## SENIOR CENTER – OCTOBER 2019

- 10-1 Checks @ Senior Center until 1pm
- 10-2 10-4 Elders trip to CDA Luncheon.
- Leaving 10-2 @ 8am from Dining Hall and returning 10-4
- 10-9 TEC Bingo
- 10-11 Upper Skagit Elders Luncheon, leaving from Dining Hall @9am
- 10-15 Checks @ Senior Center until 1pm
- 10-16 Muckleshoot Bingo Trip, leaving from Dining Hall @9am
- 10-25 Birthday Lunch 11:30-12:30pm
- 10-30 TEC Bingo
- **10-31 HAPPY HALLOWEEN**

Please visit our website-for full details <a href="https://www.tulaliptribes-nsn.gov/Dept/SeniorCenter">https://www.tulaliptribes-nsn.gov/Dept/SeniorCenter</a>

## **Elishia Stewart**

From: Teri Gobin

**Sent:** Tuesday, September 17, 2019 2:30 PM

To: Elishia Stewart; Jessica Leslie

Cc: BOD

**Subject:** Elders site visits

I would like to invite any Elders who are interest in doing a visit of the construction sites with me or one of the Board members. I can only take 6 per visit we will be doing them once a month, depending on weather and/or the construction site conditions. The next available site visit will be the QCC site on Thursday the 19<sup>th</sup> at 10am. Please have them sign up with Tory Chuckulnaskit @ 360.716.4036; if we overbook they will be contacted and placed on the next scheduled visit.

Thank You, Teri Gobin Chairwoman The Tulalip Tribes

## October Breakfast 2019

					Sun
27 Blueberry Pancake SausagePatty Boiled egg Cream of Wheet	20 Cornedbeef 21  Hash  Pouched eggs  Toast  oatmeal	Freach Toast 14 bacon Fresh Fruit Cream of Wheet	6 Sausage Egg omlette Fried potates oatmeal		Mon
Bisquit/Gravy Scrambled eggs ham patty Oat meal	hashbrown Bacon Boiledegg Cream of Wheet	Spamrice EggMix Oat meal	CornedBeef hash FriedEgg Toast Cream of Wheet	Pancakes Bacon Oatmeal	Tue
TEC BINGO	HamEgg Chesse/omelette hashbrown Oat meal	Ham/Egg Chessesandwich hashbrown patty Cream of Wheet	TEC BINGO	Bisquits 2 Gravy,Boiled eggs Sauslink Cream of wheet	Wed
Greeneggs 31 Ham Hashbrown Toast Oatmeal	24 Sausage/Egg Scramble hashbrown Toast Cream of Wheet	Sausage/Egg Chesse Wrap Hashbrown Oat meal	Hashbrown Fried egg spam patty oat meal	Ham/Egg ChesseWrap Hashbrwons Fresh fruit Oatmeal	Thu
	Fishhash Scramble egg Toast Oatmeal	Strawberry Waffles Bacon Cream of Wheet	SausageEgg 11 Chesse sandwich Hash patty Cream of Wheet	Countryfried 4 Steak Hashbrowns Fried egg Cream of wheet	Fri
	26	19	12	5	Sat

# October Lunch 2019

A 44 A			-	-	Sun
27 Hamburger Soup Cornbread Peaches	20 Porkchops Rice Pilaf GreenBeans Casserole	13 Roast 1 Patotes Gravy Beets Fruitcocktail	6 Chicken noodle Soup Drop Bisquits Pears		Mon
28 Tossed Salad 29 Pork Pot Roast mashed Potatoesw/gravy Brussel Sprouts	Hamburger/Gravy22 over Potatoes Carrots pineapple upsidedown cake	14 Spanish Rice Corn Tropical Fruit	7 Broccoli Coleslaw 8 Golden Baked Chicken Rice Pilaf Mixed Vegs Pears	Tatortot casserole Greeen beans Pineapples	Tue
TEC BINGO	Ham/Scaloped 23 Patotes Carrots Pineapple upsidedown cake	Broccoli Salad 16 CheckenPot Pie w/ Vegs/Biscuit top Apricots Pudding	TEC 9 BINGO	2 Brown beans W/bacon Cornbread Patotes van Pudding	Wed
Spaghetti/Mearballs Brains/Eyeballs Peas Garicbread Fruit salad	Chicken Soft Taco Refried Beans Spanish Rice Fresh Fruit	16 Marinated VeggieSalpd Hot roast Beef  V Sandwich W/Mashed Potatoes Dilled Carrots/Pineapple	Coleslaw 10 BBQBaked ChickenThigh Rosemary Potatoes Green beans Fresh Fruit	tunaCasserole Peas Choc Pudding	Thu
N. LI	Clam Chowder Frybread B-DAY CAKE	18 Stew/Bisquits Taploca	Gulosh GarlicBread Apple Crrisp	4 Chilli cornbread Oranges	Fri
	26	19	12	1 × 5	Sat

## October Birthday's 2019

Wed

Fri

Sat

Sun

Mon

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		31 Lavinia Carpenter HaroldJoseph111 Isaac Kona JR Corinna Williams	30 Larry Fryberg Cynthia Hatch Richard Madison	Jeann Jones-Mclean John McCoy Lori Parks Edward SteinbachSR Timothy Woodhead	28	27 Don Carpenter
Leanne Fryberg Dana Johnson Elaine Moses	25 Angie Moses	24	23 Jonny Cavanaugh Glen Gobin	22 Wayne Brown Marvin Napoleon JR	21 Deborah Brown Debbie Jackson	20 Edith Johnny
19 Virginia Carpenter Gina Fryberg Penny Jones	Diane Janes Diane Jones Diane Jones Jennifer Markish tom Martina Myers	17 Mark Carpenter Michael Johnson Jeffery Lyle SR	16 lois Landgrebe	Rainey Jack Sr Vicki Lamont Lisa Lyle	14 Terry Sue Nielson Grant Zufelt	13
12 Eleanor Nielson Clyde WilliamsJR	11 Geraldine Bill Joyce Sotelo	10 Michael McCoySR	9 Diana Albott Steven JonesSR	8 Arthur WilliamsJR	7 Clarence hatchJr	Judy Gobin Wayne Gonzales Sr AdaJohnson Loren Martin
5 Lavinia Contraro Jeffery Hill Sharon Renecker	4 Chester Ashman Jr Lean Jones William Klump	3 Nina Osias Marie Zackuse	Brian Bill Pauline Harvey-Joe Tammy Taylor PhillipTom	1 Steven Henry Robert Joseph Sr		



## UPPER SKAGIT ELDERS INTER-TRIBAL LUNCHEON

10:30 AM to 1:30 PM Lunch at 12:00 PM

## 70's Theme

**B**ring your Groove wear your Polyester Outfits, Disco Attire or your Bell Bottoms

## UPPER SKAGIT INDIAN TRIBE GYMNASIUM 25708 Coyote Drive Sedro Woolley, WA 98284

Limited Space: Please RSVP by Monday September 30, 2019
Please contact Donna or Tara (360) 854-7090 or E mail:
donnas@upperskagit.com or tarar@upperskagit.com

**Entertainment & Door Prize Raffles** 

This is an Event for Elders

"50 & Older"

"NO CHILDREN"