

November 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple	3 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange, Dessert 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	4 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick	5 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	6 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple
9 11:30-12:30 Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi	10 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Cupcakes 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	11 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	12 11:30a-12:30p Lunch Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	13 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
16 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	17 11:30a-12:30p Lunch Pork w/ Kraut, Green Beans, Applesauce, Dessert 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	18 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	19 11:30a-12:30p Lunch Hamburger, Green Beans, Corn, Grapes 4:30-5:30pm Dinner Shepard's Pie, Carrots, Grapes	20 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple
23 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	24 11:30a-12:30p Lunch Beef Tips, Brown Rice, Corn, Applesauce, Dessert 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	25 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING

30
11:30-12:30 Lunch
 Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt

FREE DESSERTS WITH YOUR CONGREGATE MEAL ON TUESDAYS!

\$2.00 — 8oz SOUP TO-GO
 See pg 13 for more details

November 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Aerobic Drumming	3 10am Aerobic Drumming	4 9:30am Commodities @ St. Mary's 10am Zoom Zumba 1pm Walk in the Woods @ Mason Tract	5 10am Zoom Zumba	6 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
9 10am Aerobic Drumming 2pm Town Hall Meeting	10 10am Aerobic Drumming National Cupcake Day! <i>Get a FREE cupcake with your Congregate Meal!</i>	11 10am Zoom Zumba 1pm Walk in the Woods @ Rayburn Property	12 10am Zoom Zumba	13 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
16 10am Aerobic Drumming 1pm TEFAP @ American Legion	17 10am Aerobic Drumming	18 10am Zoom Zumba 12pm Thanksgiving Bingo	19 10am Zoom Zumba	20 10am Stretch via Zoom 12pm Intro to Zoom Workshop 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
23 10am Aerobic Drumming	24 10am Aerobic Drumming	25 10am Zoom Zumba 11am New to Medicare Seminar	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING

30
 10am Aerobic Drumming

Zoom Fitness

Monday: tinyurl.com/coa-drumming/
 Tuesday: tinyurl.com/coa-drumming/
 Wednesday: tinyurl.com/coa-zumba-wed
 Thursday: tinyurl.com/coa-zumba-thurs
 Friday: tinyurl.com/stretchfriday

Drop in to check out our live classes!