

Mon	Tue	Wed	Thurs	Fri
<p>3 Salisbury Steak</p> <p>10:00 Healthy Bones and Balance</p>  	<p>4 Baked Potato Bar</p> <p>10:00 Veteran's Corner</p>  <p>12:30 Quilting/ Needle Work</p>	<p>5 Chicken Fajita</p> <p>10:00 Tai Chi</p>  <p>1:00 Fun Cards</p>	<p>6 Baked Haddock</p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Healthy Bones and Balance</p> <p>11:00 Cider & Donuts with Senator Lesser</p> <p>11:30 Blood Pressure Clinic</p> <p>1:00 Downton Abbey</p>	<p>7 Roast Pork</p> <p>9a-12p Veteran's Agent</p> <p>10am Fallon Representative Open Enrollment</p>
<p>10 No meals served</p>  <p>Columbus Day</p> 	<p>11 Hot Dogs</p> <p>9:00 E.O.G.E Activity meeting</p> <p>9:00 Hearing Clinic</p> <p>Birthday Celebration</p> <p>12:30 Quilting/ Needle</p>	<p>12 Turkey Tetrazini</p> <p>10:00 Tai Chi</p>  <p>1:00 Fun Cards</p>	<p>13 Salmon / Dill Sauce</p> <p>10:00 Healthy Bones and Balance</p>  <p>11:00 Meet & Greet w/ Outreach Worker Deb</p> <p>1:00 Downton Abbey</p>	<p>14 Pot Roast / Gravy</p> <p>9:00 Stamp Collectors Group</p>  <p>9a-12p Veteran's Agent</p> 
<p>17 Balsamic Chicken</p> <p>10:00 Healthy Bones and Balance</p>  	<p>18 Shepherd's Pie</p> <p>Brown Bag pick up After 11:00 a.m.</p> <p>12:30 Quilting/ Needle Work</p>	<p>19 Bratwurst</p> <p>9:15 C.O.A. Board Meeting @ Safety Complex</p> <p>10:00 Tai Chi</p> <p>12:00 Oktoberfest Celebration!</p> <p>1:00 Fun Cards</p>	<p>20 Turkey / Gravy</p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Healthy Bones and Balance</p> <p>11:00 Dining Out</p> <p>11:30 Blood Pressure Clinic</p> <p>12:45 Travel Log: Barging in France</p>	<p>21 Pollock Filet</p> <p>9a-12p Veteran's Agent</p>  <p>1:00 Downton Abbey</p>
<p>24 Hearty Beef Stew</p> <p>10:00 Healthy Bones and Balance</p>  	<p>25 Stuffed Shells with Meat Sauce</p> <p>9:00 Newsletter Assembly</p> <p>12:30 Quilting/ Needle Work</p>	<p>26 Lemon Pepper Haddock</p> <p>10:00 Tai Chi</p>  <p>12:00 Halloween Costume Party</p> <p>1:00 Fun Cards</p>	<p>27 Meatloaf / Gravy</p> <p>10:00 Healthy Bones and Balance</p>   <p>1:00 Downton Abbey</p>	<p>28 Soup Bar</p> <p>9:00 Stamp Collectors Group</p> <p>9-11am HNE Representative Open Enrollment</p> <p>9a-12p Veteran's Agent</p> <p>1:00 Movie "Whiskey Tango Foxtrot"</p>
<p>31 Cheese Omelet</p> <p>10:00 Healthy Bones and Balance</p>  <p>1:00 Adult Coloring</p>				

Flu Shot Clinic!

Walgreens will be holding a Flu Shot Clinic at the C.O.A on October 4th from 11 am-12:30 pm No appointment needed.



Make sure you bring your insurance card.



October's Meetings & Events

S.H.I.N.E Counselor

Fred Thomas

Available: Tuesday's 9am -12pm
Call for appointments @ 467-3239

WHAT IS S.H.I.N.E.?

(Serving the Health Information Needs of Everyone)
SHINE provides confidential counseling and assistance to Medicare beneficiaries and assistance with Medigap and HMO coverage, Medicare, Prescription Advantage applications, public benefits and more.

The SHINE program is a free confidential program of the Executive Office of Elder Affairs in conjunction with Franklin County Home Care Corporation and local Councils on Aging.



TV Series Shown on
Oct, 6th, 13th, 21st and 27th
@1:00 pm
Light refreshment
will be served.



Dining Out w/ Kim

Headed to Wolfies in
South Deerfield.

Thursday, October 20th.



The van ride is \$5 and the cost of lunch is on your own. We will be leaving the COA at 11:00 am. .
Call 467-3239 for reservations.



Granby Veterans Memorial Project And Friends of Granby Veterans



Annual 5 K Run/2 mile walk

Sunday, October 9th

@ Happy Days Family Fun Spot

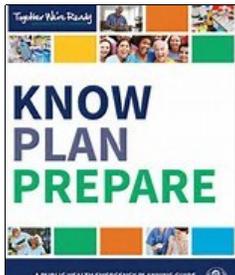
172 West State Street Granby, Ma

Registration is \$25.00 prior, Day of is \$35.00

Check-in @ 8:45 am Walk begins @ 9:15 am

For complete information visit

Granbyveteransmemorial.org



Know, Plan, Prepare.

Every home should have a basic emergency preparedness kit that can be used for any emergency.

Store your kit in an area that is dry and easy to get to. Review your kit

every six months to identify and replace outdated supplies. While some items should be in everyone's kit, it is important to adapt the kit for the needs of you and your family.

The Granby Senior Center and the Granby Police Department are teaming up to provide emergency preparedness kits to the senior residents of Granby. We need your help filling them. Below is a list of needed items. Items can be dropped off at the COA or Police Department. Thank you in advanced!!

Manual Can Openers
Flashlights
Batteries
Matches
First Aid Supplies
Personal Hygiene Items

October's Movie:

" Whiskey Tango Foxtrot"

Playing Friday, October 28th

@ 1:00 pm

Starting: Tina Fey

Watch your movie in our soft,
comfortable arm chairs!

All are Welcome!!!



* Hearing Services*

Sponsored by: EarMasters, on-site hearing specialists of Southwick.

Specialist Gary Winn will be here on
Tuesday, October 11th starting at 9: 00 am . Services will be by appointment. They will include hearing screening and testing. Also offered are hearing aid checks, servicing and cleanings.

There are no fees for this service!

Call for your appointment today 467-3239