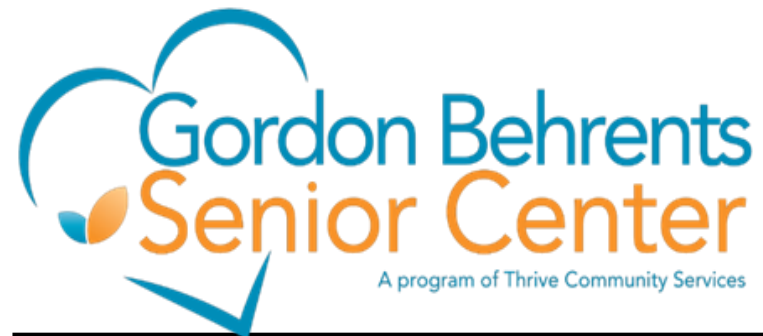


2024



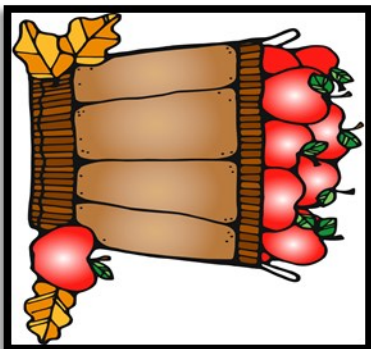
Gordon Behrents Senior Center
2015 Windish Dr.
Galesburg, IL 61401



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Gordon Behrents Senior Center
| 2015 Windish Dr.
Galesburg, IL 61401
309-344-2520





Jim T. 9/10



Your Staff

Jackie Jennings
RN/Director
Amber Senner
LPN/Assistant Director
Sherrell Wallace
Program Aide/Driver
Teresa Parrish
Program Aide/Driver
Ellen Gass
Program Aide/Driver
Leslie Collopy
Program Aide/Driver



Find 10 differences.



I Spy Autumn



SEPTEMBER

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

ACORN
APPLES
AUTUMN
BOOKS

BREEZE
FALL
FRIENDS
HARVEST

HOMEWORK
LABOR DAY
LEAVES
RAKE

RED
SCHOOL
SQUIRREL
YELLOW

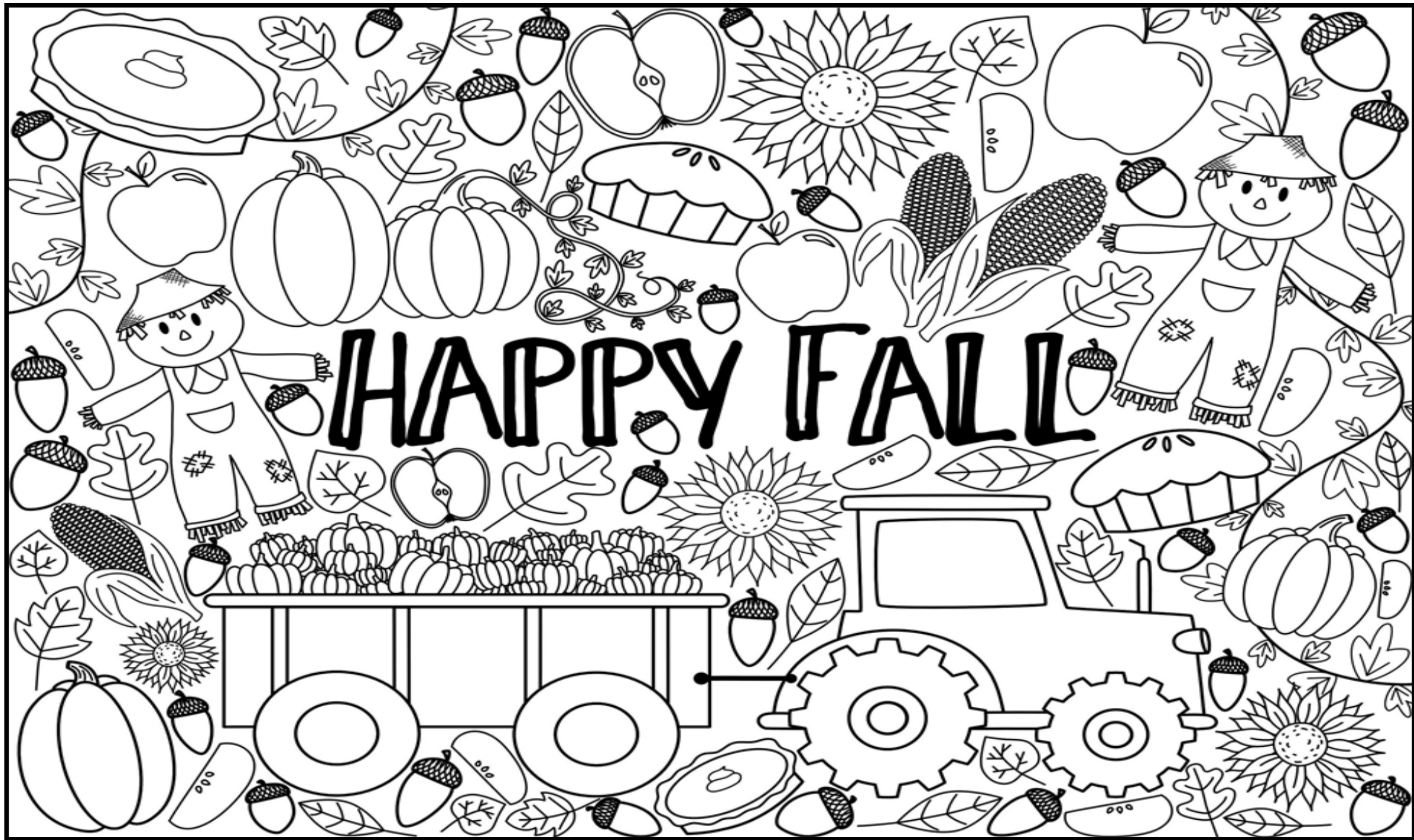


A September Rainbow

In September
Apples are red.
Leaves of yellow
Fall on my head.
The grass is brown,
The sky is blue,
Flowers of purple,
And orange squash, too.
Some trees have leaves
That still are green
A rainbow of color
Can be seen!

Autumn





CHICKEN NOODLE soup

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes.

Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper.

Bring to a boil, then reduce heat and simmer 20 minutes before serving.



Autumn

Word Search

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

ACORN
 APPLE CIDER
 AUTUMN
 BONFIRE

FAMILY
 HAYRIDE
 LEAVES
 PUMPKIN

SCARECROW
 SMORES
 TURKEY
 THANKS




Spot 10 differences



Bingo

September 2024 Activities

Trivia

Mon	Tue	Wed	Thu	Fri
2 	3 Hangman Bingo	4 Sherrell's program Ladder Ball	5 Pastoral services Golf	6 Trivia Bags
9 National Teddy Bear Day!! Ring Toss	10 Safety Meeting Amy here	11 Teresa's Program Bags	12 Pastoral Service Bingo	13 International Chocolate Day!! Cup Pong
16 Cinnamon Raisin Day!! Bozo Ball	17 Ellen's program Amy here	18 Joy Carlson Ring Toss	19 Pastoral Service Talk like a Pirate Day! Walk the plank	20 Fall Craft Bingo
23 Leslie's program Washers	24 Trivia Hungry Hippo	25 One hit wonders Bingo	26 Pastoral Service Ladder Ball	27 Joy here People's choice
30 Wear a Orange Shirt Day!! Hot potato				

GBSC SEPTEMBER 2024 MENU

<p>2</p> 	<p>3</p> <p>Ham Salad 3-4oz Cold Plate Fixings: Lettuce, tomato, pickle & onion 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p>4</p> <p>Pancakes - 3-4 oz Sausage Patty 3 oz Breakfast Hashbrowns 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>5</p> <p>Chicken Nuggets 3-4oz Broccoli & Cauliflower 1/2 c. w/ cheese Chef's Choice Fruit 1/2 c. W/W Bread- 2 oz Skim Milk - 8 oz</p>	<p>6</p> <p>Baked Pork Chop- 3-4oz Sweet Potatoes 1/2 c. Applesauce 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>
<p>9</p> <p>Hamburger/Cheeseburger- 3oz On a bun (2oz) w/pickles & onions Oven Baked Tater Tots 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>10</p> <p>BBQ Pulled Pork 3-4oz On 2 slider buns 2 oz (dinner rolls) Potato Salad 1/2 c. Canned Peaches 1/2 c. Skim Milk - 8 oz</p>	<p>11</p> <p>Sloppy Joe's - 3oz beef On a bun 2 oz w/pickles & onions Baked Beans 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>12</p> <p>Fish Sandwich- 3oz On a bun 2 oz w/pickles & onions Coleslaw 1/2 c. Canned Pears 1/2 c. Skim Milk - 8 oz</p>	<p>13</p> <p>Chicken (3oz) Enchilada Casserole w/Sour Cream Sauce Roasted Corn and Black Beans 1/2 c. Spanish Rice 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>
<p>16</p> <p>Pancakes - 3-4 oz Sausage Patty 3 oz Breakfast Hash browns 1/2 c. Small Banana (1/2 c.) Skim Milk - 8 oz</p>	<p>17</p> <p>Chicken Nuggets 3-4oz Potato Salad 1/2 c. Sliced Peaches 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p>18</p> <p>Homemade Meatloaf- 3-4oz Mashed Potatoes 1/2 c. & Gravy Canned Pears 1/2 c. W/W Bread or roll - 2 oz Skim Milk - 8 oz</p>	<p>19</p> <p>Marinated Pork Loin 3-4oz Mashed Potatoes 1/2 c. w/gravy Chef's Choice Fruit 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p>20</p> <p>Lemon Baked Fish- 3-4oz Broccoli 1/2 c. w/cheese sauce Tropical Fruit Salad 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>
<p>23</p> <p>Meatballs 3-4oz in Gravy Peas and Carrots 1/2 c. Peaches and cream 1/2 c. W/W Bread or roll - 2 oz Skim Milk - 8 oz</p>	<p>24</p> <p>Beef (3oz) Burrito Supreme Lettuce, tomatoes (1/2 c.) & Cheese Spanish Rice 1/2 c. Strawberries & Cream 1/2 c. Skim Milk - 8 oz</p>	<p>25</p> <p>Hamburger/Cheeseburger- 3oz On a bun (2oz) w/pickles & onions Baked Beans 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>26</p> <p>Baked Pork Chop- 3-4oz Coleslaw 1/2 c. Chef's Choice F1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p>27</p> <p>W/W Spaghetti (2 oz) & Meatballs 3 oz - 3-4oz Green Beans 1/2 c. Mixed Fruit 1/2 c. Garlic Bread Stick 2 oz Skim Milk - 8 oz</p>
<p>30</p> <p>Sloppy Joe's - 3oz beef On a bun 2 oz w/pickles & onions Baked Beans 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>		<p>*Offered vs served is an option for seniors at lunch time. *</p> <p>An AM snack is served daily upon arrival. The snack menu is posted at the center.</p>		