

Monday

Tuesday

Wednesday



Thursday


Friday

<p align="center">Activity Calendar <i>November 2023</i> Senior Moments Adult Day Center 31 Kingsbury Ave, Tolland 860-643-6500</p>					
			1	2	3

Hairdresser (By Appointment Only) 6					
Eminent New Englanders Bowling Exercise: Key West Work Out Music with Ron Word Jumbles	Who Am I? Bingo Exercise: Bay Swim Music with Ron Chalk and Cheese	Captivating Costa Rica Nix the Six/Bakers Rack: Tres Leches Cupcakes Exercise: Gimme an E! Washer Lands Categories		American Military Trivia Music with Ron Exercise: Apple a Day Birdie Toss Valor Categories	Veterans Day: A Matter of Honor Elevenses/Craft Club: Tissue Paper Poppies Exercise: Chair Yoga Shooters Crooning with Karen

Hairdresser (By Appointment Only) 13	National Guacamole Day 14				
Dept. of Veterans Affairs Corn Hole Exercise: Roll the Dice Music with Ron Veterans Day Word Match	Flip It/Cooking Club: Guacamole Exercise: New England Style Music with Ron Spelling Bee	Paying it Forward Bingo Exercise: Presidential Fitness Bowling Pen to Paper		Who Am I? Music with Ron Exercise: Chair Boxing Bucket Brigade Word Mining	The Iconic Mason Jar I Got It/Craft Club : Snowman Mason Jar Exercise: Rain Forest Ping Pong Pyramid Crooning with Karen

Hairdresser (By Appointment Only) 20					
Thanksgiving Classic Bullseye Mat Exercise: Qigong Music with Ron Mixed-up Thanksgiving	Turkey Ticklers Bingo Exercise: In Madrid Music with Ron Thank Categories	Do Turkeys Have Beards? Five Alive/Craft Club: Candy Turkeys Exercise: 2-min Tune-up Turkey Toss Thanksgiving Charades	Thanksgiving Day 23 Closed 	Senior Moments 24 Closed 	

Hairdresser (By Appointment Only) 27					
Timeless Tongue Twisters Bowling Exercise: Bay Swim Music with Ron Common Edges	Mad Science Bingo Exercise: Gimme an E! Music with Ron Word Match	9:30am Bowling Club 28 Destination: Israel Dice & Strikes/Cooking Club: Hummus w/Pita Exercise: Apple a Day Clown Toss Would You Rather?		Brain Busters Music with Ron Exercise: Chair Yoga Horseshoes All Scrambled Up	

November Birthdays: Linda C 11/8, Joyce W 11/9 and Laurie B 11/17

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		Fish Sticks w/French Fries & Green Beans Jell-O w/Cool Whip	Egg Salad Sandwich w/Pickles Fiber One Brownie	Turkey Chili w/Cornbread Blueberry Muffin
6	7	8	9	10
Macaroni & Cheese w/Corn Rice Cake w/Peanut Butter	Sloppy Joes w/Steak Fries Stella D'oro Biscuit Cookie	Peanut Butter & Jelly Sandwich w/Gold Fish Crackers **Tres Leches Cupcakes	Tuna Fish Sandwich w/3 Bean Salad Vanilla Pudding	Cheeseburgers w/Potato Salad & Pickles Ice Cream Cup
13	14	15	16	17
Veggie Lasagna w/Garlic Bread Sugar Free Wafers	Hawaiian Meatballs w/Rice **Guacamole**	Turkey & Cheese Sandwich w/Pickles & Chips Peanut Butter Crackers	Chicken Salad w/Walnuts, Cranberries & Veggie Chips Cheese Danish	Pizza w/Mixed Green Salad Chocolate Pudding w/Cool Whip
20	21	22	Thanksgiving Day 23	Senior Moments 24
Fish Fillet Sandwich w/Cole Slaw & Fries Lorna Doone Cookies	Thanksgiving Luncheon Pie	Ham & Cheese Sandwich w/Potato Chips & Pickles Chocolate Chip Cookie	Closed 	Closed 
27	28	29	30	
Peanut Butter & Jelly Sandwich w/Veggie Chips Fiber One Brownie	Hot Dogs on a Bun w/Tater Tots Fig Newtons	Taco in a Bowl w/Tostitos **Hummus w/Pita**	Turkey and Cheese Sandwich w/Veggie Chips Coffee Cake	 **Snacks made by clients in the Bakers Rack' Cooking Club** 

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast