

October ACTIVITY CALENDAR

	Tuesday	Wednesday	Thursday	Friday
	1 Exercise Class- 9:15AM Line dance 930AM	2 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt 930 Scam/Fraud Presentation	3 Exercise Class- 9:15AM Karaoke 9AM Line dance 1PM Bible Study 10:30AM 10AM Popcoen/Mo 	4 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo- 1PM
7 Bingo- 10AM Rummikub- 12:30PM	8 Exercise Class- 9:15AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno IPM Arts/Crafts IPM	9 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt 930 Tech Help 930 Breast Cancer Awareness Presentation	10 Exercise Class- 9:15AM Karaoke 10AM Line dance 1PM Bible Study 10:30AM	11 Rummikub- 10AM Line dance- 10:45AM Bingo- 1PM Pinochle- 12:30PM 10am Senior Services of North Fl. Presentation
14 Bingo- 10AM Rummikub- 12:30PM	15 Exercise Class- 9:15AM Line Dance . 9:30AM Beg. 10:30AM Pokeno IPM Arts/Crafts IPM 10am National Association of Veterans/ Families	16 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt	17 Exercise Class- 9:15AM Bible Study- 10:30AM Line dance 1PM 10am Hair Cuts 10am Tatted Remnants Musical Band	18 Line Dance 1045AM Rummikub 12:30PM Knit/Crochet By Appt Bingo 1PM 930 American Cancer Society Handout
21 Bingo- 10AM Rummikub- 12:30PM	22 Exercise Class 9:15AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno IPM Arts/Crafts IPM	23 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt 930 Clay County Sheriffs office Presentation	24 Exercise Class- 9:15AM Line dance 1PM Bible Study 10:30AM 10AM Popcorn/Movie 	25 Rummikub- 10AM Line dance- 10:45AM Bingo- 1PM Pinochle- 12:30PM 10am Memory Loss Prevention Presentation
28 Bingo- 10AM Rummikub- 12:30PM 11am Aetna Presentation	29 Exercise Class- 9:15AM Line dance 930AM	30 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Halloween Party	31 Exercise Class- 9:15AM Bible Study- 10:30AM Line dance 1PM	

HALLOWEEN

Special Events

- October 2 Scam/Fraud Presentation
- October 9th 930 Tech Help 930 Breast Cancer Awareness Presentation
- October 11th 10am Senior Services of North Fl. Presentation
- October 15th 10am National Association of Veterans/ Families
- October 18th 930 American Cancer Society Handout
- October 23rd 930 Clay County Sheriffs Office Presentation
- October 25th 10am Memory Loss Prevention Presentation

REMINDER

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

HAPPY
Birthday

MANAGEMENT

Ishtar Jorden
Senior Center Supervisor
(904) 291 - 3520
ijorden@agingtrue.org

FOR ADDITIONAL ASSISTANCE
ISHTAR JORDEN AND
HECTOR JIMENEZ
ARE AVAILABLE

HALLOWEEN

SENIOR CENTER OF AGING TRUE MIDDLEBURG
Community Senior Services
 Clay County

October LUNCH MENU

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

HALLOWEEN

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/

 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)