

Quebec Lunch Plus

October 2025

111846 Rosman Hwy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mobile Library 1 st Wednesday 10-12	Mobile BD William O 10/27 Pauline R 10/25 James L 10/7		1 Jennifer Medicare	2 Cathy Wood Habitat Home Repair	3 Jesus Medicare Alignment Health	4
5	6 	7 Bingo 	8 Fire Dept Health Tip	9 Jackie Craft	10 Sara H Communication Sparkpoint	11
12	13 Fire Dept BP checks	14 Bingo 	15 Ronnie  Sing a Long	16 Rosetta Craft	17 Mary Chair Yoga	18
19	20 Jasmine Trivia	21 Bingo 	22 Megan Vaya-Mental Health	23 Sara AARP Home Safety	24 Jesus Hangman Alignment Health	25 Hunger Coalition 4th Thursday 2:30-4PM
	27 Kim BP checks	28 Bingo 	29 Erin M Yoga	30 Chet Warning signs Alzheimer's	31 Halloween  Wear Costume	
Happy Birthday Ed F 10/5 Donnie R 10/15 Tomoko 10/16	Hazel 10/20 Betty B 10/27 Tomoko 10/16	 WNCSource 828.884.8855 LunchPlus 828.862.4466 Transportation 828.884.3203 Kathy 706.831.2521				