

# September 2019

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