Heritage Hall Senior Center
1025 Oates Road
Jacinto City, TX 77029
713-675-4487
www.jacintocity-tx.gov/heritage-hall-senior-center

OCTOBER

Elizabeth Flores, Director
Program Assistants:
Debi Bridgeman
& Maria Espinoza

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
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Exercise Classes: Monday's, Wednesday's and Friday's - 9:00 AM – 10:00						
2	3	4 Nat'l Night Out 6:00 PM	5	6	7	8
9	10 Shopping At Walmart 9:00 AM	11	12 White Elephant Bingo 10:00 AM Medicare Open Enrollment and Benefits Counseling 11:00 AM to 1:00 PM	13 City of Jacinto City Council Mtg. 6:00 PM	14	15 Congressman Gene Green BBQ & Birthday Party 1:00 PM
16	17 Heritage Hall Mystery Trip 9:00AM Game Night 4:00 to 7 PM	18 Bean Bag Baseball 10:00 AM	19 *Helen Elizabeth Gebhardt*	20	21	22 Veteran's Picnic 11:00 AM JC Pumpkin Fest Celebration 5:00 PM
23 *Joy West*	24	25	26 PreSchool Trick or Treat 9:30 AM and 12:30 Site Council Mtg. 10:30 AM *Honor a special senior 12:00 AM*	27 PreSchool Trick or Treat 9:30 AM and 12:30 Halloween Hat Contest 10:00 AM City of Jacinto City Council Mtg. 6:00 PM	28 Halloween Costume Party 10AM Birthday Party at Noon	29 FREE Community Garage Sale Day
30 *Antero L. Resendez*	31					

Every Wednesday – Ceramics/Crafts 10:00 AM and Bridge 1:00 PM

Every Thursday – Nutritional Bingo 11:00 AM

OCTOBER 2016 MENU

Please do not forget to reserve your meal(s) with two days in advance. If you cannot come into Heritage Hall Senior Center, please call 713-675-4487. We will be happy to reserve your meal(s). **Remember a meal is a terrible thing to waste!**

Thank you kindly, Elizabeth Flores,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spinach Chicken Meatballs Parslied Penne Pasta~ Ratatouille Wheat Bread Fresh Fruit Milk	4 Beef Taco Spanish Rice Fiesta Vegetables Flour Tortilla Diet Vanilla Pudding^ Milk Taco Sauce	5 Sausage w/White Beans* Okra and Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine	6 Beef w/Mushroom Gravy Whipped Potatoes^ Mixed Vegetables Wheat Bread Diet Fruited Orange^ Gelatin Milk	7 Turkey Macaroni and Cheese Diced Beets Broccoli Whole Wheat Breadstick Fresh Fruit Milk
10 Salisbury Beef Brown Gravy Garlic whipped Potatoes^ Country Tomatoes Wheat Bread Fresh Orange Milk	11 Southwest Chicken Thigh~ Mexican Rice Spring Vegetables Wheat Bread Diet Butterscotch Pudding^ Milk	12 Turkey Breast with Gravy* Lima Beans Mixed Greens Cornbread Fresh Banana Milk Margarine	13 Breaded Fish Macaroni & Cheese Broccoli and Cauliflower Hamburger Bun Cherry Cake Milk Tartar Sauce	14 Bowtie Beef Pasta~ Green Beans Squash Medley Wheat Bread Fresh Fruit Milk
17 Pork with Country Gravy+ Parslied Rice Garden Vegetables Wheat Bread Fresh Fruit Milk	18 Creole Beef Whole Kernel Corn Broccoli and Cauliflower Wheat Bread Oatmeal Cream Cookie Milk	19 Chicken and Pasta Green Peas Parslied Carrots Cornbread Fresh Orange Milk	20 Sloppy Joe Tomato Spoon Relish Oven Roasted Potatoes Hamburger Bun Hot Spiced Apples Milk	21 Turkey Rice Casserole* Brussels Sprouts California Vegetables Wheat Bread Fig Bar Milk
24 Meatloaf Brown Gravy Whipped Potatoes^ Herbed Green Beans Wheat Bread Fresh Fruit Milk	25 Turkey Pot Pie* Stewed Tomatoes Broccoli Biscuit~ Nutty Buddy Bar Milk	26 Tuna Salad Three Bean Salad Marinated Carrots Saltine Crackers Fresh Fruit Milk	27 Smoked Sausage* Tater Gems Mixed Vegetables Hot Dog Bun Diet Cherry Gelatin^ Milk	28 Beef Chili w/Beans Rice Catalina Vegetables~ Cornbread Fresh Fruit Milk Margarine
31 Parmesan Chicken Macaroni & Cheese Italian Vegetables Whole Wheat Breadstick Diet Orange Frosted Cake Milk				

^ -Contains Sulfites ** -Contains Turkey* *+ -Contains Pork* *~-New Menu Item*