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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 |  |  |  |  |  | 110:45a Fit for the Aging1p 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 |  | 410a Silver Sneakers 1-4p Chess Club2-3p Diamond Art Club | 59a Friends of a Feather Quilting Group9a Zumba Gold10a Zumba Gold 12:30 p Euchre (Events Room)  | **6**10a Silver Sneakers11a BP Check12:30p Mahjong | 79a Zumba Gold10a Pokeno 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo3p-4p Daylight Diamonds | 810:45a Fit for the Aging1p 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 |  | 1110a Silver Sneakers **10:30a Veteran’s Day Program**1-4p Chess Club2-3p Diamond Art Club | 12**9a-2p Housing Counseling Class**9a Zumba Gold10a Zumba Gold  12:30p Euchre | 1310a Silver Sneakers11a BP Check12:30p Mahjong | 1410a Pokeno 9a Zumba Gold10a Zumba Gold 1p Penny Bingo3p-4p Daylight Diamonds**4p–6p Thanksgiving Special Dinner** | 1510a-12p Art Class with Clare Spaulding10:45a Fit for the Aging1p 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 |  | 1810a Silver Sneakers 1-4p Chess Club2-3p Diamond Art Club | 199a Zumba Gold10a Zumba Gold **11:30a Birthday Lunch** 12:30p Euchre**4:30p Board Meeting** | 2010a Silver Sneakers11a BP Check**11a Alzheimer’s Support @ the Brook****11a New to Medicare**12:30p Mahjong | 219a Zumba Gold10a Pokeno 10a Zumba Gold 1p Penny Bingo **1-5p Legal Assistance Appt. Required**3p-4p Daylight Diamonds | 2210:45a Fit for the Aging1p 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, CauliflowerKiwi, 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 Club2-3p Diamond Art Club | **26**9a Zumba Gold10a Zumba Gold 12:30p Euchre**12:30p Jeopardy** | **27**10a Silver Sneakers12:30p 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 |  |  |  |  |  |  |