

Monday–Friday, 11:30 a.m.–1:30 p.m. • LOCATION: Ethical Humanist Society, 7574 N. Lincoln Avenue, Skokie

**SEPTEMBER 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27 AUGUST</b> <b>Sitcom Monday</b> <ul style="list-style-type: none"> <li>• Meatloaf w/Gravy</li> <li>• Mashed Potatoes</li> <li>• Stewed Tomatoes</li> <li>• Fresh Orange</li> </ul>	<b>28 AUGUST</b> <b>Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Chicken Enchilada</li> <li>• Breakfast Casserole</li> <li>• Hash Browns &amp; Banana</li> <li>• Peach Cobbler &amp; Juice</li> </ul>	<b>29 AUGUST</b> <b>Wii Games &amp; Aerobics</b> <ul style="list-style-type: none"> <li>• Italian Beef</li> <li>• Au Gratin Potatoes</li> <li>• Harvard Beets</li> <li>• Mixed Fruit</li> </ul>	<b>30 AUGUST</b> <b>Zumba Gold</b> <ul style="list-style-type: none"> <li>• Chicken Booyah</li> <li>• Mashed Potatoes</li> <li>• Warm Spiced Apples</li> <li>• Pea Salad</li> </ul>	<b>31 AUGUST</b> <b>Film Friday</b> <ul style="list-style-type: none"> <li>• Turkey Pasta Salad</li> <li>• Three-Bean Salad</li> <li>• Pineapple Tidbits</li> </ul>
<b>3</b> <b>CLOSED</b> <i>Happy Labor Day</i> 	<b>4</b> <b>Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Chicken w/ Marinara</li> <li>• Scalloped Potatoes</li> <li>• Brussels Sprouts</li> <li>• Fresh Melon</li> <li>• Juice</li> </ul>	<b>5</b> <b>Wii Games</b> <ul style="list-style-type: none"> <li>• Jambalaya</li> <li>• Brown Rice &amp; Red Peppers</li> <li>• Broccoli &amp; Corn Bread</li> <li>• Chilled Pears</li> </ul>	<b>6</b> <b>Zumba Gold</b> <ul style="list-style-type: none"> <li>• Tuna Salad</li> <li>• Garbanzo &amp; Kidney Bean Salad</li> <li>• Chilled Peaches</li> <li>• Fresh Melon</li> </ul>	<b>7</b> <b>Film Friday</b> <ul style="list-style-type: none"> <li>• Chicken Marbella</li> <li>• Rice Florentine</li> <li>• Vegetable Blend</li> <li>• Whole Orange</li> </ul>
<b>10</b> <b>Game Show Party</b> <ul style="list-style-type: none"> <li>• Chicken w/Cabbage</li> <li>• Baby Red Potatoes</li> <li>• Red Cabbage &amp; Apples</li> <li>• Mixed Fruit</li> </ul>	<b>11</b> <b>Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• Orzo Chicken Salad</li> <li>• Mixed Salad Greens</li> <li>• Herbed Tomato Wedges</li> <li>• Pineapple Tidbits</li> </ul>	<b>12</b> <b>Falls–Take Control</b> <ul style="list-style-type: none"> <li>• Egg &amp; Cheese Calzone</li> <li>• Potato Hash</li> <li>• Fresh Orange</li> <li>• Mixed Fruit</li> <li>• Corn Bread</li> </ul>	<b>13</b> <b>Zumba Gold</b> <ul style="list-style-type: none"> <li>• Turkey Salad</li> <li>• Vegetable Soup</li> <li>• Banana</li> <li>• Mixed Fruit</li> </ul>	<b>14</b> <b>Film Friday</b> <ul style="list-style-type: none"> <li>• Potato-Crusted Fish</li> <li>• Au Gratin Potatoes</li> <li>• Coleslaw</li> <li>• Warm Applesauce</li> </ul>
<b>17</b> <b>Flu Shots</b> <b>Karaoke</b> <ul style="list-style-type: none"> <li>• Meatball Sandwich</li> <li>• Italian Potatoes</li> <li>• Italian Green Beans</li> <li>• Whole Orange</li> </ul>	<b>18</b> <b>Chair Yoga</b> <ul style="list-style-type: none"> <li>• Sloppy Joe Sliders</li> <li>• Tomato Soup</li> <li>• Potato Salad</li> <li>• Whole Apple</li> </ul>	<b>19</b> <b>Handmade Crafts</b> <b>Aerobics</b> <ul style="list-style-type: none"> <li>• Turkey Club Sandwich</li> <li>• Focaccia Bread</li> <li>• Pea Salad</li> <li>• Pineapple Tidbits</li> </ul>	<b>20</b> <b>Zumba Gold</b> <ul style="list-style-type: none"> <li>• Chicken with Mini-Dumplings</li> <li>• Garden Vegetables</li> <li>• Beet Salad &amp; Banana</li> <li>• Hot Glazed Apples</li> </ul>	<b>21</b> <b>Film Friday</b> <ul style="list-style-type: none"> <li>• Veal Parmesan</li> <li>• Penne Pasta Marinara</li> <li>• Broccoli</li> <li>• Fresh Melon</li> </ul>
<b>24</b> <b>Board Games</b> <ul style="list-style-type: none"> <li>• Chicken a la Orange</li> <li>• Vegetable Rice Pilaf</li> <li>• Green Bean Salad</li> <li>• Wheat Cranberry Bread</li> <li>• Hot Peach Crumble</li> </ul>	<b>25</b> <b>Chair Yoga</b> <b>Blood Pressure Screening</b> <ul style="list-style-type: none"> <li>• French Dip Beef</li> <li>• Barley</li> <li>• Harvard Beets</li> <li>• Fresh Melon</li> </ul>	<b>26</b> <b>Wii Games</b> <ul style="list-style-type: none"> <li>• Lasagna</li> <li>• Squash Medley</li> <li>• Italian Green Beans</li> <li>• Garlic Bread &amp; Cookie</li> </ul>	<b>27</b> <b>Zumba Gold</b> <ul style="list-style-type: none"> <li>• Crab Salad</li> <li>• Dilled Cucumbers</li> <li>• Apple Crisp</li> <li>• Mixed Fruit</li> </ul>	<b>28 @ Skokie Library</b> <ul style="list-style-type: none"> <li>• Chicken w/ Burgundy Mushroom Sauce</li> <li>• Sage Dressing</li> <li>• Scalloped Potatoes</li> <li>• Broccoli &amp; Hot Apples</li> </ul>

Menu subject to change.