



**October 2019 Menu and Activity Calendar  
Central Square Bistro at the Community Church  
833 U.S. Rt. 11 Central Square**

Dining & Activity Center Phone # 315 720-9732

Nutritious lunches and activities open to those 60 and above

\$3.00 suggested contribution


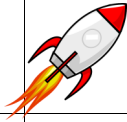




Open Tuesday, Wednesday and Thursday from 10:00am to 1:00pm



**Tuesday**

**Wednesday**

**Thursday**

<p><b><u>Did you know?</u></b> <i>We have a bus available on Thursdays to pick you up and take you home~</i></p> <p><b>There are also light evening meals available !</b> <b>Just ask Deirdre</b> <b>for more information or call OCO at 315-598-4712</b></p> <p><b>Central Square 315-720-9732</b> Fulton 315- 592-3408 Hannibal 315-564-5471 Mexico 315-806-1917 Parish 315-625-4617</p>  	<p>1 <i>Puzzle</i> <i>Crafts with Lisa</i></p>	<p>2 <i>Wii Bowling</i> Yin <i>Yin Cornell Co-Op</i></p>	<p>3 <i>Blood Pressure check</i> <i>Card Games: with Tom</i> <i>Your Choice</i></p>
	<p>8. Cards with Tom &amp; Crafts with Lisa 11:00 Bingo 12:30 </p>	<p>9 <i>Wii Bowling</i> <i>Crochet /Knitting</i></p>	<p>10. Atlas Space Program Part 2 with Wayne Crisman </p>
	<p>15 <i>Puzzle</i> <i>Crafts with Lisa</i> </p>	<p>16 Yin Yin from Cornell Cooperative Extension 11:30 <i>Wii Bowling</i> </p>	<p>17 Blood Pressure Check with Nurse Kim  Bingo </p>
	<p>22 <i>Wii Bowling</i> Nutrition Newsletter by Chaya Charles </p>	<p>23 <i>Puzzle</i> <i>Bingo</i> </p>	<p>24 <i>Wii Bowling</i> Phase 10 card game </p>
	<p>29 <i>Wii Bowling</i> <i>Crafts with Lisa 11:00</i></p>	<p>30 <i>Chair Exercises with Joyce</i> </p>	<p>31 <b>Happy Halloween!</b> <b>October B-day Celebration</b> </p>