Commodities Hand & Foot (Cards) 9:00 Beg. Line Dance 9:30 Chair Exercise 12:00 Bunko 1:00	19 Knit/Crochet 9:00 Stretching w/Georgia 9:30 Bingo 12:30	20 Hand & Foot (Cards) 9:00 Bible History 10:00 Leah/CC Library 10:00 Music Bingo 12:30	21 Knit/Crochet 9:00 Zumba 9:30 Mexican Train 11:30	22 BP Checks 8:30-10:00 Hand & Foot(Cards) 9:00 Bingo 12:30
25 Hand & Foot 9:00 Beg. Line Dance 9:30 Chair Exercise 12:00 Bunko 1:00	26 Knit/Crochet 9:00 Stretching w/Georgia 9:30 Bingo 12:30	27 Hand & Foot (Cards) 9:00 Bible History 10:00 Bingo 12:30	28 Knit/Crochet 9:00 Zumba 9:30 Mexican Train 11:30	29 Hand & Foot (Cards) 9:00 Bingo 12:30
*Haircuts By Donna / Set up Appointment with Donna!				

DATES TO REMEMBER

- 4th Labor Day/CLOSED
- 10th Grandparents Day
- 11th NO LINE DANCE TODAY!
- 18th Commodities 10:00
- 20th Leah w/C.C.Library 10:00
- 20th Music Bingo 12:30
- 23rd First Day of Fall



- Melodie Bauer
Laddie Oster
Raymonde Huenink
Pauline LeMire
Jan Sands
Linda Marshall
Hank Williams
Mary Stephens
Maria Walker

SEPTEMBER FACTS

- September's birthstone, the sapphire, comes in a variety of colors and shades. Still, the clear blue hues have forever been associated with royalty, fidelity and one's soul.
- September is the most popular birthday month.
- September is known as harvest month.
- The leaves change color in fall because the days become shorter, and trees stop producing chlorophyll, revealing beautiful red, orange, and yellow pigments.

SEPTEMBER MEAL CALENDAR

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

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

CONTACT US

CHRISTINE PAPPAS HANKINS
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Hours of Operations
Monday - Friday
8:30 AM till 4:30 PM
(352) 473 - 7121

 agingtrue.org/clay-county
 facebook.com/agingtrue

OTHER LOCATIONS

Green Cove Springs
604 Walnut Street
Green Cove Springs, FL 32043
(904) 284 - 3134
Middleburg
3916 Section Street
Middleburg, FL. 32068
(904) 291 - 3520
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)