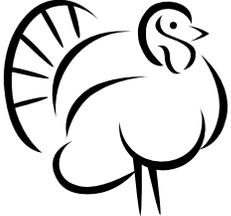


November 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Every Monday & Wednesday: 1:00 Hand & Foot	1 Morning Walking Quilting Cards Afternoon Bridge Club 1:00 Card Making	2 Walking / Quilting / Cards 11:30 & 3:00 Cyril & Bev Hansen, "Oldies But Goodies" 1:00 Hand & Foot 3:00 November Birthday Party With Oma's Pumpkin Shaped Cake	3 Walking Quilting Cards 1:00 Cards Afternoon Bridge Club	4 Walking/Quilting/Cards/Pool 9:45 Art in the Black Box Theater 11:30 & 12:45 Spotlight on Promise 1:15 Bingo 2:00 Dominoes/Hand & Foot
7 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes	8 Morning Walking Quilting 11:30 Pat Cook - "Swan Song" Cards Afternoon Bridge Club	9 Walking / Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot	10 Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	11 Walking/Quilting/Cards/Pool Century Club Movie 12:00 Dinner 1:30 Veterans' Day Program Connie Webber, Piano
14 Walking/Quilting/Cards 9:00 & 1:00 Pool 11:30 Music Therapy by Jamie Young 1:00 Hand & Foot 1:00 Chicken Foot Dominoes	15 Morning Walking Quilting / Cards Afternoon Bridge Club 2:00 - 3:00 Toenail Clinic, Anne Hoeman, PA	16 Walking / Quilting / Cards 9:00 & 1:00 Pool 9:30 - 12:00 Health Screening by Mary Nichols 12:00 Special Luncheon 1:00 Hand & Foot	17 Morning Walking Quilting Cards 11:30 Val Koeber, Piano Afternoon Bridge Club	18 Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes
21 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting 1:00 Hand and Foot 1:00 Chicken Foot Dominoes	22 Morning Walking / Quilting Cards Thanksgiving Dinner 11:30 "Senior Sounds" Barbershop Quartet Afternoon Bridge Club	23 Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot	24 <i>Closed For Thanksgiving</i>	25 <i>Closed For Thanksgiving</i>
28 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Chicken Foot Dominoes 1:00 Hand & Foot	29 Morning Walking / Quilting Cards 11:30 Connie Webber, Organ Afternoon Bridge Club	30 Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot	Every Monday & Wednesday: 1:00 Chicken Foot Dominoes	Remember Fridays: 1:15 Bingo 2:00 Chicken Foot Dominoes

November 2011 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Sliced Beef Roasted Potatoes/w Skins Frozen Key Largo Blend Vegetable Whole Wheat Dinner Roll Promise Canned Mandarin Oranges	2 Turkey Stack Mashed Potatoes with Skins Turkey Gravy Frozen Broccoli WW Fresh Bread w/ Promise Canned Apple Sauce	3 Tator Tot Casserole With Frozen Green Beans Frozen Peas and Carrots Whole Wheat Bread & Promise Canned Peaches over Cottage Cheese	4 Creamed Chicken Over Biscuit Frozen Cauliflower & Promise Shredded Lettuce w/ Carrots And Dorothy Lynch Canned Apricots Halves
7 Meatloaf with Tomato Sauce Baked Potato with Butter Frozen Green Beans WW Dinner Roll w/ Promise Canned Pears	8 Chicken Fried Steak with Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ F. Shredded 1/2 c. Carrots & Crushed Pineapple & Juice	9 Sliced Ham Sweet Potato Frozen Peas WW Fresh Bread Promise Canned Pineapple & Juice In Green Jell-O	10 Smothered Grilled Chicken in Cr. Of Chicken Soup Frozen Prince William Vegetable Lettuce Salad With Tomatoes Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit	11 <u>Veteran's Day</u> Taverns On Bun Baked Beans Coleslaw Promise Canned Mandarin Oranges
14 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce w/ Shredded Carrots & Cheese Dorothy Lynch Dressing WW Fresh Bread & Promise Canned Fruit Cocktail & Juice	15 Beef Tips w/ Mushroom Soup & Onions Over Noodles Frozen Peas and Pearl Onions Fresh Coleslaw WW Dinner Roll & Promise Sliced Canned Peaches	16 Ham Salad Sandwich On WW Bread Homemade Tomato Soup With Stewed Tomatoes Homemade Pea Salad Crackers & Promise Apple Pie	17 Shredded Barbecued Beef Sandwich Canned Baked Beans Fresh Potato Salad WW Bun & Promise 1/2 c. Mandarin Orange Fluff	18 Sliced Turkey w/ Gravy Red Roasted Potatoes Frozen Green Beans WW Dinner Roll Promise Canned Pineapple Chunks & Juice
21 Beef Stroganoff Noodles Frozen Prince William Veg. Fresh Vegetable Salad Cottage Cheese w/ 2 Pineapple Rings on F. Lettuce Leaf WW Dinner Roll & Promise	22 <u>Thanksgiving Dinner</u> Baked Chicken w/ Cream of Chicken Soup Bread Dressing w/ fresh celery & onions, Poultry Gravy Green Bean Almandine WW Dinner Roll & Promise Canned Tropical Fruit in Orange Jell-o 1/3 c. Pumpkin Pie & Topping	23 Polish Dog w/ Kraut Creamed Frozen Peas Pineapple, F. Carrots, Rai- sins & Mayo Salad WW Fresh Bun & Promise Vanilla Pudding with 1/2 c. Frozen Mangoes & Marshmallows	24 No Meals for Congregate & Home Delivered <i>Happy Thanksgiving</i>	25 No Meals for Congregate & Home Delivered <i>Happy Thanksgiving</i>
28 Swedish Meatballs w/ Celery Soup & Dill Au Gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding w/ Marshmal- lows & 1/2c. Canned Peaches	29 Country Beef Steak Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O w/ Pears/ Juice	30 Sliced Turkey Sweet Potatoes Frozen Broccoli WW Dinner Rolls & Promise Canned Mandarin Oranges	Menus Subject to Change By Dietitian	
2% Milk, Skim Milk, Water, and Coffee are offered with eve- ry meal.				