

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR LABOR DAY OBSERVANCE	3 Chili Dog California Blend Vegetables Sun Chips Diced Peaches	4 Salmon Patty Creamed Peas Steamed Cabbage Apricots	5 Chicken Salad Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	6 Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapple in Gelatin
9 Smothered Pork Chop Mashed Potatoes Steamed Peas Cinnamon Applesauce	10 Chef Salad w/Ham/Turkey/Bacon Lemon Pepper Brussel Sprouts Fresh Grapes	11 Hawaiian Pizza Tossed Salad Graham Crackers	12 Baked Chicken Sandwich Dixie Cole Slaw Hot Cinnamon Apples	13 Turkey & Swiss Sandwich Spring Mix Salad Bananas & Mandarins
16 Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	17 Baked Chicken/Avocado Snd Sweet Potato Wedges Pasta Salad Orange	18 Chicken Pot Pie w/Country Vegetables Butter Beans Waldorf Salad w/Greens	19 Ham & Swiss Sandwich Smokey Black Bean/Corn Salad Cole Slaw Bananas in Jell-o	20 Lemon Pepper Chicken Riviera Blend Vegetables Rice Pilaf Fruit Delight
23 Cheeseburger Broccoli/Raisin Salad Pears Peanut Butter Cookie	24 Teriyaki Chicken Salad Spring Mix 3 Bean Salad Tropical Fruit	25 Pork Tenderloin Sandwich Hidden Valley Carrots Waffle Fries Fresh Apple	26 Tuna Salad Tomato Slices Peas & Carrots Tag Along Fruit Salad	27-Birthday Crispy Garlic Chicken Mashed Potatoes Green Beans Country Strawberry Shortcake
30 Grilled Chicken Caesar Salad Hidden Valley Carrots Baked Potato Pineapple				

Need to Know ...

BIRTHDAY CELEBRATION: September 27. Come join the Vesper Hall staff as we celebrate YOUR birthday month! Lunch served 11:30 a.m. - 12:30 p.m. Preregister for lunch.

VESPER HALL FISH FRY: August 23, 6:00 - 7:30 p.m. Enjoy some delicious food and camaraderie with your friends! \$8 per person in advance; \$9 at the door. Sponsored by Benton House.

CHIEFS RED FRIDAY CELEBRATION: September 6, 11:30 a.m. - 12:30 p.m. Preregister for lunch. Sponsored by Sunterra Springs.

AARP DRIVERS SAFETY PROGRAM: September 12, 1:00 p.m. - 5:00 p.m. This 4-hour course refines existing skills and develop safe, defensive driving techniques. Preregister. \$15 AARP members, \$20 for Non-members.

VESPER HALL TALENT SHOW: September 26, 11:30 a.m. - 12:30 p.m. Singing, dancing, comedy, and musical performance with friends. At this fun event you will get to see it all. Preregister at front desk.

VESPER HALL OCTOBERFEST: October 10, 11:30 a.m. - 12:30 p.m. Willkommen! Celebrate with us for our annual Octoberfest celebration. We will have entertainment, German delicacies and more. Preregister for lunch. Sponsored by Sprint Accessibility.

VESPER HALL BREAKFAST & HEALTH TALK: October 17, 8:30 a.m. - 9:30 a.m. Enjoy a hot breakfast & listen to a representative from USA Senior Healthcare Solutions discuss Medicare Open Enrollment. Preregister at front counter.

CHIEFS VS. PACKERS TAILGATE: OCTOBER 27, Sunday, 7:00 p.m. - 10:00 p.m. Bring out your favorite tailgating food and cheer on the boys in red at Vesper Hall. We will be watching the game on the big screen & enjoying the time with friends. Preregister.

Home-Delivered Meals

Home-delivered meals are available for home-bound individuals that live within Blue Springs and Lake Tapawingo. To be eligible, recipients must be at least 60 years old or disabled and demonstrate a nutritional need. These meals are delivered Monday through Friday for a small donation. Contact Vesper Hall at 228-0181 to find out more about the program and to schedule an assessment. There is a waiting list. Both meal programs are cosponsored by the Mid-America Regional Council (MARC) Commission on Aging. Federal funds assist in the cost of meal planning and preparation.