CONGREGATE & DELIVERY MENU

November 2026

	Monday		Tuesday		Wednesday		Thursday		Friday
2	Coffee 8 - 11 am Men's Coffee 8 - ? Yoga 9:00 am Chicken Fried Steak Mashed Potato w/ Gravy Broccoli Fruit	3	Coffee 8-11 am Tai Chi 10 am Word of the Week 10:30 am Pitch 1:00 pm **Hot Beef Fundraiser** **11:30 am – 1:00 pm** **AND** **5 - 6:30 pm**	4	Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am **BINGO** 12:45 pm Brisket Baked Beans Cali Blend Fruit	**5**	Coffee 8-11 am Dwelling Circle 10:00 am Annual Friends of the Senior Center meeting 12:30 pm Pitch 1:00 pm Pitch Tournament 6:00 pm Chicken Wings Roasted Potato Corn Fruit	6	Coffee 8-11 am Yoga 9:00 am Changing Spaces: What's Holding You Back? Stuff, Stress & Letting Go 12:30 pm Chicken Cutlet Rice Green Beans Fruit
9	Coffee 8 - 11 am Men's Coffee 8 - ? Yoga 9:00 am Baked Chicken Roasted Potatoes Broccoli Fruit	10	Coffee 8-11 am Tai Chi 10 am Word of the Week 10:30 am **Creating w/ Mike 12:45 pm** Pitch 1:00 pm Pork Ribs Baked Beans Cali Blend Fruit	11	VETERANS DAY THE CENTER IS CLOSED	12	Coffee 8-11 am Dwelling Circle 10:00 am Pitch 1:00 pm OLLI Class 3 - 4:30 pm Meatloaf Mashed Potato w/ Gravy Corn Fruit	13	Coffee 8-11 am Yoga 9:00 am Chicken Alfredo/Noodles Garlic Bread Green Beans Fruit
16	Coffee 8-11 am Men's Coffee 8 - ? Yoga 9:00 am America's Great Stories Enactment of America's Leaders 12:30 pm Sloppy Joe Mashed w/ Gravy Broccoli Fruit	17	Coffee 8-11 am Tai Chi 10 am Word of the Week 10:30 am Pitch 1:00 pm Meatball Sub Baked Potato Cali Blend Fruit	18	Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am Board Meeting 6:00 pm BIRTHDAY MEAL 11:45 am Music Bingo 12:45 pm Meatloaf Scalloped Potatoes Carrots Roll Cupcake	19	Coffee 8-11 am Dwelling Circle 10:00 am Pitch 1:00 pm Roasted Turkey Mashed Potatoes w/ Gravy Green Bean Casserole Fruit	20	Coffee 8-11 am Yoga 9:00 am Joyce w/ Caretech: Importance of Home Support 12:30 pm Grilled Cheese Tomato Soup Corn Fruit

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23	Coffee 8-11 am Men's Coffee 8-? Yoga 9:00 am Smothered Pork Loin Scalloped Potatoes Broccoli Fruit	24	Coffee 8-11 am NO Tai Chi Word of the Week 10:30 am Pitch 1:00 pm Philly Cheesesteak Hashbrown Casserole Cali Blend Fruit	25	Coffee 8-11 am Yoga 9:00 am Resistance Bands 10:30 am Nutrition Ed 12:30 pm NO MEAL	26	Thanksgiving CLOSED	27	CENTER IS CLOSED
30	Coffee 8-11 am Men's Coffee 8-? BLOOD PRESSURE check by HoriSun 8:30 am Yoga 9:00 am DECORATE THE CENTER 10:00 am Lasagna (from PK) $8.00 Green Beans Garlic Bread Fruit Holiday Polkas w/ Lonnie Piitz at 12:30 pm						Milk available upon request. Whole Wheat dinner rolls or bread available daily.		

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November 2026

NOVEMBER BIRTHDAYS

Darlene Novak	November 2	Mark Soneson	November 2
Lona Anderson	November 3	Mary Anne Rowe	November 4
Janet Newton	November 5	Jeanine Soneson	November 8
Marsha Vernon	November 9	Lana Carter	November 12
Susie Huber	November 14	Nancy Roth	November 14
Susan Burkey	November 15	Sandy Ruether	November 15
Paula Huggins	November 16	Joyce Stutzman	November 17
Lonnie Pohlman	November 19	Ethel Svoboda	November 21
Sandy Yocum	November 25	Deb Dempsey	November 29
Ron Liston	November 29		