


September 2025 Activities

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
CLOSED 	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming Class 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong 1:30PM Making Applesauce Class	10:00AM Sponsored Bingo 11:00AM Bingocize 11:30 Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga 2:00PM Craft Class	9:00AM Grandparents Day Breakfast 9:00AM Library POP-UP 10:00 Bingo 11:30 Lunch 12:30 Euchre 1:00 Geri-Fit Exercise
8	9	10	11	12
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM- Lunch 1:00 Line Dancing Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Blood Pressure Checks 11:00 Bingocize 11:30AM Lunch 1:00 Cardio Drumming Class 1:30PM Alzheimer's Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong SENIOR DAY AT THE GUERNSEY COUNTY FAIR	9:00AM Valley Gem Trip 10:00AM -Sponsored Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	9:00AM Geri Fit 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise 1:00PM Flower Bouquet Class
15	16	17	18	19
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Line Dancing 2:00PM Painting Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Fall Senior Dance 1:00 Cardio Drumming Class	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Sponsored Bingo 11:30AM Lunch 12:00PM- Mahjong	10:00AM Sponsored Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	9:00AM Geri Fit 10:00AM -Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
22	23	24	25	26
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM- Lunch 1:00 Line Dancing	8:15AM Road to Damascus Trip 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM -Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Canning Meat Class 1:00 Cardio Drumming	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM -Sponsored Bingo 11:00AM Free Shoulder Massages 11:30AM Lunch 12:00PM Mahjong	10:00AM Sponsored Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class	9:00AM Geri Fit 10:00AM Bingo 11:30AM Birthday Luncheon 12:00PM Euchre 1:00PM Geri Fit Exercise 2:00PM Craft Class
29	30			
8:30 AM- Crafting Group 9:00 Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Lunch Bunch 11:00AM Chair Yoga 11:30AM Lunch 1:00 Line Dancing	9:00AM Seated Tai Chi 9:00AM Quilters 10:00AM -Sponsored Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming 4:00PM Byesville Dinner			

September 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Closed in Observance Of Labor Day Frozen Meals available upon Request</p>	<p>2</p> <p>Glazed Ham Loaf Sour Cream & Chive Mashed Potatoes Sweet Corn Succotash 100% Fruit Juice Dinner Roll/Margarine Choice of Milk</p>	<p>3</p> <p>Pepperoni Pizza Seasoned Green Beans Cinnamon Applesauce Peaches Chocolate Brownie Choice of Milk</p>	<p>4</p> <p>Oven Baked Chicken Breast Parsley Buttered Potatoes Cauliflower Fresh Apple Wheat Dinner Roll/Margarine Choice of Milk</p>	<p>5</p> <p>Beef Roast Tossed Salad w/Dressing Steamed Broccoli Ambrosia Salad Dinner Roll/Margarine Choice of Milk</p>
<p>8</p> <p>Beef Stew Capri Blend Vegetables Spiced Sliced Apples 100 % Grape Juice Biscuit /Jelly Choice of Milk</p>	<p>9</p> <p>Sloppy Joe w/Bun Potato Skins w/Cheese Brussel Sprouts Apricots Tapioca Pudding Choice of Milk</p>	<p>10</p> <p>Shake & Bake Chicken Thigh Buttered Potatoes California Blend Vegetables Fruit Cocktail Knot Roll/Margarine</p>	<p>11</p> <p>Honey Glazed Ham Scalloped Potatoes Buttered Peas Mixed Fruit Cornbread/Margarine Choice of Milk</p>	<p>12</p> <p>Beef Stroganoff over Noodles Au Gratin Potatoes Mixed Vegetables Choice of Bread/Margarine Choice of Milk</p>
<p>15</p> <p>Baked Steak w/Gravy Mashed Potatoes Buttered Corn Tropical Fruit Dinner Roll/Margarine Choice of Milk</p>	<p>16</p> <p>Italian Marinated Chicken Rice Pilaf Glazed Baby Carrots Lime-Pear Jell-O 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>	<p>17</p> <p>Stuffed Pepper Baby Baker Potatoes Green Beans Granny Smith Apple Choice of Bread/Margarine Choice of Milk</p>	<p>18</p> <p>Lemon Pepper Fish Yukon Gold Potatoes Roasted Zucchini & Squash Sliced Strawberries Choice of Bread/Margarine Choice of Milk</p>	<p>19</p> <p>Sweet BBQ Pork Chop Diced Country Potatoes Lima Beans Grape Salad Dinner Roll/Margarine Choice of Milk</p>
<p>22</p> <p>Chili Soup w/Crackers Sliced Beets 100% Apple Juice Carrot Raisin Salad Cornbread Choice of Milk</p>	<p>23</p> <p>Salisbury Steak w/Gravy Loaded Mashed Potatoes Creamed Peas Mandarin Oranges Banana Nut Muffin Choice of Milk</p>	<p>24</p> <p>Spaghetti W /Meatballs Tossed Salad w/Dressing Warm Applesauce 100% Fruit Juice Garlic Bread Choice of Milk</p>	<p>25</p> <p>Meatloaf Cheesy Potatoes Cream Style Corn Diced Pears Choice of Bread/Margarine Choice of Milk</p>	<p>26</p> <p>Country Fried Steak w /Gravy Diced Potatoes French Style Green Bean Peaches Dinner Roll/Margarine Choice of Milk</p>
<p>29</p> <p>Chinese Pepper Steak w/Snow Peas Over White Rice Asian Blend Vegetables Baked Pineapple Fortune Cookie Choice of Milk</p>	<p>30</p> <p>Roast Beef & Swiss w/ Tomato & Lettuce on Sub Bun Potato Salad Fresh Grapes Angel Food Cake Choice of Milk</p>	<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, ,Old Washington site Wednesday & Friday from 11:30am-1:00pm, and Londonderry site is temporarily closed. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org .</p> <p style="text-align: center;"><i>*Menu subject to change depending on item availability.</i></p> <p style="text-align: center;">This institution is an equal opportunity provider.</p>		