



**C.A.M.E.O. PROGRAM ACTIVITIES FOR:
 October 2018**

Monday	Tuesday	Wednesday	Thursday
1 Closed for 	2 Closed for 	3 <ul style="list-style-type: none"> • 10:00-10:30 Coffee, cake. • 10:30 –12:00 Hot Topics Baked Ziti, Cesar salad, fruit	4 <ul style="list-style-type: none"> • 12:00-12:45 Lunch • 12:45-2:00 Where in the World? Eggplant Parmigiana, salad and fruit
8 <ul style="list-style-type: none"> • 10:30-10:45 Coffee, cake and catching up. • 10:45 –2:00 Weekend in Review Eggplant Parmigiana, salad and fruit	9 <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00- 12:45 Lunch • 12:45 - 2:00 Music Through the Decades Pizza, Cesar salad and fruit	10 <ul style="list-style-type: none"> • 10:00-10:30 Coffee, cake. • 10:30 –12:00 Hot Topics Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)	11 <ul style="list-style-type: none"> • 12:00-12:45 Lunch • 12:45-2:00 Surprise Speaker Tuna and egg salad bagels, cucumber salad, coleslaw, fruit
15 <ul style="list-style-type: none"> • 10:30-10:45 Coffee & cake and catching up • 10:45-12:30 Weekend in Review Stromboli, Cesar salad, fruit.	16 <ul style="list-style-type: none"> • Taking Back Tuesdays • 12:00 -12:45 Lunch • 12:45 - 2:00 This Day in History Tuna and egg salad bagels, cucumber salad, coleslaw, fruit	17 <ul style="list-style-type: none"> • 10:00-10:15 Coffee & cake • 10:15–12:00 Hot Topics Pizza, salad and fruit	18 <ul style="list-style-type: none"> • 12:00-12:45 Lunch • 12:45 -2:00 Games, Trivia Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)
22 <ul style="list-style-type: none"> • 10:30-10:45 Coffee & cake and catching up • 10:45-12:30 Weekend in Review Tuna and egg salad bagels, cucumber salad, coleslaw, fruit	23 <ul style="list-style-type: none"> • Taking Back Tuesdays • 12:00 -12:45 Lunch • 12:45 - 2:00 Bullying Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)	24 <ul style="list-style-type: none"> • 10-10:15 Coffee & cake. • 10:15-12:00 Hot Topics Eggplant Parmigiana, salad and fruit	25 <ul style="list-style-type: none"> • 12:00-2:45 Lunch • 12:45-2:00 Speake:Angie from Preferred Care . Baked Ziti, Cesar salad and fruit
29 <ul style="list-style-type: none"> • 10:30- 10:45 Coffee & cake and catching up • 10:45-12:30 Weekend in Review Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)	30 <ul style="list-style-type: none"> • Taking Back Tuesdays • 12:00-12:45 Lunch • 12:45 - 2:00 This day in History Spaghetti and “meat sauce”, salad and fruit. Garlic bread	31 <ul style="list-style-type: none"> • 10-10:15 Coffee & cake. • 10:15-12:00 Hot Topics Tuna and egg salad bagels, Cesar salad, fruit	