OCTOBER 2020
Free Publication

WHAT’S INSIDE
Director’s Comments
October Menu
October Activities
Announcements

Blue Earth Senior Center
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Open: Monday – Friday
MISSION: Enhance the lives of older adults with a friendly warm environment

LINDA’S TIDBITS
October is a great time of the year. The leaves are changing colors to beautiful red, orange, yellow, and brown colors. The temperature is getting cooler also. The crops are starting to be taken from the fields. During fall we usually have a lot of day with no sunshine. These days seem to make people tired and no energy. To help these gray days, come to the Senior Center for coffee, fellowship, friendship, exercise or lunch. Don’t stay home and be lonely. Come join us and enjoy the season, With Covid-19 around, be
careful so you don’t get it. Wear masks when you should. PLEASE: if you feel sick, have a cold, or have symptoms, STAY AT HOME and call the clinic to ask what you should do. REMEMBER we are in this together and need to take one day at a time. Stay safe!!

EXERCISE
Tuesdays and Fridays at 9am.
Everyone welcome!!

JOIN US FOR LUNCH
Monday – Friday at noon. Call before 8:45 the day you want the meal. (507-526-3850). Thank you!

WOMEN’S COFFEE
Friday’s at 9am

MEN’S COFFEE
Monday – Friday at 10am
FOOT CLINIC
Monday, October 12th
Tuesday, October 27th
Call 507-526-3850 for an appointment. REMEMBER the social distancing guidelines while at the foot clinic. MASKS ARE REQUIRED.

Halloween is October 31st. If kids are out and about please be careful as they dart out between cars and run down the road. Watch for kids.

Before you go to bed on Saturday, October 31st set your clocks back an hour. Daylight savings time ends on November 1st.

I will update you are the FLU SHOTS as soon as I get information.
<table>
<thead>
<tr>
<th>Date</th>
<th>Main Course</th>
<th>Side</th>
<th>Starch</th>
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| 19/10  | Roasted Red Potatoes                                                        | Cornbread                 | Rice
| 20/10  | Apple Salad                                                                 | Cornbread                 | Rice
| 21/10  | Chicken Breast Served                                                       | Cornbread                 | Rice
| 22/10  | Cheese Casserole                                                           | Cornbread                 | Rice
| 23/10  | Summer Berry Casserole                                                      | Cornbread                 | Rice
| 26/10  | Chili                                                                       | Cornbread                 | Rice
| 27/10  | Chicken Chow Mein                                                          | Cornbread                 | Rice
| 28/10  | Chicken Chow Mein                                                          | Cornbread                 | Rice
| 29/10  | Lemon Topping                                                              | Cornbread                 | Rice
| 30/10  | Lemon Topping                                                              | Cornbread                 | Rice
| 31/10  | Lemon Topping                                                              | Cornbread                 | Rice

Due to availability of food, menu subject to change.
Halloween
Word Scramble

1. okypos
2. pkpinum
3. treta
4. oghst
5. ydanc
6. rpvame
7. keonstel
8. luhgo
9. pecyre
10. tomcuse
11. nthua
12. owaercrcs
13. iyderah
14. oblod
15. labck act
16. ogbiln
17. mymmu
18. rasyc
19. piserd
20. sremca