



# PUTNAM COUNTY OFFICE FOR THE AGING

## OCTOBER 2011 MENU



CARMEL 225-2500

MAHOPAC 808-1738

COLD SPRING 265-3952

PUTNAM VALLEY 808-1730

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
3	4	5	6	7
SOUP VEAL PARMIGIANA WHOLE WHEAT PASTA SPINACH TOSSED SALAD BANANA	DILLED BAKED SALMON BAKED POTATO BROCCOLI PINEAPPLE	LEMON CHICKEN BROWN RICE PEAS W/ONIONS BIRTHDAY DESSERT	HEART HEALTHY PORK CHOP BAKED YAM GREEN BEANS PEARS	SOUP CHEESE STUFFED SHELLS TOMATO SAUCE CAPRI MIXED VEGETABLES TOSSED SALAD TROPICAL FRUIT COCKTAIL
10	11	12	13	14
<i>COLUMBUS DAY</i>	SOUP, SUPREME PIZZA OR BAKED FISH W/LEMON OVEN BROWNEED POTATOES BROCCOLI W/GARLIC & OLIVE OIL, CRUMB CAKE	SOUP, SALISBURY STEAK W/MUSHROOM GRAVY MASHED POTATOES ASPARAGUS SPEARS PEACHES	ROAST CHICKEN W/GRAVY APPLE-RICE STUFFING SLICED CARROTS PEARS	SPINACH QUICHE SLICED YELLOW SQUASH TOSSED SALAD MANDARIN ORANGES
<b>HOLIDAY ALL SITES CLOSED</b>				
17	18	19	20	21
ROAST TURKEY/GRAVY CRANBERRY SAUCE STUFFING BRUSSEL SPROUTS FRESH APPLE	<b>TACO TUESDAY</b>	SOUP HAWAIIAN CHICKEN GREEN RICE PEAS & CARROTS PEACHES	CORNED BEEF & CABBAGE BOILED POTATOES BABY CARROTS FRUIT COCKTAIL	SOUP ITALIAN SEAFOOD BAKE ORZO BROCCOLI W/OIL & GARLIC PEARS
24	25	26	27	28
<b>FOOD DAY</b>	SOUP CHICKEN LOUIE FRESH YAM CAULIFLOWER W/PARSLEY PINEAPPLE	<b>OCTOBERFEST</b>	SOUP SPAGHETTI W/MEATBALLS TOMATO SAUCE CAPRI VEGETABLES PEACHES	HARVEST JAMBOREE
MEATLOAF MONDAY LENTIL STUFFED RED PEPPERS, TOSSED SALAD ORANGE		ROAST PORK W/GRAVY POTATO PANCAKE W/APPLESAUCE BRAISED RED CABBAGE APPLE STRUDEL		<u>SITE CLOSED</u>  NO ACTIVITIES
31	OCTOBER IS APPLE MONTH	<i>Food Day is October 24<sup>th</sup></i>		
<b>HAPPY HALLOWEEN!!</b> FISH "WITCH" FREAKY FRIES GHOUL SLAW PUMPKIN PIE W/WHIPPED CREAM		<p style="text-align: center;">Food Day's goal is nothing less than to transform the American Diet. Transforming the American diet means changing policies as well as changing individual behavior. It's all connected to the diets we select, the foods we grow, the policies we form, and the impact we have. Food Day was created by the Center for Science in the public's interest.</p>		

## Important Dates!

**MEDICARE OPEN ENROLLMENT**  
Oct. 15<sup>th</sup> – Dec. 7<sup>th</sup> 2011

**Office for the Aging**  
**Public Hearing @**  
**Carmel Friendship Center**  
Fri. Oct. 14<sup>th</sup> @ 10:30 am

**Alzheimer's Walk**  
**Carmel Office for the Aging**  
Sun. Oct. 16<sup>th</sup> @ 9:00 am

**HARVEST JAMBOREE**  
Fri. Oct. 28<sup>th</sup>  
@ 10:00 am – 3:00 pm  
**Sheetmetal Worker's Union, Brewster, NY**

*For more information call*  
845-808-1700



SUGGESTED CONTRIBUTION FOR MEALS \$2.50 ... \$3.00 FOR HOME DELIVERED MEALS. MENUS ARE SUBJECT TO CHANGE.



OCTOBER 2011

CARMEL FRIENDSHIP CENTER  
(845) 225-2500



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CARDS/BINGO ZUMBA GOLD 10:00 CHAIR ZUMBA GOLD 11:00 OSTEOPOROSIS SCREENING APPT.	4 CARDS/BINGO DAILY TAI CHI @ 9:30 AM EXERCISE W/JOYCE 2 CLASSES 10:40 & 11:20 PUTNAM PLAZA-CARMEL K-MART/BREW. 1 <sup>ST</sup> RUN	5 CARDS/BINGO QUILTING 9:30 CRAFTS w/JODI 11:00  OSTEOPOROSIS SCREENING BY APPT.	6 CARDS/BINGO LINE DANCING 10:00 FALL PREVENTION & BALANCE CLASS w/Karen Tunney 11:00 BREWSTER/CARMEL GROCERY SHOPPING	7 CARDS/BINGO Wii BOWLING 9:30 CERAMICS 11:00 KENT/ LK. CARMEL & PATT./ PUT. LAKE GROCERY SHOPPING
10 COLUMBUS DAY  HOLIDAY ALL SITES CLOSED	11 CARDS/BINGO DAILY TAI CHI @ 9:30 AM EXERCISE W/JOYCE 2 CLASSES 10:40 & 11:20 PUTNAM PLAZA-CARMEL K-MART/BREW. 2 <sup>ND</sup> RUN	12  CARDS/BINGO QUILTING 9:30 CRAFTS w/JODI 11:00	13  CARDS/BINGO LINE DANCING 10:00 FALL PREVENTION 11:00 BREWSTER/CARMEL GROCERY SHOPPING	14  CARDS/BINGO Wii BOWLING 9:30 CERAMICS 11:00 KENT/ LK. CARMEL & PATT./ PUT. LAKE GROCERY SHOPPING
17  CARDS/BINGO ZUMBA GOLD 10:00 CHAIR ZUMBA GOLD 11:00	18 CARDS/BINGO DAILY TAI CHI @ 9:30 AM EXERCISE W/JOYCE 2 CLASSES 10:40 & 11:20 KMART/CARMEL/1 <sup>ST</sup> RUN PUT. PLZ-BREWSTER AM PATT/PUT. LAKE PM	19  CARDS/BINGO QUILTING 9:30 CRAFTS w/JODI 11:00  OSTEOPOROSIS SCREENING BY APPT.	20  CARDS/BINGO LINE DANCING 10:00 FALL PREVENTION 11:00 BREWSTER/CARMEL GROCERY SHOPPING	21  CARDS/BINGO Wii BOWLING 9:30 CERAMICS 11:00 KENT/ LK. CARMEL & PATT./ PUT. LAKE GROCERY SHOPPING
24  CARDS/BINGO ZUMBA GOLD 10:00 CHAIR ZUMBA GOLD 11:00	25 CARDS/BINGO DAILY TAI CHI @ 9:30 AM "ROUND TABLE" 10:30 EXERCISE W/JOYCE 2 CLASSES 10:40 & 11:20 KMART-CARMEL 2 <sup>ND</sup> RUN	26  CARDS/BINGO QUILTING 9:30 CRAFTS w/JODI 11:00  BLOOD PRESSURE SCREENING 10:30	27  CARDS/BINGO LINE DANCING 10:00 FALL PREVENTION 11:00 BREWSTER/CARMEL GROCERY SHOPPING	28  HARVEST JAMBOREE <u>SITE CLOSED</u>  NO ACTIVITIES
31  CARDS/BINGO ZUMBA GOLD 10:00 CHAIR ZUMBA GOLD 11:00				

*Thank you to all our sponsors who contributed to our special events and programs and services.*

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