

Monday

Tuesday

Wednesday

Thursday

Friday



Senior Moments Adult Day Center

November 2024

31 Kingsbury Ave. Tolland 860-643-9500

Monthly Gazette Bowling Exercise: In Madrid Music with Ron Chalk & Cheese	4	America's Cookie I Got It!/Bakers Rack: Chocolate Chip Cookies Exercise: 2Min Tune-Up Music with Ron Would you Rather?	5	Rock & Roll Trivia Bingo Exercise: Fishing Trip Hula Hoop Challenge Old Time Rock & Roll	6	Decorations of Courage Washer Toss Exercise: Key West Workout Music with Ron Medal Categories	7	Dia de los Muertos Nix the Six/Craft Club: Paper Picado Exercise: Qigong Bowling Crooning with Karen	8
Veterans Day Military Trivia Clown Toss Exercise: Scarf Dancing Music with Ron Veterans Day Word Scramble	11	Destination: Cleveland Ohio Yahtzee/Bakers Club: Hot Reuben Dip Exercise: Pass the Torch Music with Ron Cleveland Ohio Clues	12	The Mason Jar Reborn Chase the Ace/Craft Club: Mason Jar Snowman Exercise: Chair Yoga Bowling All Mixed-Up	13	Who are We? Bullseye Mat Exercise: Roll the Dice Music with Ron Rock Songs	14	What am I? Bingo Exercise: NE Style Ice Cream Cone Toss Crooning with Karen	15
Ted Williams: American Hero Ladder Bolo Exercise: Pres. Fitness Music with Ron Games & Puzzles	18	Crazy Clichés Bingo Exercise: Chair Boxing Music with Ron Pass It On	19	Thanksgiving Luncheon Chrysanthemums Dice & Strikes/Craft Club: Felt Mums Exercise: Rain Forest Hike Bowling Rhymes with...	20	Pay it Forward Bowling Exercise: Qigong Music with Ron Survey Says	21	Espresso One & Done/Bakers Rack: Espresso Brownies Exercise: In Madrid Ping Pong Pyramid Crooning with Karen	22
Turkey Ticklers Birdie Toss Exercise: 2-Min Tune-Up Music with Ron Thanksgiving Word Match	25	Turkey Trivia Bingo Exercise: Fishing Trip Music with Ron Thanks Categories	26	Thanksgiving Traditions Corn Hole Exercise: Key West Workout Music with Ron Mixed-Up Thanksgiving	27	CLOSED 	28	CLOSED 	29

November Birthday: Lauri 11/17

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Senior Moments Lunch & Snack Menu

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**Snacks made by Clients in the "Bakers Rack" Cooking Club



<p style="text-align: right;">4</p> <p>Hot Dogs on a Bun w/Baked Beans & Chips</p> <p>Butter Cookies</p>	<p style="text-align: right;">5</p> <p>Italian Wedding Soup w/Buttered Roll</p> <p>**Chocolate Chip Cookies</p>	<p style="text-align: right;">6</p> <p>Egg Salad Sandwich w/Pickles & Pretzels</p> <p>Vanilla Wafers</p>	<p style="text-align: right;">7</p> <p>Cranberry Chicken Salad Sandwich w/Veggie Sticks</p> <p>Oatmeal Cookies</p>	<p style="text-align: right;">1</p> <p>Chicken Parm Sandwich w/Buttered Noodles</p> <p>Ice Cream Cups</p>
<p style="text-align: right;">11</p> <p>Chicken Tender Sandwich w/Veggie Rice</p> <p>Cheese Danish</p>	<p style="text-align: right;">12</p> <p>Vegetable Lasagna w/Garlic Bread</p> <p>**Hot Reuben Dip**</p>	<p style="text-align: right;">13</p> <p>Ham & Cheese Sliders w/Potato Salad</p> <p>Jell-O w/Cool Whip</p>	<p style="text-align: right;">14</p> <p>Tuna Fish Sandwich w/Pickles & Chips</p> <p>Fiber One Coffee Cake</p>	<p style="text-align: right;">8</p> <p>Cheeseburgers on a Bun w/Macaroni Salad</p> <p>Stella D'oro Biscuit</p>
<p style="text-align: right;">18</p> <p>Macaroni & Cheese w/Green Beans</p> <p>Oreo Cookies</p>	<p style="text-align: right;">19</p> <p>Hot Dog on a Bun w/Veggie Pasta Salad</p> <p>Peanut Butter Cookies</p>	<p style="text-align: right;">20</p> <p>Thanksgiving Luncheon</p> <p>Pumpkin Pie</p>	<p style="text-align: right;">21</p> <p>Veggie Lasagna w/Buttered Roll</p> <p>Fig Newtons</p>	<p style="text-align: right;">15</p> <p>Salisbury Steak w/Mash Potatoes & Corn</p> <p>Rice Pudding w/Cool Whip</p>
<p style="text-align: right;">25</p> <p>Ham & Cheese Sandwich w/Veggie Puffs</p> <p>Cinnamon Roll</p>	<p style="text-align: right;">26</p> <p>Sloppy Joe on a Roll w/Steak Fries</p> <p>Vanilla Pudding w/Cool Whip</p>	<p style="text-align: right;">27</p> <p>Peanut Butter & Jelly Sandwich w/Veggie Chips</p> <p>Oatmeal Cookies</p>	<p style="text-align: center;">CLOSED</p> <p style="text-align: right;">28</p> 	<p style="text-align: center;">CLOSED</p> <p style="text-align: right;">29</p> 

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