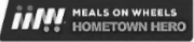


November 2026 ~ Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Chicken Drumsticks, Mashed Potatoes and Gravy, Baked Beans, Orange	3 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Apple	4 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Pear	5 8:30a-9:30a Breakfast Bacon, Fried Egg, Toast, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks	6 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Egg Roll, Tropical Fruit Salad  Donated by Keith Radwanski & Erin Fanning in Memory of Stan and Kathy Fanning
9 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Chili with Beans, Broccoli and Cauliflower, Roll, Pear	10 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Lunch Lasagna, Breadstick, Mixed Vegetables, Orange	11 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Chicken Stew, Broccoli, Roll, Kiwi	12 8:30a-9:30a Breakfast Bacon, Fried Egg, Toast, Breakfast Potatoes, Orange, Mango Berry Smoothie 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Prince Charles Vegetables, Pear	13 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/Gravy, Peas and Onions, Banana
16 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill and Garlic Potatoes, Baked Beans, Kiwi	17 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Birthday Lunch Chicken Marsala, Garlic Mashed Potatoes, Italian Blend Vegetables, Applesauce	18 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Potato Crusted Whiting, Broccoli, Cheesy Mashed Potatoes, Apple	19 11:30a-12:30p Lunch 4:00p-6:00p Thanksgiving Special Dinner Turkey, Cranberry Relish, Mashed Potatoes & Gravy, Green Bean Casserole, Stuffing, Dinner Roll, Optional Dessert: Pumpkin Pie	20 8:30a-9:30a Breakfast Belgian Waffles, 2 Sausage Patties, Strawberries, Strawnana Smoothie 11:30a-12:30p Lunch Beef Pot Roast with Gravy, Garlic Mashed Potatoes, Carrots, Roll, Banana
23 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Swedish Meatballs, Egg Noodles, Peas and Onions, Orange	24 8:30a-9:30a Breakfast Ham Slice, Fried Egg, Toast, Applesauce, Sunrise Peach Smoothie 11:30a-12:30p Western Omelet, Redskin Potatoes, Berry Vanilla Yogurt Bowl	25 8:30a-9:30a Breakfast Bacon and Egg Bake, Hash Browns, Assorted Bagels, Banana, Tropical Smoothie 11:30a-12:30p Lunch Orange Chicken, Fried Rice, Sugar Snap Peas, Mandarin Oranges	26 <u>Closed for Thanksgiving</u>	27 <u>Closed for Thanksgiving</u>
30 8:30a-9:30a Breakfast Biscuit and Gravy, Scrambled Eggs, Banana, Banana Berry Smoothie 11:30a-12:30p Lunch Macaroni & Cheese, Harvest Blend Vegetables, Strawberry Yogurt				
Light Bites – Dine in Only Cabbage Rolls, Red Skin Potato, Roll, Banana	Light Bites – Dine in Only Turkey Sub, Minestrone Soup, Grapes	Light Bites – Dine in Only Bourbon Chicken, Vegetable Egg Roll, Sugar Snap Peas, Kiwi	Light Bites – Dine in Only Vegetable Beef Soup, Garden Salad, Orange	Light Bites – Dine in Only Italian Meatball Sub, Garden Salad, Banana



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November 2026 ~ Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	3 9a Friends of a Feather 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:30p Euchre	4 8:30a Blood Pressure Checks 10a Silver Sneakers 12:30p Wii Bowling 12:30p Mahjong	5 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Music for Life 3:30p Grayling Pharmacy Bingo	6 10:30a Bible Study 10:45a Fit for the Aging 12:30p Floral Design - \$5.00 1p Pantry Bingo <hr/> 8 3p Diamond Dancers
9 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	10 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Grief Group 10a Zumba Gold B 12:30p Euchre 1p Cancer Support Group	11 8:30a Blood Pressure Checks 9:30a Veterans Day Program 10a Silver Sneakers 12:30p Wii Bowling 12:30p Mahjong	12 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 3p Music for Life	13 10:30a Bible Study 10:45a Fit for the Aging 12:30p Floral Design - \$5.00 1p Pantry Bingo <hr/> 15 3p Diamond Dancers
16 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	17 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:15p Birthday Lunch 12:30p Euchre 1p Hospice Information Session	18 8:30a Blood Pressure Checks 9a New to Medicare 10a Silver Sneakers 11a Alzheimer's Support Group 12:30p Wii Bowling 12:30p Mahjong 1p Commodities	19 9a Zumba Gold A 10a Zumba Gold B 1p Penny Bingo 1p Legal Advice 4p-6p Thanksgiving Special Dinner	20 10:30a Bible Study 10:45a Fit for the Aging 12:30p Floral Design - \$5.00 1p Pantry Bingo <hr/> 22 3p Diamond Dancers
23 9a Footcare 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club	24 9a Zumba Gold A 9:30a Tech Support (Appointments Only) 10a Zumba Gold B 12:30p Euchre	25 8:30a Blood Pressure Checks 10a Silver Sneakers 10a Book Club 12:30p Wii Bowling 12:30p Mahjong	26 <u>Closed for Thanksgiving</u>	27 <u>Closed for Thanksgiving</u> <hr/> *29 No Diamond Dancers – Thanksgiving Break
30 10a Silver Sneakers 1p Chess Club 2p Diamond Art Club				

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