

SENIOR CENTER OF ORANGE PARK



OCTOBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Carlos with Aetna 9:30 Bingo 10-12 Bridge 12-4:00	2 Tai Chi 9:00 Arts & Crafts 10:00 Line Dance 1-3:00 Bible History 11:00	3 Bingo 10-12:00 Bridge 12-4:00 Cards & puzzles all day	4 IT Help From OP Library 9:00 Bingo 10-12:00 Pinochle 12-4:00
7 Tai Chi 9:00 Pinochle 9-4:00 Genealogy 10:00 Clog 10:00 Line Dance 1-3:00 Chess 1:00	8 Memory Loss Prevention 9:00 Bingo 10:00-12:00 Bridge 12-4:00	9 Tai Chi 9:00 Arts & Crafts 10:00 Line Dance 1-3:00	10 Bingo 10-12:00 Bridge 12-4:00 Cards & puzzles all day	11 Bingo 10:00-12:00 Cards, puzzles and pool all day Pinochle 9-4:00
14 Tai Chi 9:00 Pinochle 9-4:00 Genealogy 10:00 Clog 10:00 Line Dance 1-3:00 Chess 1:00	15 SENIOR SERVICES OF NORTH FLORIDA 9:30 Bingo 10-12:00 Bridge 12-4:00	16 Tai Chi 9:00 Arts & Crafts 10:00 Bible History 11-12 Line Dance 1-3:00	17 ELDER SOURCE 50TH ANNIVERSARY BIRTHDAY PARTY 10:30 Bingo 1-3 Bridge 12-4	18 Bingo 10:00-12:00 Cards, puzzles and pool all day Pinochle 9-4:00
21 Tai Chi 9:00 Pinochle 9-4:00 Genealogy 10:00 Clog 10:00 Line Dance 1-3:00 Chess 1:00	22 Breast Cancer Awareness 9:30 Bingo 10-12 Bridge 12-4:00	23 Tai Chi 9:00 Arts & Crafts 10:00 Scams & Frauds 11:00 Line Dance 1-3:00	24 PERSONALITY OF THE MONTH 9:00 Bingo 10-12:00 Bridge 12-4:00	25 Bingo 10:00-12:00 Cards, puzzles and pool all day Pinochle 9-4:00
28 Tai Chi 9:00 Pinochle 9-4:00 Genealogy 10:00 Clog 10:00 Line Dance 1-3:00 Chess 1:00	29 Aetna Presentation 9:30 open enrollment questions Bingo 10-12 Bridge 12-4:00	30 Tai Chi 9:00 Arts & Crafts 10:00 Line Dance 1-3:00	31 HALLOWEEN KARAOKE PARTY 9:00 COSTUME CONTEST PRIZES	

BIRTHDAYS

VIVIAN BOOTH
LIEN LABELLE
BERNIE LAMACH

FUN FACTS:

October birth stone is the Opal, which symbolizes faithfulness and confidence.

foliage season begins.

MANAGEMENT TEAM

Cara Hamill
Senior Center Supervisor
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OCTOBER MEAL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Rib Patty Red Beans & Rice Cabbage Dinner Roll Fruit Cup Milk	2 Meatballs Spaghetti Sauce Penne/Tomatoes Peas Wheat Bread Fruit Milk	3 Chicken Salad Corn Salad Lettuce/Tomato Wheat Bread Fruit Milk	4 Hamburger Patty w/Bun Baked Pinto Beans Country Potatoes Oatmeal Creme Pie Mustard/Ketchup Milk
7 Swiss Steak Whipped Potatoes Peas Wheat Bread Fruit Cup Milk	8 Chicken Taco Meat Blk Beans/Corn Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Cup Milk	9 Pork Sausage Blackeyed Peas Green Beans Hot Dog Bun Fruit Milk Mustard	10 Orange Glazed Chicken Confetti Rice Collard Greens Dinner Roll Fruit Milk	11 Sloppy Joe Mixed Beans California Veggies Hamburger Bun Fruit Milk
14 Meatballs Mushroom Gravy Delmonico Potatoes Italian Green Beans Wheat Bread Fruit Cup Milk	15 Sausage/White Beans Corn Orange Carrots Wheat Bread Fruit Cup Milk	16 Hamburger Patty w/Bun Baked Pinto Beans Lettuce/Tomato Mixed Fruit Cobbler Mustard/Ketchup Milk	17 Chicken Salad Green Pea Salad Lettuce/Tomato Pita Bread Fruit Milk	18 Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Spring Veggies Dinner Roll Fruit Milk
21 Sweet & Sour Chicken Fried Rice Japanese Veggies Dinner Roll Fruit Cup Milk	22 Pork Sausage Northern Beans Mustard Greens Hot Dog Bun Fruit Cup Mustard Milk	23 Salisbury Beef/Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fruit Milk	24 Smothered Chicken Lima Beans Country Veggies Wheat Bread Fruit Milk	25 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Milk
28 Beef & Rice Casserole Herbed Green Beans Glazed Carrots Wheat Bread Fruit Cup Milk	29 BBQ Rib Patty Red Beans & Rice Cabbage Dinner Roll Fruit Cup Milk	30 Meatballs Spaghetti Sauce Penne/Tomatoes Peas Wheat Bread Fruit Milk	31 Chicken Salad Corn Salad Lettuce/Tomato Wheat Bread Fruit Milk	

CONTACT US

Orange Park

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

Hours of Operations

Monday - Friday

8:30 AM till 4:30 PM

Saturday - Sunday

Office Closed

agingtrue.org/clay-county/

[facebook.com/agingtrue](https://www.facebook.com/agingtrue)
2 days notice to reserve lunch

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

Keystone Heights

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

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)