






Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wednesday Lunch Menu Nov. 7: Chicken Pot Pie Nov. 14: Meatloaf Dinner Nov. 21: Deluxe Turkey Dinner* Nov. 28: Roast Beef Dinner</p>	<p>Soup & Sandwich Friday Menu Nov. 2: Beef & Cheddar Melt Nov. 9: Tortilla Meatball, Creamy Chicken Vegetable, Tuna Fish Sandwich Nov. 16: Hamburger Vegetable, Tomato Basil, Ham Salad Sandwich Nov. 30: Turkey Chili, Beef Stew, Egg Salad Sandwich</p> 	<p>1 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 NCOA Meeting</p>	<p>2 10:00 Aerobics 11:00 Sandwich Social 1:00 Social Bingo</p>	
<p>5 10:00 Aerobics 11:30 CAAM Luncheon 11:30 Painting Class Potluck 1:00 Pinochle 2:00 Beginners Tai Chi</p>	<p>6 Election Day 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 11:00 Intergenerational Chess 1:00 Cribbage</p>	<p>7 10:00 Aerobics 10:00 Blood Pressure 10:00 Class of '52 11:30 Center Luncheon 12:00 Managing Grief through the Holidays 1:00 Great Pretenders</p>	<p>8 9:00 Center Breakfast 10:30 Commodities 1:00 Cribbage 7:00 City Council</p>	<p>9 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p>
<p>12 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 2:00 Beginners Tai Chi</p>	<p>13 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 10:00 Class of '51 1:00 Cribbage</p> <p><i>FootCare— By Appointment</i></p>	<p>14 10:00 Aerobics 11:30 Center Luncheon 12:00 Advance Care Planning Presentation 1:00 Great Pretenders</p>	<p>15 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>16 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p>
<p>19 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 2:00 Beginners Tai Chi</p>	<p>20 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage 5:30 Planning Commission</p>	<p>21 10:00 Aerobics 10:00 Blood Pressure 11:30 Center Luncheon 12:00 Thanksgiving Celebration 1:00 Great Pretenders</p>	<p>22 Center Closed Happy Thanksgiving</p> 	<p>23 Center Closed</p> 
<p>26 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 1:00 Parkinsons Support Group 2:00 Beginners Tai Chi</p>	<p>27 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 12:30 Cribbage Tournament</p> <p><i>FootCare— By Appointment</i></p>	<p>28 10:00 Aerobics 11:30 Center Luncheon 12:00 Essential Oils Presentation 1:00 Great Pretenders</p>	<p>29 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>30 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p>