

# October 2025

## This Month...

- Fall into STEAM **Saturday, October 4**
- Coffee With A Cop **Monday, October 6 at 10:30AM**
- Lunch & Learn | Ducks in a Row **Tuesday, October 7 at 12:00PM**
- Chair Massages **Tuesday, October 14 at 10:00AM**
- Lunch & Learn | Maximize Retirement **Tuesday, October 14 at 12:00PM**
- Fire Up the Flavor: Cops, Trucks, & Chili **Friday, October 17 at 5:00PM**
- October Luncheon **Monday, October 20 at 12:00PM**
- Trunk or Treat **Saturday, October 25 at 12:00PM | FREE EVENT**
- AARP Smart Drivers Course **Monday, October 27 - Tuesday, October 28**
- Versiti Blood Drive **Tuesday, October 28** \*[www.versiti.org](http://www.versiti.org)
- October Soup, Sandwiches, & Bingo **Wednesday, October 29 at 12:00PM**
- Life Line Screening **Friday, October 31**

Please call or visit the front desk for preregistration & additional information.

[www.byrontownshiprec.org](http://www.byrontownshiprec.org)  
616.878.1998

## Pumpkin French Toast

### Ingredients:

- 6-8 slices of bread (used sourdough)
- 2 eggs
- 4 tbsp pumpkin purée
- 2 tsp pumpkin pie spice
- 1/2 tsp cinnamon
- 2 tbsp nut milk
- 1 tsp flax meal
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- Pinch of salt

### Instructions:

1. In a bowl, combine all the ingredients to form the batter.
2. Dip each slice of bread in the mixture, ensuring it soaks up all the flavors.
3. Preheat a pan over medium-low heat and coat it with avocado oil.
4. Cook the soaked bread slices for 2-3 minutes on each side, or until golden brown. Check at the 2-minute mark and cook for another minute if needed.
5. Top with butter, maple syrup, bananas, or whatever your heart desires



## TODDLER REC

Open Gym for  
Toddlers  
Starting: October 1

Wednesdays  
&  
Fridays

9:30AM -  
11:30AM

\$1.00  
Resident  
\$2.00  
Non-Resident  
CASH ONLY

