

November 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple	2 11:30-12:30 Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	3 11:30a-12:30p Lunch Beef Stroganoff, Asparagus, Italian Blend Vegetables, Kiwi	4 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Watermelon	5 11:30-12:30 Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
8 11:30-12:30 Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	9 11:30-12:30 Lunch Taco Salad, Roasted Corn & Black Bean Fiesta, Broccoli, Apricots	10 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt	11 11:30a-12:30p Lunch Sloppy Joe, Green Beans, Tossed Salad w/ Tomato, Burst O' Berries	12 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
15 11:30-12:30 Lunch Chicken & Mushroom Alfredo, Broccoli, Cauliflower, Orange	16 11:30a-12:30p Birthday Luncheon Beef Goulash, Green Beans, Kiwi, Cake & Ice Cream	17 11:30a-12:30p Lunch Lemon Pepper Chicken, Redskin Potatoes, Brussels Sprouts, Orange	18 11:30am-1:00pm Thanksgiving Luncheon Roast Turkey, Mashed Potatoes & Gravy, Stuffing, Corn, Mandarin Oranges, Pumpkin Pie	19 11:30-12:30 Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
22 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple	23 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear	24 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Mixed Vegetables, Kiwi	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 11:30-12:30 Lunch Beef Tips & Pasta, Corn, Applesauce	30 11:30-12:30 Lunch Stuffed Peppers, Broccoli & Cauliflower, Grapes	Congregate Dinners have been suspended for the winter. For more information visit page 2.		

November 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Euchre – Lawndale	3 9:30-10:30am Commodities – St. Mary's Church 12pm Clogging – E M72 1pm Wii Bowling – Lawndale	4 10am Pokeno – Lawndale 11:30am-12:30pm Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale 2-4pm Medicine Shoppe Bingo – Lawndale	5 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
8 1-2:30pm – TEFAP Quarterly Food Distribution @ American Legion	9 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Euchre – Lawndale	10 12pm Clogging – E M72 1pm Wii Bowling – Lawndale	11 10am Pokeno – Lawndale 11:30am-12:30pm Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	12 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale 2pm Intro to Zoom – via Zoom
15	16 10am Bible Study – Lawndale 10am Zumba – E M72 11:30a-12:30p Birthday Lunch 1pm Euchre – Lawndale	17 11am Alzheimer's Support Grp. @ The Brook of Grayling 12pm Clogging – E M72 1pm Wii Bowling – Lawndale	18 10am Pokeno – Lawndale 11:30-1 Thanksgiving Luncheon— Take Out Only at Lawndale St. 1pm Penny Bingo – Lawndale	19 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
22 1-4pm Foot Clinic — Appt. Req. – Lawndale	23 10am Bible Study – Lawndale 10am Zumba – E M72 1pm New to Medicare Seminar – via Zoom 1pm Euchre – Lawndale	24 1pm Wii Bowling – Lawndale	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29	30 10am Bible Study – Lawndale 10am Zumba – E M72 1pm Euchre – Lawndale	We ask that participants social distance whenever possible. We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.		