

October 2025

MHSDC Newsletter



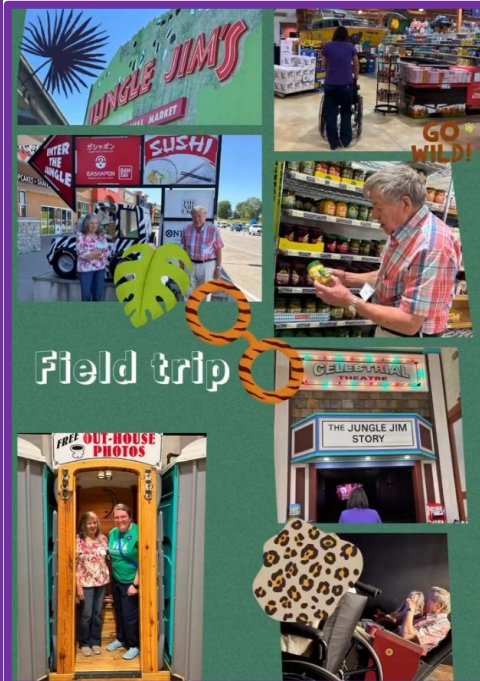
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Field Trip!

A few of our participants and staff took a trip to Jungle Jim's. We learned about how Jungle Jim's got it's start and saw many different foods we would like to try.



Coming Soon....

The Margaret's Heart
Senior Day Center
Volunteer Program!

Stay tuned for more
information!

Fall in Love with Adult Day Services

The heat of summer is behind us and we are heading into our first Fall at Margaret's Heart Senior Day Center. September was full of celebrations, food fun, and visits with friends. We hope these pictures have you "falling" in love with Margaret's Heart Senior Day Center!



*Thank you Caylla, Admissions Director
from Residence at Salem Woods, for
bringing supplies to make our own
bracelets and necklaces!*



A lively game of cornhole for some Friday afternoon fun!

Fun With Food

There is a national day for everything and when it comes to food, we like to celebrate them all!



Sept. 9th was Ants on a Log Day. We celebrated by making our own treats!



Our participants attempted to make homemade pasta for Linguine Day Sept. 15th.



I scream, you scream, we all scream for ice cream! Ice is always a hit any day of the week!



Above: Guacamole Day on Sept. 16th called for making Guacamole!

Right: Activity Director Betsy brought in her popcorn machine to celebrate Popcorn Day Sept. 5th.



Center Assistant Ashley assists in making Blueberry Popsicles on Sept. 2nd for Blueberry Popsicle Day!

October 2025 Seniors' CHOICE menu				
Monday	Tuesday	Wednesday	Thursday	Friday
 Complete Meal Meets 1/3 DR for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2025	 Happy Halloween	Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Brown Rice Mixed Vegetables (2 servings) Tropical Fruit Salad Wheat Bread / Margarine Diet: same	Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7005 Peas Potato Wedges Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008 Parsified Potatoes Mixed Vegetables Peaches Wheat Bread (2 slices) Margarine Diet: same
Sloppy Joe - 9060 (ch b) chicken bbg ch7002 Peas Chuckwagon Corn Bun Pears Diet: same	Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Pineapple Tidbits Diet: same	Int'l Day for the Elderly Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same	Turkey Ham & Beans - 9062 (ch b) chicken stew ch7022 Mixed Vegetables (2 servings) Cornbread Applesauce Dinner Roll / Margarine Diet: same	World Smile Day Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) spaghetti & meatballs ch7015 Spinach California Blend Vegetables Peaches 1 Wheat Bread / Margarine (ch a only) Diet: same
Rosemary Chicken - 9039 (ch b) pork cutlet w/gravy ch7034 Potato Wedges Vegetable Medley Mandarin Oranges Wheat Bread (2 slices) Margarine Diet: same	Beef Vegetable Teriyaki (ch b) orange chicken Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same	Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same	Hamburger - 9071 (ch b) hot delf ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken Alfredo w/ broccoli ch7067 Italian Vegetables Spinach / Vinegar Fruit Punch 100% Sponge Cake Diet: same
Columbus Day Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same	Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Tropical Fruit Salad Wheat Bread (2 slices) Margarine Diet: same	Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Baked Chicken w/ Gravy - 9075 (ch b) roast turkey w/gravy ch7003 Herb Dressing Broccoli Cauliflower Mixed Berry Applesauce Wheat Bread / Margarine Margarine Diet: same	Happy October Birthday Rotini Pasta w/ Meat Sauce (ch b) chicken Alfredo w/ rotini pasta Normandy Blend Vegetables Peas Apricots 2 Wheat Bread / Margarine (ch a only) Diet: same
Cinc-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same	Beef Vegetable Stew - 9001 (ch b) chicken stew ch7022 w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Pears w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same	Roast Turkey w/Gravy - 9005 (ch b) country fried steak w/gravy ch7054 Mashed Potatoes Vegetable Medley Peaches Wheat Bread (2 slices) Margarine Diet: same	BBQ Beef - 9051 (ch b) grilled chicken breast ch7026 Peas & Onions Potato Wedges Bun Pears Diet: same	Orange Chicken - 9105 (ch b) baked fish - ch7048 Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Margarine Diet: same
	 National Frankenstein Day			 Halloween

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Margaret's Heart SENIOR DAY CENTER	Pink Week! Oct. 13-17 for Breast Cancer Awareness	News of the Day 1 Balloon Tennis Puzzles Make Jiffy Mix Muffins Lunch Spiritual Sing-a-long <i>Jiffy Mix Day</i>	Today's History 2 Morning Stretch History of Make-up Connect Four Lunch Bean Bag Toss Scrapbooking	Morning Chat 3 Stretch & Flex Who Am I? Word Games Lunch Smile Craft Corn Hole <i>World Smile Day</i>
		News of the Day 8 Balloon Tennis Puzzles Lunch Spiritual Sing-a-long Fluttermutter Snack <i>Fluttermutter Day</i>	Today's History 9 Morning Stretch Curious Events Desi Amaz Lunch Bean Bag Toss Mad Scientist	Morning Chat 10 Stretch & Flex Thank a Firefighter Scattagories Lunch Puzzles Decorate Cupcakes <i>Egg Day</i>
		News of the Day 15 Balloon Tennis Lucille Ball Puzzles Lunch Spiritual Sing-a-long <i>I Love Lucy Day</i>	Today's History 16 Morning Stretch Favorite Foods Connect Four Lunch Bean Bag Toss Scrapbooking <i>World Food Day</i>	Morning Chat 17 Stretch & Flex What Am I? Word Games Lunch Karaoke Pumpkin Painting <i>Sponsored by Assisting Hands & the Ashton</i>
		News of the Day 22 Balloon Tennis Puzzles Lunch Spiritual Sing-a-long Learn about Nuts & Taste Test <i>Nut Day</i>	Today's History 23 Morning Stretch Name that Sound Mahatma Gandhi Lunch Bean Bag Toss Card Making <i>Boston Cream Pie Day</i>	Morning Chat 24 Stretch & Flex Learn about Bats Scattagories Lunch Puzzles Corn Hole <i>Bologna Day</i>
		News of the Day 29 Balloon Tennis Puzzles Make No-Bake Cookies Lunch Spiritual Sing-a-long <i>National Stroke Day</i>	Today's History 30 Morning Stretch All About Candy Corn David Copperfield Lunch Bean Bag Toss Cooking Club: Trail Mix <i>Candy Corn Day</i>	Morning Chat 31 Stretch & Flex History of Halloween Halloween Trivia Lunch Halloween Party <i>Happy Halloween!</i>

The Activity Calendar is subject to change based on the participants at Margaret's Heart Senior Day Center.