

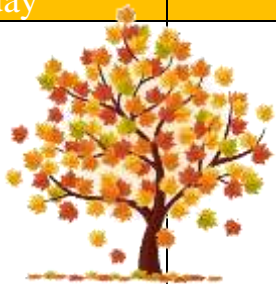




November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	   			1 9:00 Brain/Board Games 10:00 Pancakes & Pajamas 10:15 Gentle Seated Yoga 10:30 Wii Bowling Practice 11:30 Lunch 12:00 Penny BINGO
4 9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Blood pressure Checks 9:45 Dominoes 10:15 Art Residency 11:30 Lunch 12:00 Penny BINGO	5 <p style="text-align: center;">Closed in observance of Election Day</p>	6 9:00 Brain/Board Games 9:45 Kitchen Academy ~Chicken Tikka Masala 10:30 Fall Adult Coloring 11:30 Lunch 12:00 Qigong 12:00 Hope Squad Curriculum 12:15 Armchair Travelers ~ Diwali Festival of Lights	7 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 "Decoding The Fine Print" ~Bella Bergey 10:30 WORKOUT VIDEO 11:30 Lunch 12:00 WORKOUT VIDEO 12:00 Wii Bowling League	8 9:00 Brain/Board Games 9:30 Independent Art 10:15 Dominoes 10:30 Wii Bowling Practice 10:30 Books & Banter Club 11:30 Lunch 12:00 Penny BINGO
11 <p style="text-align: center;">Closed in observance of Veterans Day</p>	12 9:00 Brain/Board Games 9:45 Stix & Tones Video 10:15 Visit from our Sponsors LHM 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing	13 9:00 Brain/Board Games 9:15 WITS WORKOUT! 10:15 Bible Study 10:30 Now You Have It Game 11:30 Lunch 12:00 Qigong 12:00 Hope Squad Meeting ~	14 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Veteran Cafe 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing 12:00 Wii Bowling League	15 9:00 Brain/Board Games 9:30 Arts & Crafts w/ Amanda ~ Mini Sunflower Straw Hats 10:15 Gentle Seated Yoga 10:30 Wii Bowling Practice 11:30 Lunch 12:00 Penny BINGO
18 9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Blood Pressure Checks 9:45 The Twilight Zone Watch Party 10:15 Art Residency Showcase 11:30 Lunch 12:00 Penny BINGO	19 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Surprise Game with our Sponsor Ginnie Kite! 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing 12:00 Mocktails For Kam's Bday	20 9:00 Brain/Board Games 9:30 Socrates Cafe 10:15 Sip & Paint Event 11:30 Lunch 12:00 FALL BAKE-OFF!! 12:00 Qigong	21 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 10 Warning Signs with The Alzheimer's Association 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing 12:00 Wii Bowling League	22 9:00 Brain/Board Games 9:30 Independent Art 10:15 Blank Slate Game w/ Ami 10:30 Wii Bowling Practice 10:30 Books & Banter Club 11:30 Lunch 12:00 Penny BINGO
25 9:00 Brain/Board Games 9:15 Strength Training w/ Amanda 9:30 Blood pressure Checks 9:45 The Andy Griffith Show Watch Party 11:30 Lunch 12:00 Quarter BINGO	26 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Winter Craft Workshop with Jolynn Holtzman 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing	27 9:00 Brain/Board Game 9:15 Walk 15 10:00 Bible Study 10:30 Thanksgiving Potluck <p style="text-align: center;">CENTER CLOSSES AT 12 P.M.</p>	28 <p style="text-align: center;">Closed in observance of Thanksgiving Day</p>	29 <p style="text-align: center;">All Centers Are Closed</p>

November

York County

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Oranges</p>
<p>4</p> <p>Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange</p>	<p>5</p> <p>Center Closed</p>	<p>6</p> <p>Baked Crab Cake 1c Tomato Basil Bisque 1/2c Carrots 1 White Bread 1/2c Cinnamon Apple Slices</p>	<p>7</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 Wheat Bread 1/2c Gelatin</p>	<p>8</p> <p>Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>Veteran's Day!</p> <p>Closed</p> 	<p>12</p> <p>Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears</p>	<p>13</p> <p>1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce</p>	<p>14</p> <p>Pot Roast 1/2c Mashed Potatoes 1/2c Green Beans Dinner Roll Cake</p>	<p>15</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>
<p>18</p> <p>Sloppy Joe 1/2c Cubed Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit</p>	<p>19</p> <p>Roast Turkey w/ Gravy 2oz Stuffing 1/2c Whipped Potatoes 1/2c Mixed Vegetables 1 Dinner Roll Pumpkin Pie</p>	<p>20</p> <p>Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>21</p> <p>Stuffed Pepper w/ Tomato Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread 1/2c Pudding</p>	<p>22</p> <p> Chicken Alfredo 1/2c Noodles 1/2c Mixed Vegetables 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp</p>
<p>25</p> <p>Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>26</p> <p>Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c Mixed Vegetables 1 Breadstick 1/2c Mandarin Oranges</p> <p></p>	<p>27</p> <p>Tuna Salad Sandwich (4oz) 1c Cream of Broccoli Soup 1/2c Coleslaw 2 Wheat Bread Fresh Fruit</p>	<p>28</p> <p>Happy Thanksgiving!</p> 	<p>Centers Closed</p> 