





















**NOVEMBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Set Your Clocks Back</b>  <b>November 6<sup>th</sup></b></p> 	<p><b>1 Jambalaya</b>  <b>8:30</b> Hot Breakfast &amp; Music-1970's  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> What's So Special About November  <b>1:00</b> Shuffleboard</p> 	<p><b>2 Beef Macaroni Casserole</b>  <b>8:30</b> Continental Breakfast &amp; Music-Beach Boys  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Guess Who? Edmund Fitzgerald  <b>1:00</b> Trivia</p>	<p><b>3 Chicken Cordon Blue</b>  <b>PARTY DAY</b>  <b>8:30</b> Hot Breakfast &amp; Music-Country Music  <b>9:30</b> Current Events  <b>11:00</b> Happy Birthday November Babies!</p>  <p><b>1:00</b> Cat Clock Craft</p>	<p><b>4 Parmesan Crusted Salmon</b>  <b>8:30</b> Continental Breakfast &amp; Music-Country  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Can You Tell Me How to Get to Sesame Street!  <b>1:00</b> Music</p> 
<p><b>7 Stuffed Cabbage</b>  <b>Word of the Week- "Veteran"</b>  <b>8:30</b> Continental Breakfast &amp; Music-Show Tunes  <b>9:30</b> Current Events  <b>11:30</b> Discussion-Election Day  <b>1:00</b> Don't Forget to Vote Craft</p>	<p><b>8</b></p> <p><b>CENTER CLOSED</b></p>  <p><b>ELECTION DAY</b></p>	<p><b>9 Chicken Parmesan</b>  <b>8:30</b> Continental Breakfast &amp; Music-Classical  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Guess Who? Dick Clark  <b>1:00</b> Bingo</p>	<p><b>10 Oktoberfest Sauerbraten</b>  <b>8:30</b> Hot Breakfast &amp; Music-Frank Sinatra  <b>9:30</b> Current Events  <b>11:30</b> Discussion-Veteran's Day  <b>1:00</b> Thank a Veteran Craft</p> 	<p><b>11</b></p> <p><b>CENTER CLOSED</b></p> 
<p><b>14 Vegetable Lasagna</b>  <b>Word of The Week- "Spacecraft"</b>  <b>8:30</b> Continental Breakfast &amp; Music-Show Tunes  <b>9:30</b> Current Events  <b>11:30</b> Discussion-World Kindness Day  <b>1:00</b> Indian Corn Craft</p> 	<p><b>15 Lemon Garlic Chicken</b>  <b>8:30</b> Hot Breakfast &amp; Music- Country  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Have You Been to the Great Wall of China  <b>1:00</b> Ladderball</p>	<p><b>16 Italian Sausage in Cream Sauce</b>  <b>8:30</b> Continental Breakfast &amp; Music-The Andrews Sisters  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion-Sound of Music  <b>1:00</b> Puzzle Day</p> 	<p><b>17 Beer Battered Codfish</b>  <b>8:30</b> Hot Breakfast &amp; Music- Jazz  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Guess Who? Rock Hudson  <b>1:00</b> Thanksgiving Placemat Craft</p>	<p><b>18 Roast Turkey</b>  <b>8:30</b> Continental Breakfast &amp; Music-Country  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion-Apollo  <b>1:00</b> Music</p> 
<p><b>21 Sloppy Joe</b>  <b>Word of The Week- "Pumpkins"</b>  <b>8:30</b> Continental Breakfast &amp; Music-Show Tunes  <b>9:30</b> Current Events  <b>11:30</b> Discussion-Edison's First Intervention  <b>1:00</b> Turkey Craft</p> 	<p><b>22 Turkey Tetrazzini</b>  <b>8:30</b> Hot Breakfast &amp; Music-1970's  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion-The History of Pie  <b>1:00</b> Bottle Toss Game</p>	<p><b>23 Salisbury Steak</b>  <b>8:30</b> Continental Breakfast &amp; Music-Beach Boys  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion Thanksgiving  <b>1:00</b> Thanksgiving Bingo</p> 	<p><b>24</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>25</b></p> <p><b>CENTER CLOSED</b></p> 
<p><b>28 Braised Pork Ragu</b>  <b>Word of the Week- "Parades"</b>  <b>8:30</b> Continental Breakfast &amp; Music-Show Tunes  <b>9:30</b> Current Events  <b>11:30</b> Have You Bee to the Mac's Day Parade  <b>1:00</b> Autumn Windsock Craft</p>	<p><b>29 Jambalaya</b>  <b>8:30</b> Hot Breakfast &amp; Music-1970's  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Guess Who? Cary Grant  <b>1:00</b> Scattagories</p> 	<p><b>30 Beef Macaroni Casserole</b>  <b>8:30</b> Continental Breakfast &amp; Music-Beach Boys  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Pong Video Game  <b>1:00</b> Lawn Darts Game</p>	<p><b>Everyday Activities</b></p> <p><b>9:30-Current Events</b>  <b>11:00-Exercises</b>  <b>11:30-Lecture</b>  <b>12:00-Lunch</b>  <b>1:00- Game, Craft or Music</b></p> 	<p><b>VIRTUAL SUPPORT GROUPS:</b></p> <p><b>Grandparents Raising Grandkids</b>  Every Wednesday 1-2:30pm</p> <p><b>Adult Children Of Aging Parents</b>  3<sup>rd</sup> Wednesday of the Month 7-8:30pm</p> <p><b>Caregivers Group</b>  Every Monday 1-2:30pm</p> <p>Call 631-728-1235 for more information</p>



**NOVEMBER 2022 CONGREGATE MEAL MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Jambalaya – Herbed Carrots – Snap Peas – Orange Juice – Dinner Roll – White Rice – Pineapple Chunks & Milk	<b>2</b> Beef, Macaroni & Tomato Casserole – Mixed Vegetables – Mixed Green Salad – Italian Bread – Banana & Milk	<b>3</b> Chicken Cordon Bleu w/Light Gravy – Fresh Broccoli – Orange Juice – Sweet Potato – Assorted Roll – Fresh Apple & Milk	<b>4</b> Parmesan Crusted Salmon – Butternut Squash Soup – Braised Lentils – Garlic Spinach – Multigrain Bread – Fruited Jell-O & Milk
<b>7</b> Stuffed Cabbage w/Tomato Sauce – Carrots – Orange Juice – Buttered Noodles – Whole Wheat Bread – Peaches & Milk	<b>8 Center Closed – Election Day</b> 	<b>9</b> Chicken Parmesan – Romano Beans – Spaghetti – Sourdough Bread – Fresh Orange & Milk	<b>10</b> Sauerbraten – Red Cabbage – Orange Juice – Bavarian Green Beans – Potato Pancake w/Sour Cream – Rye Bread – Apple Strudel & Milk	<b>11 Center Closed –</b> 
<b>14</b> Vegetable Lasagna – Cauliflower – Yellow Squash – Italian Bread – Apricots & Milk	<b>15</b> Lemon Garlic Chicken – Tuscany Blend Vegetables – Broccoli – Wild Rice – Pumpnickel Bread – Clementine & Milk	<b>16</b> Italian Sausage & Mushrooms in a Tomato Cream Sauce – Kale & Onions – Herbed Carrots – Penne Pasta – Italian Bread – Fresh Banana & Milk	<b>17</b> Beer Battered Codfish w/Tartar Sauce – Ratatouille – Orange Juice – Sweet Potato – Whole Wheat Bread – Tropical Fruit & Milk	<b>18</b> Roasted Turkey w/Pan Gravy – Cranberry Sauce – Green Bean Casserole – Cornbread Stuffing – Apple Juice – Mashed Potatoes – Dinner Roll – Pumpkin Pie & Milk
<b>21</b> Sloppy Joe – Key West Blend Vegetables – Wax Beans – Orange Juice – Wheat Roll – Fresh Plum & Milk	<b>22</b> Turkey Tetrazzini – Peas & Carrots – Grape Juice – Spaghetti – Assorted Roll – Fruit Cocktail & Milk	<b>23</b> Salisbury Steak w/Mushroom Gravy – Brussels Sprouts – Arugula Salad – Steamed Red Potatoes – Cranberry Juice – French Roll – Oatmeal Raisin Cookie & Milk	<b>24 Center Closed – Happy Thanksgiving</b> 	<b>25 Center Closed – Happy Thanksgiving</b> 
<b>28</b> Braised Pork Ragu – Roasted Cauliflower – Orange Juice – Tuscany Blend Vegetables – Buttered Noodles – Dinner Roll – Carrot Cake & Milk	<b>29</b> Jambalaya – Herbed Carrots – Snap Peas – Orange Juice – Dinner Roll – White Rice – Pineapple Chunks & Milk	<b>30</b> Beef, Macaroni & Tomato Casserole – Mixed Vegetables – Mixed Green Salad – Italian Bread – Banana & Milk	<b>Dec. 1</b> Chicken Cordon Bleu w/Light Gravy – Fresh Broccoli – Orange Juice – Sweet Potato – Assorted Roll – Fresh Apple & Milk	<b>Dec. 2</b> Parmesan Crusted Salmon – Butternut Squash Soup – Braised Lentils – Garlic Spinach – Multigrain Bread – Fruited Jell-O & Milk

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Please inform Center staff if you have a food allergy

**PRE-REGISTRATION REQUIRED A DAY IN ADVANCE.**

Advise staff of alternate choice when making reservation

**GRAB ‘N GO MEALS – PRE-REGISTRATION REQUIRED**

Alternative Entrée:

**NOT AVAILABLE FOR GRAB ‘N GO**

**Week of Nov. 1 & 28**  
**Week of Nov. 7**  
**Week of Nov. 14**  
**Week of Nov. 21**

**Hot:** Hot Dog w/Relish  
**Hot:** Cuban Slider  
**Hot:** Crab Cake Sandwich on Roll  
**Hot:** Roast Beef on Garlic Toast

**Cold:** Turkey & Swiss Wrap  
**Cold:** Chicken Caesar  
**Cold:** Chicken Salad Plate  
**Cold:** Tuna Fish Salad Plate