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| **November 2024 - Meal Calendar** | | | | |  | | **November 2024 - Activity Calendar** | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  | **MONDAY** | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  |  | 1  **11:30a-12:30p Lunch**  Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, and Kiwi |  |  | |  |  |  | 1  10:45a Fit for the Aging  1p Pantry Bingo |
| 4  **11:30a-12:30p Lunch**  Chicken Tenders,  Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange  **4:30-5:30pm Dinner**  Chicken Enchiladas, Corn and Black Bean Fiesta, Applesauce | 5  **11:30a-12:30p Lunch**  Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks  **4:30-5:30p Dinner**  Chicken Stew with Biscuit, Brussels Sprouts, Pear | 6  **11:30a-12:30p Lunch**  Lemon Pepper Chicken, Baked Potato,  Brussels Sprouts, Orange  **4:30-5:30p Dinner**  Meatloaf, Mashed Potatoes w/ Gravy,  Brussels Sprouts,  Strawberries | 7  **11:30a-12:30p Lunch**  Lasagna, Mixed Vegetables, Grapes  **4:30-5:30p Dinner**  Chicken and Dumplings, Harvest Blend Vegetables, Orange | 8  **11:30a-12:30p Lunch**  Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange |  | 4  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | 5  9a Friends of a Feather Quilting Group  9a Zumba Gold  10a Zumba Gold  12:30 p Euchre (Events Room) | **6**  10a Silver Sneakers  11a BP Check  12:30p Mahjong | 7  9a Zumba Gold  10a Pokeno  10a Zumba Gold  1p Penny Bingo  3p Medicine Shoppe Bingo  3p-4p Daylight Diamonds | 8  10:45a Fit for the Aging  1p Pantry Bingo |
| 11  **11:30a-12:30p Lunch**  BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi  **4:30-5:30p Dinner**  Taco Salad, Corn, Grapes | 12  **11:30a-12:30p Lunch**  Chicken and Dumplings, Harvest Blend Vegetables, Orange  **4:30-5:30p Dinner**  Beef Tips, California Blend Vegetable, Pear | 13  **11:30a-12:30p Lunch**  Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  **4:30-5:30p Dinner**  Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear | 14  **11:30a-12:30p Lunch**  BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes  **4-6pm Thanksgiving Meal**  Turkey, Mashed Potatoes and Gravy, Stuffing, Green Bean Casserole, and Pumpkin Pie | 15  **11:30a-12:30p Lunch**  Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries |  | 11  10a Silver Sneakers  **10:30a Veteran’s Day Program**  1-4p Chess Club  2-3p Diamond Art Club | | 12  **9a-2p Housing Counseling Class**  9a Zumba Gold  10a Zumba Gold  12:30p Euchre | 13  10a Silver Sneakers  11a BP Check  12:30p Mahjong | 14  10a Pokeno  9a Zumba Gold  10a Zumba Gold  1p Penny Bingo  3p-4p Daylight Diamonds  **4p–6p Thanksgiving Special Dinner** | 15  10a-12p Art Class with Clare Spaulding  10:45a Fit for the Aging  1p Pantry Bingo |
| 18  **11:30a-12:30p Lunch**  Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple  **4:30-5:30p Dinner**  Beef Enchilada, Spanish Rice, Carrots, Kiwi | **19**  **11:30a-12:30p Birthday Lunch**  Balsamic Chicken, Tomato Parmesan Pasta, Italian Blend Vegetable, Orange  **4:30-5:30p Dinner**  Meatloaf, Mashed Potatoes w/Gravy, Brussels Sprouts, and Strawberries | **20**  **11:30a-12:30p Lunch**  Hamburger Stroganoff,  Green Beans, Apricots  **4:30-5:30pm Dinner**  Pork Roast, Baked Potato, Green Beans, Pear | 21  **11:30a-12:30p Lunch**  Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes  **4:30-5:30p Dinner**  Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana | 22  **11:30a-12:30p Lunch**  Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes |  | 18  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | 19  9a Zumba Gold  10a Zumba Gold  **11:30a Birthday Lunch**  12:30p Euchre  **4:30p Board Meeting** | 20  10a Silver Sneakers  11a BP Check  **11a Alzheimer’s Support @ the Brook**  **11a New to Medicare**  12:30p Mahjong | 21  9a Zumba Gold  10a Pokeno  10a Zumba Gold  1p Penny Bingo  **1-5p Legal Assistance Appt. Required**  3p-4p Daylight Diamonds | 22  10:45a Fit for the Aging  1p Pantry Bingo |
| 25  **11:30a-12:30p Lunch**  Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple  **4:30-5:30p Dinner**  Chicken Tacos,  Refried Beans, Kiwi | 26 Thanksgiving Meal Day Make Up\*  **11:30a-12:30p**  Chicken Alfredo, Sugar Snap Peas, Broccoli, Orange  **4:30-5:30p Dinner**  Stuffed Peppers, Broccoli, Cauliflower  Kiwi, Wheat Bread | 27  **11:30a-12:30p Lunch**  Pork Chop Supreme,  Baked Potato, Brussels Sprouts, Kiwi  **4:30-5:30p Dinner**  Beef Stew, California Blend Vegetable,  Apple |  |  |  | 25  **9:15a-5:30p Foot Clinic –Appt. Required**  10a Silver Sneakers  **Blood Drive 11:30a-3:30p**  1-4p Chess Club  2-3p Diamond Art Club | | **26**  9a Zumba Gold  10a Zumba Gold  12:30p Euchre  **12:30p Jeopardy** | **27**  10a Silver Sneakers  12:30p Mahjong  **2p-4:30p Commodities** |  |  |
| **Light Bites**  Southwest Side Salad, Chicken Tortilla Soup, Kiwi | **Light Bites**  Turkey Sub, Minestrone Soup, Grapes | **Light Bites**  Side Chef Salad, Cheesy Potato Soup, Pear | **Light Bites**  Won Ton Soup, Mandarin Salad, Kiwi | **Light Bites**  Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple |  |  | |  |  |  |  |