Friendship Dining Centers
Activity & Menu Calendar

(Daily activities are subject to change.)

The Food Bank of Manatee

Meals on Wheels PLUS OF MANATEE

Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8oz of 1% low-fat milk and one slice of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from:

Elder Affairs FLORIDA · SENIOR CONNECTION CENTER INC. · Manatee County FLORIDA · City of Bradenton

BRADENTON'S Best 2025 (2023, 2022, 2021, 2020, 2019) 2024 — THE PEOPLE'S CHOICE BRADENTON HERALD

BRADENTON'S Best THE PEOPLE'S CHOICE BRADENTON HERALD 2026 WINNER

SEAL OF TRANSPARENCY PLATINUM GuideStar

Charity Navigator FOUR-STAR

Monday	Tuesday	Wednesday	Thursday	Friday
At: *Parrish United Methodist & First United Methodist Church of Palmetto*	**At:** *Meals on Wheels PLUS*	**At:** *Parrish United Methodist & Meals on Wheels PLUS*	**At:** *Meals on Wheels PLUS*	**At:** *Myakka Family Worship & Redeemer Lutheran Church*
FRIENDSHIP DINING **Companionship. Activities. Nutrition.**			1 Coffee & Conversation Let Your Yoga Dance/ Chair Yoga Trivia SWEEP Card Game BINGO **Meal:** Lemon Chicken w/Rice	2 Coffee & Conversation Let Your Yoga Dance/Chair Yoga **(RLC)** Craft: Painting Pumpkins **(RLC)** BINGO **(RLC)** Craft: Halloween/Fall **(MYA)** Nutrition Education: Bone Health **Meal:** Beef Chili & Cornbread
5 Coffee & Conversation Penny Game **(FUM)** BINGO **(FUM)** Craft: Painting Pumpkins **(FUM)** Nutrition Education: Bone Health **(PUM)** Chair Yoga **(PUM)** Cards/Games **(PUM)** **Meal:** Classic Meatloaf	6 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Trivia Mexican Train Dominoes Rumiko **Meal:** Mac & Cheese w/Chicken	7 Coffee & Conversation Trivia **(MOW)** IQ Games **(MOW)** Cards/Puzzles/Word Search **(MOW)** Cards/Games **(PUM)** BINGO w/Exercise **(PUM)** Craft: Tissue Paper Pumpkins **(PUM)** **Meal:** French Onion-Breaded Pork Chop	8 Coffee & Conversation Trivia Chair Hockey Mexican Train Dominoes Cards: TRASH Nutrition Education: Bone Health **Meal:** Meatball Stroganoff	9 Coffee & Conversation Let Your Yoga Dance/Chair Yoga **(RLC)** Craft: Painting Wooden Flowers **(RLC)** BINGO **(RLC)** Nutrition Education: Bone Health **(RLC)** Craft: Tissue Paper Pumpkins **(MYA)** **Meal:** Italian Cheese Lasagna
12 Coffee & Conversation Penny Game **(FUM)** Craft: Painting Wooden Flowers **(FUM)** BINGO **(FUM)** Cards **(PUM)** Chair Yoga **(PUM)** Table Games/BINGO **(PUM)** Nutrition Education: Bone Health **Meal:** Raspberry BBQ Grilled Chicken	13 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Trivia Mexican Train Dominoes Rumiko **Meal:** Beef Goulash	14 Coffee & Conversation Trivia **(MOW)** IQ Games **(MOW)** Cards/Puzzles/Word Search **(MOW)** Cards/Games **(PUM)** BINGO w/Exercise **(PUM)** Craft: Yarn Ghosts **(PUM)** **Meal:** Chicken & Biscuits	15 Coffee & Conversation Trivia Chair Hockey Mexican Train Dominoes Cards **Meal:** Cheese Pizza	16 Coffee & Conversation Let Your Yoga Dance/Chair Yoga **(RLC)** Craft **(RLC)** BINGO **(RLC)** Craft: Yarn Ghosts **(MYA)** **Meal:** Swiss Steak
19 Coffee & Conversation Craft: Tote Bag Decorating **(FUM)** Penny Game **(FUM)** BINGO **(FUM)** Cards/Games **(PUM)** Chair Yoga **(PUM)** BINGO w/Exercise **(PUM)** **Meal:** Chicken Parmesan	20 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Trivia Mexican Train Dominoes Rumiko **Meal:** Shepherd's Pie	21 Coffee & Conversation Trivia/IQ Games **(MOW)** Cards/Puzzles **(MOW)** Word Search **(MOW)** Cards/Games **(PUM)** BINGO w/exercise **(PUM)** Craft: Wood Chimes **(PUM)** **Meal:** Shrimp Stir-Fry	22 Coffee & Conversation Trivia Chair Hockey Mexican Train Dominoes Cards: TRASH **Meal:** Grilled Chicken Mornay	23 Coffee & Conversation Let Your Yoga Dance/Chair Yoga **(RLC)** Craft: Tote Bag Decorating **(RLC)** BINGO **(RLC)** Craft: Wood Chimes **(MYA)** **Meal:** Turkey Divan
26 Coffee & Conversation Craft: Fall Magnets **(FUM)** Penny Game **(FUM)** BINGO **(FUM)** Cards/Games **(PUM)** Chair Yoga **(PUM)** **Meal:** BBQ Seasoned Pork	27 Coffee & Conversation Let Your Yoga Dance/Chair Yoga Trivia Mexican Train Dominoes Rumiko **Meal:** Thai Ginger Curry Chicken	28 Coffee & Conversation Trivia **(MOW)** IQ Games **(MOW)** Cards/Puzzles/Word Search **(MOW)** Cards/Games **(PUM)** BINGO w/Exercise **(PUM)** Craft: Painting Mini Pumpkins **(PUM)** **Meal:** Salisbury Steak	29 Coffee & Conversation Trivia Chair Hockey Mexican Train Dominoes Cards: TRASH **Meal:** Lemon Chicken w/Rice	30 Coffee & Conversation Let Your Yoga Dance/Chair Yoga **(RLC)** Craft: Fall Magnets **(RLC)** BINGO **(RLC)** Craft: Painting Mini Pumpkins **(MYA)** **Meal:** Beef Chili & Cornbread

LOCATIONS:

Meals on Wheels PLUS of Manatee (MOW)
811 23rd Avenue East,
Bradenton, FL 34208
Tuesday, Wednesday, & Thursday 9am-1pm

First United Methodist Church of Palmetto (FUM)
330 11th Avenue West, Palmetto, FL 34221
Monday 9am-1pm

Parrish United Methodist (PUM)
12180 US-301
Parrish, FL 34219
Monday & Wednesday 9am-1pm

Myakka Family Worship Center (MYA)
33420 Singletary Road
Myakka City, FL 34251
Friday 9am-1pm

Redeemer Lutheran Church (RLC)
6311 3rd Avenue West
Bradenton, FL 34209
Friday 9am-1pm

Did you know 99% of our body's calcium is stored in our bones and teeth? Since calcium is needed for muscle movement, nerve signaling, and blood clotting, we require calcium in our blood.

Our body will take calcium from our bones to maintain this supply if we do not get enough calcium in our diet. Our bones reach their maximum density and mass around the age of 30 and then naturally become thinner and weaker as we age, which can put older adults at risk of osteoporosis that may lead to bone fractures.

Getting enough calcium each day is one of the best ways to help keep your bones strong and support healthy muscles and nerves. Adults over age 50 generally need 1,200 mg of calcium each day! Good food sources of calcium include:

- ✓Low-fat milk, yogurt, cheese
- ✓Tofu made with calcium
- ✓Canned salmon or sardines with bones
- ✓Calcium-fortified, plant-based beverages
- ✓Leafy green veggies such as kale or collard greens

Your body also needs vitamin D to absorb calcium effectively. Spending a little time outdoors, eating foods rich in vitamin D, or taking a supplement if recommended by your healthcare provider can help you maintain healthy vitamin D levels.

FRIENDSHIP DINING

REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please do not attend the program, but please call us at **941-747-4655** to let us know.

Word Search
Halloween

W E N M U T U A N M N N C A N D Y C O R N Z I
X I R L P F K C I R T E K D N X I E L S O B P
H K G T T B R O O M S T I C K T J M F N W N U
B S K R E G A D A T Y Y E S B E N E X O H W M
U R C E L E B R A T I O N U V F O T K I J O P
V X V A J J H C T I W G J P O R T E Y T P L K
N R A T R I Z U Z F S X C E P I E R P A F C I
R N R C R E T S N O M L A R R E L Y E R C R N
E E W A N D I E M E M K G N P N E Z E O E X T
B E S U O H D E T N U A H A F D K C R C M Z Y
O W Y E M U T S O C N D A T B S S O C E E O K
T O F B C A U L D R O N C U E Z Q B F D T M O
C L X E G H O U L S U B F R L N C W X M E B O
O L B H T Q G N U F E F B A S T S E F W R I P
P A R Z Q D U Q G H O S T L M Y O B J C Y E S
F H Y T R A P W U A Z H I V A M P I R E R C B

PUMPKIN
SPOOKY
CEMETERY
FUN
TRICK
TREAT
COSTUME
CREEPY
CANDY CORN
GHOUL
FRIENDS
HAUNTED HOUSE
MONSTER
SKELETON
GHOST
OCTOBER
AUTUMN
COBWEB
WITCH
ZOMBIE
VAMPIRE
BROOMSTICK
HALLOWEEN
WAND
SUPERNATURAL
CEMETERY
CAULDRON
CELEBRATION
CLOWN
DECORATIONS
PARTY