

## Senior Progress Center

Activities: **Monday:** 10:30 a.m. shuffle board. **Tuesday:** 10 a.m. exercise; 11 a.m. October birthday party. **Wednesday:** 10:30 a.m. coffee hour. **Thursday:** 10 a.m. exercise; 10:30 a.m. pinocle. **Friday:** 10 a.m. exercise; 11:30 a.m. young at heart.

Menus for the week: **Monday:** smothered steak, mashed potatoes and gravy, mixed vegetables, peaches. **Tuesday:** turkey slice, sweet potatoes, applesauce gela-

tin, pumpkin bars. **Wednesday:** ham and beans, seasoned carrots, cornbread, five-cup salad. **Thursday:** meat loaf, creamed potatoes and peas, apricots, birthday cake. **Friday:** barbecue chicken sandwich, tater tots, coleslaw, bun, cook's choice fruit.

The Thomas County Nutrition Center invites anyone 60 and older to lunch at the senior center. Make reservations at (784) 460-2901 by noon the day before.

## School Activities and Menus

**Brewster**  
Activities: **Tuesday:** 4:30 p.m. volleyball, Hoxie. **Thursday:** 3 p.m. cross country, Grainfield; junior high, Heartland, 3 p.m. volleyball, 4:30 p.m. football. **Friday:** 7 p.m. high school football, Winona; no school. **Saturday:** 10 a.m. volleyball, Dighton.

Menus: **Monday:** breakfast: blueberry muffin. Lunch: burrito, corn, carrots, orange, pears. **Tuesday:** breakfast: breakfast quesadilla. Lunch: chicken patty, mashed potatoes, gravy, green beans, pumpkin muffins, pineapple, apple. **Wednesday:** breakfast: pancakes, sausage. Lunch: goulash, broccoli, carrots, banana, peaches. **Thursday:** breakfast: cinnamon roll. Lunch: hamburgers, fries, carrots, coleslaw, fruit.

**Colby Public Schools**  
Activities: **Monday:** no school; varsity golf Regionals; 4:30 p.m. eighth grade football, seventh grade volleyball vs. St. Francis; 5:30 p.m. eighth grade volleyball vs. St. Francis; 6:30 p.m. junior varsity football, Norton. **Tuesday:** early childhood screening; 4:30 p.m. volleyball, Oberlin; 5:30 p.m. C-team football vs. Wray; 7:30 p.m. football, wrestling rules meeting, Oakley. **Wednesday:** 3:30 p.m. junior dance clinic. **Thursday:** 2:35 p.m. senior class, graduation information; 3:30 p.m. junior dance clinic; 4 p.m. C-team volleyball, Garden City; 4:30 p.m. seventh grade volleyball, Oberlin; 5:30 p.m. eighth grade volleyball, seventh grade football, Oberlin. **Friday:** picture retakes; varsity tennis, State; 7 p.m. football vs. Concordia; junior dancers perform. **Saturday:** varsity tennis, State; 10 a.m. varsity volleyball, varsity cross country, Northwest Kansas League, Goodland.

Menus: **Tuesday:** breakfast: pizza, grape juice. Lunch: ravioli, taco potato, corn, orange. **Wednesday:** breakfast: apple muffin, orange juice. Lunch: chili or chicken noodle soup, cinnamon roll, fruit mix. **Thursday:** breakfast: French toast, grape juice. Lunch: burrito, crispito, refried beans, corn, garlic toast, peach. **Friday:** breakfast: long john, orange. Lunch: pizza, salad, peas, pear.

**Colby Community College**  
Activities: **Sunday:** 9 a.m. Western Horse Show, College Farm; noon - baseball vs. Mc-

Cook; 3 p.m. (Central Time) 7 p.m. Catholic Fellowship. **Monday:** 6 p.m. Endowment Foundation, Union; women's golf, Dodge City; men's golf, Kansas City, Kan. **Tuesday:** women's golf, Dodge City; men's golf, Kansas City; 5:30 p.m. Kansas National Education Association, Bedker. **Wednesday:** 6:30 p.m. volleyball vs. Pratt. **Friday:** cross country, Garden City; 4-7:30 p.m. Physical Therapy Assistance Club Massage Clinic, Henry Health. **Saturday:** 2 p.m. volleyball, Garden City.

**Golden Plains**  
Activities: **Tuesday:** 4 p.m. volleyball vs. Logan/Norton. **Wednesday:** 8:30 a.m. preliminary scholastic aptitude test; 12:30 p.m. dismissal. **Thursday:** 3:30/4:30 p.m. middle school volleyball/football vs. Wallace County/Weskan. **Friday:** 7 p.m. football, Northern Valley/Almena. **Saturday:** 10 a.m. volleyball tournament, Dighton.

Menus: **Rexford: Monday:** breakfast: pizza bobs. Lunch: corn dog. **Tuesday:** breakfast: bagels. Lunch: spaghetti. **Wednesday:** breakfast: combo. Lunch: combo. **Thursday:** breakfast: French toast. Lunch: chicken tender. **Friday:** breakfast: breakfast burrito. Lunch: chili cheese nachos.

**Selden: Monday:** breakfast: burrito. Lunch: chicken/noodle. **Tuesday:** breakfast: cinnamon toast. Lunch: taco salad. **Wednesday:** breakfast: biscuit/gravy. Lunch: corn dog. **Thursday:** breakfast: waffle stick. Lunch: sloppy joe. **Friday:** breakfast: scrambled eggs. Lunch: chili cheese nachos.

**Heartland**  
Activities: **Monday:** no school. **Tuesday:** 4:30 p.m. volleyball, Colby. **Thursday:** 3 p.m. junior high volleyball vs. Brewster, football to follow. **Saturday:** volleyball, Palco Tournament.

**Sacred Heart**  
Activities: **Monday:** no school; Home and School council. **Friday:** living rosary.

Menus: **Tuesday:** chicken fajita, lettuce/tomato, corn, kiwi, peanut butter fingers. **Wednesday:** goulash, Italian blend vegetables, applesauce. **Thursday:** pork cutlet, mashed potatoes/gravy, green beans, pineapple, bishop bread. **Friday:** sloppy joe/bun, potato wedges, peas, orange slices.

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