





11:30 Wed., OCT. 3 <i>SHEERY BARNHART</i>	11:30 Wed., OCT. 10 <i>MICHAEL JOHNSON</i>	11:30 Wed., OCT. 17 <i>MV GEM FIDDLERS</i>	11:30 Wed., OCT. 24 <i>JEFF & SANDY</i>	11:30 Every Thur. <i>PAT BLESSIN - ORGAN MUSIC</i>	8:00am, Sat., OCT. 13 <i>MARLA GARRETT</i>	8:00am, Sat., OCT. 13 <i>FUNDRAISING BREAKFAST</i>
OCT. 2018						
<i>Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving</i>						
Sunday	Monday 2018-10-01 Swedish Meatballs	Tuesday 2018-10-02 Potato Bar	Wednesday 2018-10-03 Spaghetti	Thursday 2018-10-04 Sweet & Sour Pork	Friday 2018-10-05 Salisbury Steak	Saturday 2018-10-06
Room Codes QR - Quilting Room CR - Card Room CFR - Conference Room MPR - MultiPurpose Room RR - Relaxation Room MH - Main Hall	9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 City of Twin Falls (MH) <i>Senior Citizens Advisory Forum</i> 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (CR)	10:00 Oigong/Chi Gong(CFR) 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (RR) 5:30 Oigong/Chi Gong(CFR) New Class 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Sheery Barnhart (MH) <i>Ballads of a Lady</i> 11:30-1:30 Walgreens - Flu Shot Clinic 1:00 Duplicate Bridge (MPR) 5:30pm Laughter Therapy (MH)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Idaho Home Health & Hospice <i>Chicken Soup for the Soul (MH)</i> 1:00 Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (CFR) 6:00pm Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR) 6:00-7:00 Bountiful Basket <i>Pickup (MH)</i>	
Sunday 2018-10-07	Monday 2018-10-08 Polish Sausage	Tuesday 2018-10-09 Caesar Chicken	Wednesday 2018-10-10 Baked Ham	Thursday 2018-10-11 Fish Fillet w/Tarter Sauce	Friday 2018-10-12 Beef Stroganoff w/Gravy	Saturday 2018-10-13 \$8 Fundraising Breakfast
	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 Siew Guan Lee-Univ of ID <i>Extension - Salt in your Diet</i> 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (CR)	10:00 Oigong/Chi Gong(RR) 11:00 Blue Cross <i>Duel Eligibility Presentations (CFR)</i> 10:30 Foot Clinic (RR) 11:00 Harrison's Home (MH) <i>Blood Pressure Checks</i> 11:45 Ticket Tues Game (MH) 12:15 Harrison's Home (MH) <i>Fall Foods & Nutrition Tips for Seniors</i> 12:30 Blue Cross <i>Duel Eligibility Presentations (CFR)</i> 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (RR) 5:30 Oigong/Chi Gong(CFR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Michael Johnson (MH) 12:30 ID Volunteer Lawyer's (CFR) <i>Answering your Legal Questions</i> 1:00 Duplicate Bridge (MPR) 5:30pm Laughter Therapy (MH)	9:00 - 1:00 TFSC Sew Group (CFR) 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 1:00 Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (CFR) 6:00 Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR)	<i>Marla Garrett Entertains</i> FRENCH TOAST BAKE HAM, SAUSAGE, & SCRAMBLED EGGS HASHBROWNS, BISCUITS & GRAVY FRESH FRUIT, BREAD TRAYS COFFEE, MILK, JUICE 12:00-2:00 Ladies Clothing Swap (MH)
Sunday 2018-10-14	Monday 2018-10-15 Breakfast Bar	Tuesday 2018-10-16 Cheesy Chicken & Rice Casserole	Wednesday 2018-10-17 Pork Chop w/Cream Sauce	Thursday 2018-10-18 Chicken Alfredo	Friday 2018-10-19 Meatloaf	Saturday 2018-10-20
ABCL Unit 400 Bridge 12:00 - 4:00 pm	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 City of Twin Falls (MH) <i>Senior Citizens Advisory Forum</i> 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (CFR) 5:15 pm TFSC Board Mtg (CFR)	9:00-4:00 SHBA Appts (RR) 10:00 Oigong/Chi Gong(CFR) 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (RR) 5:30 Oigong/Chi Gong(CFR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 9:00-4:00 SHBA Appts (RR) 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 10:30 Alzheimer's Support Group (CR) 11:30 MV Gem Fiddlers (MH) 1:00 Duplicate Bridge (MPR) 5:30pm - Laughter Therapy (MH)	9:00-4:00 SHBA Appts (RR) 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Heritage Health Services (MH) <i>Misconceptions on Hospice</i> 1:00-Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (CFR) 6:00 - Ladies AA (MPR) 6:00 Magic Valley Fly Fishers (MH) <i>Monthly Meeting & Potluck</i>	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR) 6:00-7:00 Bountiful Basket <i>Pickup (MH)</i>	11:00 Pioneer Button Club Mtg (CFR)
Sunday 2018-10-21	Monday 2018-10-22 Chicken Pot Pie	Tuesday 2018-10-23 BBQ Pulled Pork	Wednesday 2018-10-24 Chicken Fried Steak	Thursday 2018-10-25 Chicken Ala King	Friday 2018-10-26 Pot Roast	Saturday 2018-10-27
	9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (CR)	9:00-4:00 SHBA Appts (RR) 10:00 Oigong/Chi Gong(CFR) 10:30 Foot Clinic (RR) 11:00 Horizon Home Health (MH) <i>Blood Pressure Checks</i> 11:45 Ticket Tues Game (MH) 12:15 Horizon Home Health (MH) <i>Flu/pneumonia signs, symptoms, prevention, treatment</i> 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (RR) 5:30 Oigong/Chi Gong(CFR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 7:30 5th District Lawyer's Breakfast (CFR) 9:00-4:00 SHBA Appts (RR) 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:00 Ryan Anderson (CFR) <i>Molina Open Enrollment Plan Choices</i> 11:30 Jeff & Sandy (MH) 12:00 BIRTHDAY LUNCH 1:00 Duplicate Bridge (MPR) 5:30pm Laughter Therapy (MH)	9:00-4:00 SHBA Appts (RR) 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:45 Visually Impaired Support <i>Group Mtg (CR) - Physical Aids</i> 1:00 Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (CFR) 6:00 Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR)	
Sunday 2018-10-28	Monday 2018-10-29 Cheesy Ham, Broccoli & Rice	Tuesday 2018-10-30 Open Faced Turkey Sandwich	Wednesday 2018-10-31 Halloween Feast/Zombie Eyeballs	TWIN FALLS SENIOR CENTER 208-734-5084 530 SHOSHONE STREET W., TWIN FALLS, IDAHO 83301 Center Office Hours Mon-Fri 8:00am to 5:00pm www.tfseniorcenter.com facebook - Twin Falls Senior Center VOLUNTEER DRIVERS & CENTER VOLUNTEERS NEEDED Call today to get started		
	9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 City of Twin Falls (MH) <i>Senior Citizens Advisory Forum</i> 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (CR)	9:00-4:00 SHBA Appts (RR) 10:00 Oigong/Chi Gong(CFR) 11:45 Ticket Tues Game (MH) 12:15 Bridgeview Estates (MH) <i>Healthy Spooky Treats</i> 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (RR) 5:30 Oigong/Chi Gong(CFR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 9:00-4:00 SHBA Appts (RR) 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 HALLOWEEN COSTUME CONTEST (MH) <i>Congregate Members ONLY</i> 1:00 Duplicate Bridge (MPR) 5:30pm Laughter Therapy (MH)	 <small>Twin Falls Senior Center Senior Living Community</small>  <small>Twin Falls Senior Center Senior Living Community</small>		