

Monday	Tuesday	Wednesday	Thursday	Friday
 October 2026			1 10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:00PM OSHIIP Medicare Talk	2 9:00AM Breakfast Buffet 9:00AM Library Pop Up 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre
5 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	6 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming 6:00PM Good Ole Gospel Music Night	7 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Sponsored Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong	8 10:00AM Sponsored Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Crocktober Class	9 No Bingo this day due to private event in dining room 11:30AM Lunch 12:00PM Euchre
12 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing 1:30PM Water Color Painting	13 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming 1:30PM Alzheimer's Support Grp	14 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong	15 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00PM Grab & Go Meals 5:00PM Dine In Monthly Dinner	16 10:00AM Bingo 10:00AM-3:00PM Food Commodity Distribution 11:30AM Lunch 12:00PM Euchre
19 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	20 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:00AM Lunch Bunch Group 11:30AM Lunch 1:00PM Cardio Drumming	21 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong	22 8:15AM Elijah Trip 10:00AM Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:30PM Greeting Cards	23 9:00AM-3:00PM Biggs Insurance Counselling Appointments 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre
26 8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing	27 9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming 4:00PM Byesville Dinner	28 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong 12:30PM Team Trivia	29 10:00AM Sponsored Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards	30 9:00AM-3:00PM Biggs Insurance Counselling Appointments 10:00AM Bingo 11:30AM Halloween Luncheon 12:30 PM- Euchre

October 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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, Londonderry site is temporarily closed, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. 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 . *Menu subject to change depending on item availability. This institution is an equal opportunity provider.			1 Chicken Parmesan w/Pasta Italian Blend Vegetables Cherry Crisp Breadstick/Margarine Choice of Milk	2 Bone in Pork Chop Buttered Whole Potatoes Butter Beans Grape Salad Choice of Bread/Margarine Choice of Milk
5 Smothered Chicken w/ Mushrooms & Cheese Parsley Potatoes Brussel Sprouts Fresh Pear Knot Roll/Margarine Choice of Milk	6 Cheeseburger Tater Tots Winter Blend Vegetables Fresh Orange Chocolate Chip Cookie Choice of Milk	7 Salisbury Steak Red Skinned Potatoes Creamed Peas Peaches Choice of Bread/Margarine Choice of Milk	8 Cabbage Roll Mashed Potatoes Buttered Corn Granny Smith Apple Choice of Bread/Margarine Choice of Milk	9 Sliced Ham Yukon Gold Potatoes Broccoli Florets Fruited Strawberry Jell-O Cornbread/Margarine Choice of Milk
12 Lemon Pepper Fish Diced Seasoned Potatoes Mixed Vegetables Tropical Fruit Choice of Bread/Margarine Choice of Milk	13 Sliced Pork Roast w/Pork Gravy Mashed Sweet Potatoes Seasoned Green Beans Blueberry Crisp Dinner Roll/Margarine Choice of Milk	14 Johnny Marzetti Tossed Salad w/Dressing French Style Green Beans Cinnamon Applesauce Garlic Bread Choice of Milk	15 Kielbasa Baby Baker Potatoes Sauerkraut Fresh Banana Choice of Bread/Margarine Choice of Milk	16 Chili Cornbread Casserole California Blend Vegetables Fresh Grapes 100 % Fruit Juice Blondie Choice of Milk
19 Chinese Pepper Steak w/ White Rice Asian Blend Vegetables Mini Egg Rolls Mandarin Oranges Choice of Milk	20 BBQ Chicken Cheddar Mashed Potatoes Broccoli Casserole Pineapple Chunks Choice of Bread/Margarine Choice of Milk	21 Egg & Sausage Biscuit Hashbrowns Baked Pineapple 100% V8 Juice Choice of Milk	22 Chef Salad w/Ham, Turkey & Egg w/Dressing Cottage Cheese Apricots Blueberry Muffin Choice of Milk	23 Pork Fritter Herb Roasted Potatoes Lima Beans Applesauce Choice of Bread/Margarine Choice of Milk
26 Sloppy Joe w/Bun Cheesy Hashbrown Casserole Cauliflower Fresh Banana Choice of Milk	27 Baked Herb Chicken Scalloped Potatoes Sliced Carrots Clementine Wheat Dinner Roll/Margarine Choice of Milk	28 Vegetable Beef Soup Tossed salad w/Dressing Mixed Fruit 100% Fruit Juice Breadstick/Margarine Choice of Milk	29 Glazed Meatloaf Au Gratin Potatoes Buttered Peas Ambrosia Salad Choice of Bread/Margarine Choice of Milk	30 Beef & Noodles Mashed Potatoes Peas & Carrots Mixed Berry Cup Halloween Cookie Choice of Milk