

AUTUMN

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancelations: 913-758-6718



OCTOBER 2025



COUNCIL ON AGING

711 Marshall Street, Suite 100
Leavenworth, KS 66048
Office: 913-684-0777

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.

**Pedicures for Paws
Nail Trim Fundraiser**

Saturday, October 4th,
Bad to the Bone Boarding
& Grooming is offering nail
trims for \$10/dog in the
COA parking lot from
1:00-4:00pm. Pets should
be up-to-date on all
shots. Open to all ages.

Red Cross Blood Drive

October 6th 2025 from
11:00am-3:00pm at the
COA. Open to all ages.
Make an appointment at
www.redcrossblood.org
on the blood donor app,
or walk-ins are welcome.

**Help the Council on Aging
Fill Christmas Stockings!**

COA staff will be at Dillons
on Friday, October 17th
from 11:00am-6:00pm.
We will be collecting items
to fill Christmas stockings
for homebound seniors,
seniors without family or
seniors who are facing
challenges. For more
information, call Dawn
Owens at 913-684-0786.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 To all those celebrating a birthday this month!	 OCTOBER BREAST CANCER AWARENESS MONTH	Teriyaki Chicken 1 Rice California Blend Veggies Egg Roll Fruit	Country Steak 2 Mashed Potatoes & Gravy Green Beans Roll Fruit	Fish Sticks 3 Tater Tots Stewed Tomatoes Roll Fruit Cream Puff
Hamburger 6 Oven Brown Potatoes Mixed Veggie Lettuce, tomato, onion & pickle Fruit	Apple Pork Chop 7 Smashed Potatoes Cauliflower Roll Fruit Dessert	Smothered Chicken 8 Rice Brussel Sprouts Roll Fruit	Beef Stew 9 Green Beans Biscuit Fruit Pie	BBQ Chicken 10 Mac & Cheese Baked Beans Corn Bread Fruit
CLOSED 13 Columbus Day / Indigenous Peoples' Day	Chicken Strips 14 Cheesy Potatoes Carrots Roll Fruit	Ham 15 Sweet Potatoes Peas Roll Fruit	Chicken Enchilada 16 Rice Beans Fruit Cookie	Hamburger Steak 17 Mashed Potatoes & Gravy Green Beans Roll & Fruit Cheesecake
Spaghetti-Meatballs 20 Broccoli Bread Stick Jell-O Salad Pudding	Country Chicken 21 Mashed Potatoes & Gravy Peas & Carrots Roll Fruit	Ham & Beans 22 Carrots Corn Bread Fruit	BBQ Ribs 23 Baked Beans Scalloped Potatoes Roll Fruit	Hot Beef 24 Mashed Potatoes & Gravy Green Beans Roll & Fruit Cobbler
Italian Chicken 27 Rice Cauliflower Roll Fruit	Pulled Pork 28 Oven Brown Potatoes Corn Fruit Bun Cookie	Egg Casserole 29 Biscuit & Gravy Cinnamon Apples V-8 Juice Nature Bar	Chicken Noodle 30 Bake Broccoli Biscuit Tossed Salad Fruit	Steak 31 Baked Potato Zucchini Roll Fruit

What is the No. 1 Healthiest Fall Food?

Fall is one of my favorite seasons for fruits and veggies. With seasonal options including pumpkin, squash, pomegranates, pears and plenty more, there are many delicious healthy options in the store. Not to mention seasonal foods taste better and are more accessible and affordable. What is the healthiest fall food?

Pomegranates

This vibrant fall fruit is rich with nutrients including fiber, vitamin C, vitamin K and folate. But, most notably, pomegranates contain polyphenols, or inflammation-fighting plant compounds that have been extensively studied for their health benefits.

Research links eating pomegranate arils (seeds) and drinking pomegranate juice with reductions in obesity, diabetes, cardiovascular diseases and even some cancer types.

Add pomegranates to morning oatmeal or yogurt or toss them with roasted veggies for a simple side dish.

Other healthy fall foods

Seek out these dietitian-approved healthy autumnal foods in your supermarket or at a local farmer's market.

- Apples
- Pumpkin
- Winter squash
- Cranberries
- Mushrooms
- Pears
- Brussel sprouts
- Cauliflower
- Parsnips
- Persimmons
- Sweet potatoes

Source: Today.com, 10/2024



HAPPY HALLOWEEN

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

Word List

BATS
BROOMSTICK
CANDY
CARVE
COBWEBS
CORN MAZE
COSTUME
FRIGHTENING
FULL MOON
GHOST
HAUNTED
HAYRIDE
LANTERN
ORANGE
PARTY
PUMPKIN
SCARECROW
SKELETON
SPOOKY
THRILLS
TREAT
TRICK
VAMPIRE
WITCH

UPCOMING EVENTS

Lunch & a Movie

Friday, October 3rd 2025. 11:30AM.

Join us for some yummy football favorites before watching *Little Giants*. We will feast on Chopped Italian Sub Sandwiches, Chili Cheese Tater Tots, Veggies & Dip, and Grasshopper Brownies. Intermission snacks of popcorn and soda. \$10 due at sign-up. 30 max/20 minimum; deadline September 26.

Knowledge @ Noon: Spice up your Autumn!

Tuesday, October 14th 2025. 12:00PM.

Join us to learn about the health benefits of fall spices. Tonganoxie Library; no fee.

Karaoke

Wednesday, October 29th 2025. 1:00PM.

Love to sing or hear your friends sing? Unleash your inner superstar at the COA's first Karaoke event on the fifth Wednesday during normal game time. It's sure to be a hit! No cost.

Halloween Party

Friday, October 31st 2025. 1:00PM.

Come in your best costume for some spooky treats and festive games. Prizes given for the Funniest, Most Original and Overall Best Halloween costume. Be the judge of the staff pumpkin painting/carving contest as well. \$4 due at sign-up.

Accepting Donations & Payments
Through PayPal

To best accommodate all of our clients, the *Council on Aging* is set up to take payments and donations online through PayPal. In PayPal, search for Leavenworth County Council on Aging or use @LVCOA to make a payment/donation.