

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cooking: Meatloaf & Mashed Potatoes	1 Vol. @ Central Kitchen Silver Sneakers @ YMCA David C Birthday Lunch	2 Vol. @ Central Kitchen Greg M Birthday Lunch	3 Vol. @ Central Kitchen Nacky Birthday Lunch	4 Vol @ Charmed Church Luncheon	5 Vol @ Christian Temple OCTOBERFEST @ PCS 6-8 pm	6
7 Cooking: Tater tot taco casserole	8 Vol. @ Central Kitchen Silver Sneakers @ YMCA Rob B-day lunch	9 Vol. @ Central Kitchen Rachelle & Josie – Leadership Tusc	10 Vol. @ Central Kitchen Flea Market	11 Vol @ Charmed Advocacy mtg. Fort Laurens -	12 Vol @ Christian Temple Zane Gray Museum	13
14 Cooking: Flat bread lasagna and salad	15 Vol. @ Central Kitchen Silver Sneakers @ YMCA Halloween Decoration ride	16 Vol. @ Central Kitchen Books-a-Million store	17 Vol. @ Central Kitchen Enjoy the Fall leaves and picnic	18 Vol @ Charmed Canton for lunch consumers choice	19 Vol @ Christian Temple Price Park	20
21 Cooking: Healthy chicken fajitas	22 Vol. @ Central Kitchen Silver Sneakers @ YMCA Halloween costume shopping	23 Vol. @ Central Kitchen Pumpkin Patch Tour	24 Vol. @ Central Kitchen Pumpkin painting	25 Vol @ Charmed Lunch at New town mall and exercise	26 Vol @ Christian Temple Pumpkin Carving Day Observe Fall leaves and picnic	27
28 Cooking: Chili & grilled cheese	29 Vol. @ Central Kitchen Silver Sneakers @ YMCA Shop for party	30 Vol. @ Central Kitchen Flea market	31 Vol. @ Central Kitchen Halloween Party during the day			