

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

TBD

TUES 10/14

TBD

TUES 10/21

TBD

Hello September & October

TUES 10/28

TBD

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