

SEPTEMBER~OCTOBER 2025

LUNCH AT NOON

**lunch and fun**

at the Hilton Senior Center

**TUES 9/2**

Penne & Meatballs  
Breadstick  
Broccoli &  
Cauliflower  
Jello

**TUES 9/9**

Salisbury Steak with  
Gravy  
Mashed Potatoes  
Brussels Sprouts  
Cream Puffs

**TUES 9/16**

Grilled Greek Chicken  
with tzatziki, cucumber,  
tomato, and feta on a  
Pita  
Salad with Italian  
Dressing  
Pear Cup

**TUES 9/23**

Turkey Chili  
Dinner Roll  
with Butter  
Salad with Italian  
Dressing  
Sherbert

**TUES 9/30**

Chicken Parmesan  
with Penne Pasta  
Salad with Italian  
Dressing  
Fresh Banana

**TUES 10/7**

Tomato Florentine Soup  
Quiche

**TUES 10/14**

Chicken Salad Sandwich  
on a Bun  
Salad with Italian  
Dressing  
Peach Cup  
Eclairs

**TUES 10/21**

Shredded Beef BBQ  
on a Bun  
Roasted Potatoes  
Carrots  
Pear Cup

**Hello** September  
&  
October

**TUES 10/28**

Cheese Lasagna Rolls  
in sauce  
Breadstick  
Broccoli  
Fruit Cup

calendar on reverse side



Some items may be subject to change based upon  
availability call 585-392-9030 to reserve a spot - 10  
days notice needed \$3.50 suggested contribution -  
Certified by Michelle Koch-Blood, RD



# MONTHLY CALENDAR ~SEPTEMBER/OCTOBER 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> CLOSED FOR LABOR DAY HOLIDAY 	<b>2</b> Chair Yoga 930a Caseworker 10a-1p Lunch (Penne & Mtbls) 12p Bingo 1p	<b>3</b> Senior Express - 930a to Aldi 	<b>4</b> Nutrition 11a Euchre 1p 	<b>5</b> Did you want to get a puzzle today? 
<b>8</b> Mahjong 10a-4p Dish w/Deputy 1030a Bridge 1p Chair Volleyball 130p	<b>9</b> Chair Yoga 930a Lunch (Salisbury Steak) 12p Bingo 1p 50/50 Raffle	<b>10</b> Senior Express - 930a to Walmart Film - The Life List 2p 	<b>11</b> Computer 9a (Online Shams & Scams) Alzheimer's 10a Euchre 1p Chair Volleyball 130p	<b>12</b> Wanna Puzzle? 
<b>15</b> Mahjong 10a-4p Pres w/Pizza - Dan Caster CIA (2 hrs)1030a Bridge 1p Chair Volleyball 130p 	<b>16</b> Chair Yoga 930a Lunch (Grilled Greek Chicken)12p Sept Birthdays Bingo 1p	<b>17</b> Senior Express - 930a to Wegmans Bkpt Evening Meal 4p Oktoberfest with Marianna 	<b>18</b> Euchre 1p Chair Volleyball 130p 	<b>19</b> It's the weekend - don't forget to grab a puzzle😁 
<b>22</b> Mahjong 10a-4p Bridge 1p Chair Volleyball 130p	<b>23</b> Chair Yoga 930a Lunch (Turkey Chili) 12p Bingo 1p	<b>24</b> All Aboard Rail Trip 8a Senior Express - 930a Walmart 	<b>25</b> Euchre 1p Chair Volleyball 130p	<b>26</b> Get your jigsaw puzzle today! 
<b>29</b> Mahjong 10a-4p Bridge 1p Chair Volleyball 130p	<b>30</b> Chair Yoga 930a Lunch(Chicken Parm) 12p Bingo 1p	<b>1</b> Senior Express - 930a to Hobby Lobby 	<b>2</b> Nutrition 11a NO EUCHRE NO CHAIR VOLLEYBALL 	<b>3</b> Did you get a Jigsaw Puzzle for the wkd? 
<b>6</b> Dish w/Deputy 9am Mahjong 10a-4p Pres w/Pizza Parma Public Library 1030a Bridge 1p Chair Volleyball 130p 	<b>7</b> Chair Yoga 930a Lunch(Tomato Soup)12p Bingo 1p 50/50 Raffle	<b>8</b> Senior Express 930a to Walmart Film - Nonnas 2p  	<b>9</b> Computer Class 9a (Everything Email) Euchre 1p Chair Volleyball 130p 	<b>10</b> Get your Jigsaw Puzzle soon! 
<b>13</b> CLOSED FOR COLUMBUS DAY HOLIDAY NO CHAIR VBALL 	<b>14</b> Chair Yoga 930a Lunch(Chicken Salad)12p Oct Birthdays Bingo 1p	<b>15</b> Senior Express 930a to Aldi Evening Meal 1p Meatloaf & Garage Sale Bingo 	<b>16</b> Alzheimer's 10a Euchre 1p Chair Volleyball 	<b>17</b> Borrow a Jigsaw Puzzle soon!  
<b>20</b> Mahjong 10a-4p Bridge 1p Chair Volleyball 130p	<b>21</b> Chair Yoga 930a Lunch(Beef BBQ)12p Bingo 1p	<b>22</b> Guten Tag Trip 8a Senior Express - 930a to Walmart 	<b>23</b> Euchre 1p Chair Volleyball 130p 	<b>24</b> It's Puzzle Day! Did you get yours? 
<b>27</b> Mahjong 10a-4p Bridge 1p Chair Volleyball 130p	<b>28</b> Chair Yoga 930a Lunch(Cheese Lasagna) 12p Bingo 1p	<b>29</b> Senior Express - 930a - Marshall's/Mall 	<b>30</b> Euchre 1p Chair Volleyball 130p 	<b>31</b> Happy Halloween 
lunch menu 				