

NOVEMBER MENU

GLADSTONE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p><i>Subject to change</i></p> <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> 		<p>1 Stuffed Green Peppers Capri Mix Vegetables Peach</p>	<p>2 Turkey/Cranberry Wrap Broccoli Raisin Salad Yogurt Parfait</p>	
<p>5 Citrus Chicken Breast Mashed Potatoes/Gravy Brussel Sprouts Diced Pears</p>	<p>6 Scrambled Eggs/Ham and Cheese Hash Browns Fruit Cup; Juice Bread Pudding</p>	<p>7 Meatloaf Baked Potato Corn Fruit Whip</p>	<p>8 BBQ Pulled Pork w/Bun Coleslaw Baked Beans Fruit</p>	<p>9 Beef Stew Garden Salad Biscuit Pineapple Upside Down Cake</p>
<p>12 Salisbury Steak/Gravy Diced Potatoes Peas and Carrots Diced Peaches</p>	<p>13 Cabbage Casserole Baby Carrots French Bread Fruit Crisp</p>	<p>14 Turkey/Stuffing Mashed Potatoes/Gravy Green Bean Casserole Cranberries Dinner Roll Pumpkin Pie</p>	<p>15 Salsa Chicken Coconut Rice Mixed Vegetables Fruit</p>	<p>16 Chop Suey/Rice Oriental Vegetables Oriental Coleslaw Mandarin/Pineapple Cup</p>
<p>19 Jumbo Beef Ravioli Italian Blend Vegetables Caesar Salad Garlic Bread Fruit</p>	<p>20 Bratwurst with Bun Oven Potatoes Calico Beans Fruited Jello</p>	<p>21 Chili Marinated Vegetables Cornbread Fruit</p>	<p>22 CLOSED FOR THANKSGIVING</p>	<p>23 CLOSED FOR THANKSGIVING</p>
<p>26 Turkey Rice Broccoli Casserole Green & Wax Beans Fruit</p>	<p>27 Tahitian Chicken Mashed Potatoes/Gravy Key Largo Blend Vegetables; Pineapple</p>	<p>28 BBQ Ham Balls Baked Potato Country Trio Vegetables Banana Crème Pie</p>	<p>29 Salmon Filet w/Dill Sauce Sour Cream and Chive Potatoes Peas Mandarin Oranges</p>	<p>30 Boiled Dinner (Ham, Cabbage, Potatoes, Carrots) Biscuit Fruit</p>

[HOW DO I GET TO THE SENIOR CENTER?](#)

[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES: **GLADSTONE** 428-2201

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

Every Thursday, Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4 p.m.

Every Friday, Line Dancing, 9:30-11 a.m.

OTHER ACTIVITIES:

Monthly Food Distribution, Nov. 7, 8:30-9:30 a.m. Hospice Program, Nov. 7, 12-12:30 p.m. Thanksgiving Dinner, Nov. 14, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Movie Day ("The Intern"), Nov. 16, following lunch. Art and Craft Club, Nov. 19, noon to 3:30. Book Club, Nov. 20, noon. Foot Clinic, Nov. 21, (by appointment only, call 428-2201). Closed Nov. 22-23 for Thanksgiving.