











Sabine Council on Aging, Inc. - Many Meal Site
 200 Legacy Drive
 Many, LA 71449
 Phone: (318) 256 - 4140
 Monday - Friday (8:00 a.m. - 4:00p.m.)
 Meal Site Manager: Janie Sandifer

OCTOBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Choir (SRRC) 1:00 Fast Track Scrap Therapy	3 10:00 SARC Bingo 1:00 Quiddler Sew Crafty	4 9:00 Flu Shots 10:00 Bible Study 11:00 Exercise 1:00 Game Time 	5 10:00 Exercise 10:45 Trivia 12:30 Pokeno Quilter's Club	6 10:15 Bingo 1:00 Fast Track 
9 10:00 Toledo Bend Ministries 1:00 Fast Track Scrap Therapy	10 10:00 Exercise  11:00 Pull a Joke 12:00 Alzheimer's Group	11 10:00 Bible Study 11:00 Exercise 12:45 Young at Art	12 9:30 Senior Day at the Zwolle Tamale Fiesta 	13 10:15 Bingo 1:00 Fast Track
16 10:00 Choir (MHC) 1:00 Fast Track  Scrap Therapy	17 10:00 Exercise 10:45 Scavenger Hunt 1:00 Quiddler	18 10:00 Bible Study 11:00 Exercise 1:00 Game Time	19 10:00 Exercise 10:45 Birthday Party (Kindred) 12:30 Pokeno 	20 10:15 Bingo (Professional Home Health) 1:00 Fast Track
23 10:00 Musical Monday 1:00 Fast Track Scrap Therapy 	24 9:00 Craft Day at Toledo Center Cake Decorating Class 10:00 Health Talk w/ Erin Hanners 10:30 Exercise	25 10:00 Bible Study 11:00 Exercise 1:00 Game Time 	26 10:00 Exercise 10:30 Baseball Quilter's Club 	27 7:00 Food for Seniors 10:30 Bingo 1:00 Movie "Amazing Grace" 
30 10:00 Bean Bag Toss 1:00 Fast Track Scrap Therapy	31 Halloween Party at Toledo Meal Site	<i>Activities are subject to change without notice.</i> <i>Meals are served daily at 11:30 a.m.</i>	<i>Exercise classes are under the direction of K. Hataway and the</i> 