

NOVEMBER MENU

ROCK 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 CLOSED</p>	
<p>5 Citrus Chicken Breast Mashed Potatoes/Gravy Brussel Sprouts Diced Pears</p>	<p>6 CLOSED FOR ELECTION DAY</p>	<p>7 Meatloaf Baked Potato Corn Fruit Whip</p>	<p>8 BBQ Pulled Pork w/Bun Coleslaw Baked Beans Fruit</p>	<p>9 CLOSED</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 CLOSED</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</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 CLOSED</p>

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

[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Senior Yoga, 9 a.m.; dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Senior Yoga, 9 a.m.; Play cards, 10:30 a.m. to 3 p.m.

Every Thursday, Chair Yoga, 1:30 p.m.

OTHER ACTIVITIES:

Center Closed for Election, Nov. 6. Christmas Silent Auction, Nov. 7, wraps up 1p.m.

Pasty sale, Nov. 9, order ahead, pick up noon to 4. Senior Corporation Dance, Nov. 11,

1-5 p.m. Crafts (Thanksgiving), Nov. 13, 2:30 p.m. Bake Sale, Nov. 13, 4 p.m. Monthly

Food Distribution, Nov. 14, 8 a.m. to 3 p.m. Thanksgiving Dinner, Nov. 14, noon (call

356-6420 at least one day prior to reserve a seat). Game Night, Nov. 18, 6 p.m. Spin

the wheel, Nov. 20, 6 p.m. Closed Nov. 22 for Thanksgiving. Birthday Party, Nov. 28,

noon (call 356-6420 at least one day prior to reserve a seat).