

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>September is National Senior Center Month!</b></p>	<p>1939 Germany invades Poland, starting World War II.</p> <p>Beef Shepaherd's Pie</p>	<p>1969 The first ATM automatic teller machine is installed.</p> <p>No Delivery</p>	<p>1783 The American Revolutionary War ends with the signing of the Treaty of Paris.</p> <p>Pulled Pork</p>	<p>1972 Mark Spitz wins his seventh swimming gold medal. He is the first Olympian to win seven gold medals .</p> <p>Lemon Citrus Chicken</p>
<p><b>HAPPY LABOR DAY!</b></p>	<p>1504 Michelangelo Unveils his famous sculpture of David in Florence.</p> <p>Turkey w/Gravy</p>	<p>1776 The Continental Congress officially names the United States.</p> <p>No Delivery</p>	<p>1913 The US opens its first paved coast-to-coast highway.</p> <p>Meatballs w/marinara</p>	<p>1609 The Hudson River is discovered by Henry Hudson.</p> <p>Greek Chicken</p>
<p>1901 President William McKinley dies after an assassination attempt. He is succeeded by Theodore Roosevelt.</p> <p>Salisbury Steak</p>	<p>1928 Sir Alexander Fleming observes mold killing bacteria. This will later become known as penicillin.</p> <p>Tarragon Chicken Breast</p>	<p>1908 General Motors is founded.</p> <p>No Delivery</p>	<p>1630 The city of Boston, Massachusetts is founded.</p> <p>BBQ Chicken</p>	<p>1793 Construction begins on the US Capitol building. The first cornerstone is set by George Washington.</p> <p>Lasagna</p>
<p>1981 Sandra Day O'Connor becomes the first female supreme court justice when she is confirmed by the senate.</p> <p>Chicken Cordon Bleu</p>	<p>1991 The Dead Sea Scrolls are made available to the public for the first time .</p> <p>American Chop Suey</p>	<p>1806 Lewis and Clark return from their exploration of the western US.</p> <p>No Delivery</p>	<p>1789 The United States Supreme Court, Post Office Department and the position of Attorney General are established.</p> <p>Beef stir fry w/fried rice</p>	<p>1846 U.S. forces led by Zachary Taylor captured the Mexican city of Monterrey.</p> <p>Caprese Chicken</p>
<p>1781 The siege of Yorktown, Virginia by American forces begins.</p> <p>Sweet &amp; Sour Pork</p>	<p>1829 London's Metropolitan Police becomes the first official police department in the world.</p> <p>Lemon Picatta Chicken</p>	<p>1935 The Hoover Dam, which still powers much of Las Vegas, is dedicated.</p> <p>No Delivery</p>	<p><i>Meals on Wheels / Grab &amp; Go Lunch Entrees and some notable events from September history.</i></p>	

*Less Stress and More Stretch. Don't stop moving. It's easy!*

*Participate with Linda Wilkes for Nia / Yoga classes*

*Studio 1623—Channel 12 9:30—10:30 a.m.*

*Every week....Tuesday.....Friday and Sunday*