








November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sub Fundraiser Begins! 9:00 Brain/Board Games 9:15 CBS Class 10:15 Armchair Travelers ~Laurel Highlands PA 10:30 Corn Hole 11:30 Lunch 12:00 Golden Angels ~Food Dive 12:00 Qigong	2 9:00 Brain/Board Games 9:45 Stix & Tones 10:30 Cyber Security w/ George Dillman 11:30 Lunch 12:00 Wii/Games 12:00 Line Dance video 12:15 Fall/ Winter Walk	3 9:00 Brain/Board Games 9:15 Zumba Video 9:30 Arts & Crafts w/ Kam ~Ornament Making 10:15 Music Residency 11:30 Lunch 12:00 Penny BINGO
		6 9:00 Brain/Board Games 9:15 Strength Training 10:15 Wii Bowling League A 10:30 Family Feud 11:30 Lunch + (Bagged Lunches) 12:00 Penny BINGO	7 <p style="text-align: center;">Center Closed <i>Election Day</i></p>	8 9:00 Brain/Board Games 9:15 CBS Class 10:15 Bible Study 10:30 Arts & Crafts w/ Kam ~Unfinished Projects 11:30 Lunch 12:00 Hope Squad 12:00 Qigong
13 9:00 Brain/Board Games 9:15 Strength Training 9:30 Blood Pressure Checks 10:15 Wii Bowling League A 10:30 Garden Club ~Paper Poppy flowers 11:30 Lunch 12:00 Penny BINGO	14 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 Tech Tuesday 10:15 Memory Grocery Game 10:30 Basic Step Line Dance 11:30 Lunch 12:00 Wii Bowling League B 12:00 Line Dancing	15 9:00 Brain/Board Games 9:15 CBS Class 9:30 Socrates Cafe 10:30 Price is Right 11:30 Lunch 12:00 Golden Angels ~Prepare Woman's Shelter packages 12:00 Qigong	16 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Tic Tac Toe with Dottie 10:30 Basic Step Line Dance 11:30 Lunch 12:00 Wii/Games 12:00 Line Dancing 12:15 Fall Winter Walk	17 9:00 Brain/Board Games 9:15 Feel The Beat 9:30 Altered Books ~ Fall Scenery 10:15 Music Residency 10:15 Gentle Seated Yoga 11:30 Lunch 12:00 Penny BINGO
20 9:00 Brain/Board Games 9:15 Strength Training 10:15 Wii Bowling League A 10:30 Pictionary 11:30 Lunch 12:00 Penny BINGO	21 Sub Fundraiser Orders Due! 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 Now You Have It Game 10:30 Line Dancing Video 11:30 Lunch 12:00 Wii Bowling League B 12:00 Line Dancing video	22 9:00 Brain/Board Games 9:15 Dance Video 9:30 Bible Study 10:30 Thanksgiving Luncheon 11:30 Lunch + (Bagged Lunches) <p style="text-align: center;">Center Closing at NOON...</p>	23 <p style="text-align: center;">Center Closed <i>Thanksgiving Day</i></p>	24 <p style="text-align: center;">Center Closed</p>
27 9:00 Brain/Board Games 9:15 Strength Training 9:30 Blood Pressure Checks 10:15 Wii Bowling League A 10:30 Garden Club ~Pinecone Art 11:30 Lunch 12:00 Quarter BINGO	28 9:00 Brain/Board Games 9:30 Stix & Tones 10:15 Holiday Cookie Decorating w/ Kayla Koller 10:30 Basic Step Line Dance 11:30 Lunch 12:00 Wii Bowling League B 12:00 Line Dancing	29 9:00 Brain/Board Games 9:15 CBS Class 9:30 Arts & Crafts w/ Ami ~Christmas Carolers 10:30 Scrabble 11:30 Lunch 12:00 Golden Angels 12:00 Qigong 12:00 Hopesquad	30 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Arts & Crafts w/ Dottie 10:30 Basic Step Line Dance 11:30 Lunch 12:00 Wii/Games 12:00 Line Dancing 12:15 Fall/Winter Walk	

November

York County

Monday	Tuesday	Wednesday	Thursday	Friday
		November 1 1/2c. Chicken Taco w/ Lettuce & Tomato 1/2c. Seasoned Corn & Blackbeans 1/2c. Spanish Rice Soft Tortilla Shell 1/2c Pineapple	November 2 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	November 3 Baked Salmon 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit 
November 6 1/2c. Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Island Blend Vegetables 1 Hamburger Bun Seasonal Fresh Fruit and Bagged Lunch	November 7 Center Closed Election Day	November 8 1/2c. Pot Roast 1/2c Whipped Potatoes w/ Chives 1/2c Green Beans Dinner Roll 1/2c Pudding	November 9 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Pickled Beet Salad 1 Wheat Bread 1/2c Fruited Gelatin and Bagged Lunch	November 10 CLOSED
November 13 Philly Cheeseburger w/ Provolone, Peppers, & Onions  1/2c Potato Salad Sandwich Roll Fresh Seasonal Fruit 	November 14 4 oz Roasted Turkey w/2 oz gravy 2 oz Stuffing 1/2c. Whipped Potatoes 1/2c. Green Beans Dinner Roll Pumpkin Pie Slice	November 15 1c. Cabbage Casserole w/ 2oz Sauce 1c Tossed Salad 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	November 16 Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Mandarin Oranges	November 17 Swedish Meatballs (4) 1/2c. Rice 1/2c Peas 1 Wheat Bread 1/2c Apple Crisp
November 20 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	November 21 1/2c. Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits 	November 22 Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese & Peaches and Bagged Lunch	Happy Thanksgiving!! 	November 24 HOLIDAY CENTERS CLOSED
November 27 1/2c. BBQ Pulled Pork 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	November 28 1c. Cheeseburger Stroganoff 1/2c Peas 1 Breadstick Fresh Fruit 	November 29 1/2c. Creamy Chicken Salad Sandwich Lettuce & Tomato 1/2c Broccoli Salad 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	November 30 Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears <small>menu subject to change based on availability</small>	