

# LAKEPORT SENIOR CENTER

SEPTEMBER 2010  
**263-4218**

Mon

Tue




Wed

Thu

Fri





**ALL DAYS INCLUDE SALAD, DESSERT, MELON OR ORANGE WEDGE AND BEVERAGE**

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		<p>1 SWEET-N-SOUR CHICKEN BROWN RICE GREEN BEANS</p>	<p>2 ORANGE SPICED PORK ROAST 1/2 BAKED POTATO ZUCCHINI AND PEPPERS</p>	<p>3 BIRTHDAY FRIDAY MEATLOAF MASHED POTATO AND GRAVY, CARROTS CAKE AND ICE CREAM</p>
<p>6 CLOSED LABOR DAY</p>	<p>7 CREAM OF BROCCOLI SOUP 1/2 SANDWICH SALAD BAR</p>	<p>8 SPAGHETTI WITH RED MEAT SAUCE BROCCOLI GARLIC BREAD</p>	<p>9 TACO SALAD TORTILLA CHIPS</p>	<p>10 OVEN BAKED FISH WITH TARTAR SAUCE GREEN BEANS AND TOMATO PARSLEYED RED POTATO</p>
<p>13 MACARONI AND CHEESE WITH DICED TOMATO STEAMED CARROTS SPICED APPLES</p>	<p>14 TURKEY NOODLE SOUP 1/2 SANDWICH SALAD BAR</p>	<p>15 SALISBURY BEEF PATTY MASHED POTATOES WITH GRAVY SUMMER SQUASH</p>	<p>16 STUFFED TOMATO WITH TUNA SALAD ASSORTED VEGGIES ON A BED OF ROMAINE</p>	<p>17 BBQ CHICKEN BAKED BEANS CAULIFLOWER AND BELL PEPPERS</p>
<p>20 TURKEY CHILI BEANS STEAMED CARROTS GREEN BEANS BISCUIT</p>	<p>21 POTATO LEEK SOUP 1/2 SANDWICH SALAD BAR</p>	<p>22 CHEF SALAD HAM, TURKEY, CHEESE VEGGIES OVER ROMAINE</p>	<p>23 PORK STEW POTATOES CARROTS, GREEN BEANS, TOMATO, GARLIC BREAD</p>	<p>24 ORANGE GLAZED CHICKEN BROWN RICE, SOUTH OF THE BORDER BROCCOLI</p>
<p>27 CHICKEN BURGERS WITH LETTUCE, TOMATO AND OVEN ROASTED POTATO</p>	<p>28 NAVY BEAN SOUP 1/2 SANDWICH SALAD BAR</p>	<p>29 TURKEY PASTA BROCCOLI ROLL SPINACH SALAD</p>	<p>30 SLOPPY JOES ON OPEN FACED BUN BAKED FRIES GREEN BEANS</p>	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
  			<b>1</b> EASY STRETCH 9:30-10:30am <b>BINGO 1PM</b>	<b>2</b> LINE DANCE 10AM BEGINNER FREE MOVIE 1PM 1PM COMPUTERS	<b>3</b> EASY STRETCH 12-3 bridge 1pm Art Class	<b>4</b>
<b>5</b>  <b>FOR LABOR DAY</b>	<b>6</b>	<b>7</b> LINE DANCE 10AM BEG / INT 1PM INTERMED BRIDGE 1PM MICROTONE 9AM	<b>8</b> EASY STRETCH 9:30-10:30am <b>BINGO 1PM</b>	<b>9</b> LINE DANCE 10AM BEGINNER FREE MOVIE 1PM 1PM COMPUTERS	<b>10</b> EASY STRETCH 12-3 bridge 1pm Art Class	<b>11</b> 8-3 QUILTERS GUILD
<b>12</b> BREAKFAST 8 AM	<b>13</b> EASY STRETCH 9:30-10:30am 5-7 LINE DANCE 5PM VFW 1PM COMPUTERS	<b>14</b> LINE DANCE 10AM BEG / INT 1PM INTERMED BRIDGE 1PM MICROTONE 9AM	<b>15</b> EASY STRETCH 9:30-10:30am <b>BINGO 1PM</b>	<b>16</b> LINE DANCE 10AM BEGINNER FREE MOVIE 1PM 1PM COMPUTERS	<b>17</b> EASY STRETCH 12-3 bridge 1pm Art Class	<b>18</b>
<b>19</b>	<b>20</b> EASY STRETCH 9:30-10:30am 5-7 LINE DANCE 1PM COMPUTERS	<b>21</b> LINE DANCE 10AM BEG / INT 1PM INTERMED BRIDGE 1PM MICROTONE 9AM	<b>22</b> EASY STRETCH 9:30-10:30am <b>BINGO 1PM</b>	<b>23</b> LINE DANCE 10AM BEGINNER FREE MOVIE 1PM 1PM COMPUTERS	<b>24</b> EASY STRETCH 12-3 bridge 1pm Art Class	<b>25</b>
<b>26</b>	<b>27</b> EASY STRETCH 9:30-10:30am 5-7 LINE DANCE 1PM COMPUTERS	<b>28</b> LINE DANCE 10AM BEG / INT 1PM INTERMED BRIDGE 1PM MICROTONE 9AM	<b>29</b> EASY STRETCH 9:30-10:30am <b>BINGO 1PM</b>	<b>30</b> LINE DANCE 10AM BEGINNER FREE MOVIE 1PM 1PM COMPUTERS	