

**TRUMBULL
SENIOR CENTER NEWSLETTER
NOVEMBER 2016**

**23 Priscilla Place Open Monday through Friday 9:00 AM—4:00 PM
(203) 452-5199**

*The Young at Heart Bell and Chime Choir
from Black Rock Congregational Church
Thursday, December 15th, 2:00pm*

Please join us for a holiday concert. Over thirty seniors from various towns will perform old standards, hymns, and patriotic songs using hand bells and chimes. Synergy Home Care will offer a coffee hour after the performance. Be on the look out for Santa Claus!

To RSVP, please call (203) 452-5137

**The Senior Commission invites you to the
Annual Holiday Celebration with SMILE —A—WHILE**

Join us for lunch and a show!

Friday, December 9th, 11:00 AM

The famous Smile-A-While Group will perform a holiday show.

A catered lunch will be served following the performance.

Includes dessert, coffee, and a holiday treat!

Music provided by DJ Alfred Song

Please call (203) 452-5137 to RSVP

This program fills up fast so be sure to RSVP. Please call/stop by the front desk to check your membership status!

Happy Holidays!

Thank you to the Senior Commission for their support!

4-designer.co

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults.

It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members.

The center strives to prevent isolation and encourages socialization.

First Selectman (203) 452-5005
Timothy M. Herbst

Interim Senior Commission Chair
Ronald Foligno (203) 445-8513

Director of Human Services (203) 452-5199
Michele Jakab

Administrative Assistant (203) 452-5137
Ashley Ryan Grace

Social Services (203) 452-5198
Jennifer Gillis Outreach Coordinator

Jane Horton Pantry Coordinator
(203) 452-5135

Wellness Nurse (203) 452-5134
C. Teresa Cryan, MSN, RN



Trumbull Senior Center Café

Check out our new grab-n-go lunch menu including wraps, salads, and desserts!

Open Monday –Friday

11:00 AM-2:00 PM

Relax, read, socialize, or watch television in our café!



Wish List

- Padded chairs with arms
- Teapots for our annual tea party
- Large umbrellas for our buses
- Tiered Cake stands
- Fabric tablecloths
- Framed artwork



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Lectures and Events

Mark Albertson Presents:

Upcoming Lecture Series:

Wednesday, November 16th, 6:30 PM—“Eleanor.”-Fairchild Library

Wednesday, December 14th, 10:30 AM—”The Strategic Significance of the Japanese Attack on Pearl Harbor.”-Trumbull Senior Center

Aging and Driving

Is it time to stop?

Tuesday, November 1st

10:30 AM—11:30 AM

Susan L. Pinto, Community Liaison Specialist, of Griswold Home Care will help older adults understand the nature/scope of potential driving issues. You will learn how Occupational Therapists can help seniors and family caregivers with driving decisions and skills, along with how to access innovative tools to support safe driving, mobility, and independence. Please RSVP before 10/25/16 by calling 203-452-5133.

Ask the Pharmacist

Thursday, November 3rd

9:00 AM —12:00 PM

A representative from Medical Arts Pharmacy, will be available to answer all of your pharmacy questions. Be sure to ask them about their free blister & bubble RX packaging and free home delivery! For more information, please call 203-452-5137.

Medical Arts Pharmacy

Pharmacy Number:

203-590-3737

Lunch and Learn

Wednesday, November 9th

1:00 PM

Lisa Vane from Home Instead Senior Care will present on downsizing and remaining independent. Lisa has been a Licensed Realtor for the past 19 years with William Raveis Real Estate in Trumbull. She is a member of the Bridgeport Board of Realtors. Hear her expert advice in downsizing, remaining independent and finding a new place to live. Please RSVP by calling 203-452-5137.

Lunch and Movie

Friday, November 4th

11:00 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film “My Big Fat Greek Wedding 2” A Portokalos family secret brings the beloved characters back together for an even bigger wedding! Starring: **Nia Vardalos**

Please note that movies are subject to change due to availability. Please RSVP by calling 203-452-5137.

29 Gifts

Thursday, November 17th

11:00 AM—12:00 PM

Lori Coates, Director of Community Outreach from Visiting Angels, will present about the 29 Gifts initiative that focuses on kindness and mindfulness. Please call 203-452-5137 to RSVP.

Trumbull Senior Citizen Commission Meeting

Friday, November 18th

10:00 AM

Meetings are held in the Long Hill Conference Room in Town Hall and are open to the public.

Monthly Birthday Party

Friday, November 18th

11:00 AM

Come celebrate our November birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. Please RSVP by calling 203-452-5137.

AARP Safe Drivers Course

Friday, November 18th

9:00 AM—1:00 PM

AARP members pay \$15.00 and non members pay \$20.00. Reservations made by check only. To RSVP, please call 203-452-5137.

Bingo

Friday, November 18th

1:00 PM—2:30 PM

Prizes and refreshments! Seating is limited. Please RSVP by calling 203-452-5137.

This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

Thanksgiving Pie Party

Wednesday, November 23rd

11:00 AM

Sponsored by Northbridge Health Care Center, this event is to celebrate the holiday season. Pie and coffee will be served. Please RSVP by calling 203-452-5137.

Current News and Events

The Senior Center would like to thank everyone who has shown their support, volunteered and/or donated their time and service to the center. The community support has been incredible!


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Sacred Heart University and Trumbull Senior Center Collaborate. It's a Win-Win!

In addition to a fairly new team at the Trumbull Senior Center, we have an even newer addition! Kaitlin Peterson is our first Social Work intern from Sacred Heart University. Kaitlin is a senior student majoring in Social Work and is a local from Fairfield County. She will be learning about community outreach, social services, and agency operations. She will be with us for both semesters of her senior year. She is excited to get to know all the members and have an opportunity to work with them. Kaitlin is here every Tuesday and Thursday. She asks that you stop by and have coffee with her!



Welcome Kaitlin!

*From everyone at the
Trumbull Senior Center,
we want to wish you all a
Happy Thanksgiving!*

Programs are subject to change without notice.

Current News and Events

The Trumbull Trotters

The Trumbull Trotters, a women's organization affiliated with the Trumbull Senior Center, invites members of the center to join us at one of our future meetings. As an offshoot of the "Red Hats" organization, we are dedicated to the ideals of fun, friendship and fidelity to the notion that noses are not necessarily meant for the grindstone but are instead designed to smell the roses.

For further information, please call Connie at (203) 375-1802 or Nora at (203) 735-6230.



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**Volunteers wanted for our Holiday Luncheon on
12/9/16 from 10:00 AM—2:00 PM.**

- Set-up, sign in, kitchen help, serving, clean up

Please call 203-452-5137 to sign up.

The Harvest House Tour

Trumbull Historical Society Annual Fundraiser

Saturday, November 19th, 11:00 AM—4:00 PM

The tour will feature some of Trumbull's most unique and interesting homes decorated for the fall. Afterwards, visitors are invited back to the Historical Society to enjoy refreshments.

Special price for Senior Center participants: \$25.00

Tickets may be purchased at the senior center (cash or check) or online with a credit card at trumbullhistory.org. Houses are not handicap accessible. Parking at senior center.

For more information and to RSVP, please call (203) 452-5137.

In addition to the senior discount, we are providing door to door transportation to each house on the tour. Our senior center bus will depart from the Trumbull Historical Society at 11:00 AM sharp and drop you back off at 4:00 PM for the reception hour.

PRECISION HEARING - STRATFORD

203-381-9555

88 Ryders Landing - Stratford - Exit 53 Merritt Pkwy

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Exercise Classes

Stretch/Strengthen with Nancy-Mondays at 9:00 AM

Combination of stretch, balance, aerobic and strength exercises to improve overall flexibility and endurance.

Intermediate Line Dance with Shirley-Mondays at 12:45 PM

Line dance to different types of music. Some experience is preferred. Wear comfortable shoes.

Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM

This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Fit for Life Exercise with Marylou-Tuesdays at 9:15 AM

Combination of low-impact aerobic exercise (including a weights segment) and dance that focuses on balance, flexibility, strength and endurance.

Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM

Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM

Have fun exercising while you dance to energetic music!

Tai Chi Quan for Better Balance with MaryAnn-Tuesdays and Thursdays at 1:30 PM

Focuses on improving balance, reducing stress and clearing your mind.

Jazzercise with Marylou-Wednesdays at 10:10 AM

Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, and strength.

Tap Dance with Shirley-Wednesdays at 11:00 AM

Experience required for this tap dance class. Please bring your own tap shoes.

Beginners Tap Dance with Shirley-Wednesdays at 12:15 PM

Are you new to tap? Join us and learn new lessons while having fun. Please bring your own tap shoes.

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM

This class focuses on breath, balance, core and total body strength and stretching.

Jazzercise with Jeanie-Thursdays at 10:15 AM

A fun aerobic exercise which builds strength and flexibility through dance moves to awesome music.

Chair Exercise with Nurse Teresa-Thursdays at 11:00 AM

Guided 30 minute class where we gently bend and stretch along with a video demonstration.

Latin Line Dance with Mike Stavola-Thursdays at 11:30 AM

Ballroom cardio dance to international music.

Dance & Tone (Zumba Gold) with Jeannie-Fridays at 9:00 AM

Dance to international music while toning the entire body. It is like a dance party!

Tai Chi with David-Fridays at 10:15 AM

Tai Chi is an ancient martial art from China that can improve balance, relieve stress, and relieve pain.

Travel Corner:

All members are eligible to participate in our day trips. Please join us!

Call (203) 452-5137 to sign up.

In addition to trips, the Senior Center provides transportation for medical, social, and nutritional needs: The Senior Center provides transportation to Trumbull residents who are age 60 and over and/or age 55-59 and disabled 5 days a week. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

The Katherine Hepburn Museum and Fiore's Restaurant

Tuesday, November 22nd

Come take a tour of the Katherine Hepburn Museum in Old Saybrook! A self guided tour of the theater will be given. Enjoy a delicious meal at Fiore's Restaurant and Pizzeria. Please stop by the front desk for a menu. To RSVP, please call (203) 452-5137. Admission ticket is \$5.00 plus the cost of lunch.

Time Schedule:

- Bus will leave the center by 10:00 AM.
- The Katherine Hepburn Museum from 11:00 AM—12:30 PM.
- Fiore's Restaurant from 12:45 PM—2:15PM.
- Bus will return to the center by 3:00 PM.

Lyman Orchards and Lenny and Joe's Fish Tale

Monday, November 14th

Take a scenic bus ride along Route 66 to Lyman Orchards in Middletown and shop at their famous Apple Barrels Market! Ask about Monday's senior discount! On the way back, enjoy lunch at Lenny and Joe's Fish Tale in New Haven. Please stop by the front desk for a menu. To RSVP, please call (203) 452-5137.

Time Schedule:

- Bus will leave the center at 9:30 AM.
- Lyman Orchards from 10:30 AM—11:30 AM.
- Lenny and Joe's Fish Tale from 12:30 PM—2:00PM.
- Bus will return to the center by 2:30 PM.

Weekly Shopping Trips

- **Thursday, November 3rd — K-Mart/Dollar Tree**
- **Thursday, November 10th — Christmas Tree Shop and Duchess Family Restaurant**
- **Thursday, November 17th — Salvation Army/Dollar Tree and Teppanyaki Grill**

Maximum of 14 passengers per trip.

Time schedules are from 10:30 AM—12:30 PM.

For more information and to RSVP, please call 203-452-5137.

Regularly Scheduled Shopping

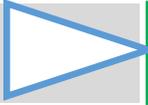
- **Hawley Lane/Big Y:** 2nd and 4th Tuesday of the month.
- **Stop and Shop:** 1st and 3rd Tuesday of the month.

Stern Village Residents

- **Hawley Lane/Big Y:** 2nd and 4th Wednesday of the month.
- **Stop and Shop:** 1st and 3rd Wednesday of the month.

Please call 203-452-5137

to sign up!



DAY TRIPS:

Christmas in Newport: Sunday Afternoon at the Breakers - Sunday, December 4, 2016. Cost: \$85 per person

Sit back and enjoy the charm of Newport's historic buildings and restored homes. The tour covers over 150 points of interest and takes in the rugged beauty of the Ten-Mile Ocean Drive and the fabulous tree-lined Bellevue Avenue with all of the mansions in their glory. Enjoy a visit to The Breakers mansion which is the grandest of the Newport summer 'cottages' and is also a symbol of the Vanderbilt family's social and financial preeminence in the turn of the century here in America. Following the tour, enjoy free time and lunch (on your own) at Bowen's Wharf. Estimated Make checks payable to Tours of Distinction.



Depart: 7:00 am Trumbull Senior Center 23 Priscilla Place Trumbull CT

Return: 7:30pm estimated Trumbull Senior Center

For Reservations Contact: Trumbull Senior Center 203-452-5137



The 36th Annual CT Flower & Garden Show:

Thursday February 23rd, 2017 \$81 per person

Includes: Transportation, Luncheon at the Chowder Pot, Admission to the flower show, driver's gratuity. The theme this year is "Woodland Enchantment" and the convention center will be transformed into a breathtaking event for floral and garden enthusiasts alike.

An East Coast premier event.!

St. Patrick's Day Celebration at the AQUA TURF featuring the Maclean Avenue Band: Tuesday March 14th, 2017. \$77 per person.

Includes: Transportation, lunch and glass of wine or beer, entertainment, driver's gratuity. Lunch includes corned beef and cabbage, baked scrod, and all the fixings.

Singing and dancing is encouraged!



Coming in 2017

- * **One World Trade Center June 29, 2017**
- * **Coins & Claws Casino and Lobster at Abbots July 6th or 7th, 2017**
- * **Saratoga Off to the Races! August 3rd, 2017**
- * **The Big E September 20th, 2017**

- * **CT Day at the Big E September 20, 2017**
- * **Radio City Christmas Show in NYC November 17th.**
- * **Boars Head Feast at the Williams Inn December . TBD**



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Social Services will begin taking applications for the 2016-2017 Winter Energy Assistance Program beginning Monday, October 3rd, 2016. The Connecticut Energy Assistance Program (CEAP) helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance. Please call Social Services directly at 203-452 5198 for program guidelines, required documentation, and to schedule an appointment.

Heating System Repair/Replacement

Connecticut Energy Assistance Program has funds available to provide repairs and/or replacement of heating systems for single family, owner-occupied dwellings that are determined to be unsafe or inoperable. These funds are available for eligible homeowners who receive an Energy Assistance Benefit between levels 1 through 4. Vulnerable households are prioritized. For more information Dial 2-1-1 or contact Jennifer Gillis at the Trumbull Senior Center at (203) 452-5198.

Medicare Open Enrollment is here! October 15th-December 7th, 2016

During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing how you receive your Medicare benefits. Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is the time to review your current coverage, compare it with other available options, and weigh whether it will remain the best choice for you in the coming year. Plans change all the time, it doesn't hurt to take the time and review your benefits.



Where can I go for help in comparing my plan options?

If you need one-on-one assistance comparing your plan options, you can call your local State Health Insurance Assistance Program (SHIP) right here at the Trumbull Senior Center!

In CT our counselors are called CHOICES. Jennifer Gillis (203) 452-5198.

Trumbull Food Pantry at the Trumbull Senior Center.

Do you need food?

Would you like to shop at our food pantry? We are here to help and make sure you are aware of our pantry and our social services programs. Find out if you are eligible.

All calls are kept confidential. Please call (203) 452-5198 to inquire or set up to inquire.

Would you like to donate to our Food Pantry?

The Trumbull Food Pantry is able to exist almost solely through donations from throughout the community. A list of most needed items can be obtained by calling our office or viewing the monthly announcement of needed items on our Town website's home page. Gift cards from local grocery stores are always welcome. Donations to the Food Pantry can be made directly at The Center at Priscilla Place between the hours of 9 :00 a.m. – 4:00 p.m. Monday through Friday.



Thank you for helping Trumbull families in need!



The Trumbull Arts Commission presents:
“Holiday Wishes” Featuring Michael Jovovich, Dr. Joe Utterbach & friends

Sunday, November 6th ~ 1:30 PM, The Center at 23 Priscilla Place.

Cabaret seating, bring your own refreshments: **\$5.00 per person**

Pre purchase at Arts Office: 203-452-5065

VETERANS DAY CEREMONY

November 11th
8:30 a.m.

Trumbull High School
72 Strobel Road

“Concerts and Cabarets”

2016

October 16: “The Musical Cavaliers” – 1:00 PM

November 6: “Michael Jovovich, Dr. Joe & Co.” – 1:30 PM

December 4: “Smile Awhile” – 1:00 PM

2017

February 20: Return of Dr. Joe, Michael & Co. – 1:30 PM

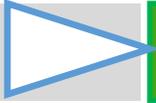
March 12: “Jack Sings Dino” – 1:00 PM

March 26: “Primavera Duo” – 1:00 PM

April: To Be Announced

Cabaret seating, bring your own refreshments: **\$5.00 per person**

Pre purchase at Arts Office: 203-452-5065



Our Geriatric Wellness Nurse, Teresa Cryan, is available at the Senior Center on most Wednesdays and Thursdays, usually from 8:30 AM—3:00 PM. She is also available at Stern Village Housing in Trumbull on most Mondays from 8:30 AM -3:00 PM. Services offered: Assesses/records blood pressure readings and other health parameters, assists in making doctor appointments, leads seated exercise programs.

Teresa Cryan, MSN, RN
Wellness Nurse, Town of Trumbull

From the desk of C. Teresa Cryan, MSN, RN, APRN, Wellness Nurse
tcryan@trumbull-ct.gov, 203-452-5134

November is **Diabetes Awareness Month**. Diabetes is a major health condition that affects many seniors, and one that can cause many life challenges and numerous short and long-term health complications.

I recognize that many persons diagnosed with diabetes, or caring for someone with diabetes, can get overwhelmed with the myriad of information from doctors, hospitals and other members of the health care community. And, there are also many additional resources available for diabetic clients through agencies such as the American Diabetes Association . You can contact the association at www.diabetes.org, or call them at 1-800-DIABETES (1-800-342-2383).

Perhaps, in my role as your Wellness Nurse, I can help you navigate through the many support services available to you, and better position you to optimize your health status, within the constraints of a diabetes diagnosis.

Feel free to stop by and see me if you have any questions or concerns.

I wish you a Happy & Healthy November.

Teresa

Do you have working smoke detectors at home Red Cross Volunteers and Community Partners will install up to 3 smoke detectors with long life batteries in your home FREE OF CHARGE.

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For more information, call: 1-877-287-3327 or go to www.redcross.org/ct/schedule-a-visit.



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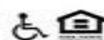
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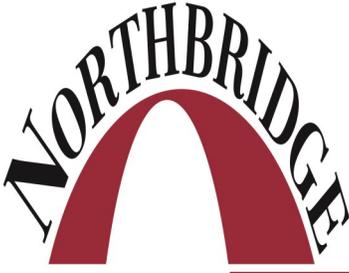
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November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	9:15 Fit for Life 1 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Aging and Driving 11:30 Zumba Lessons 12:30 Dominoes 1-3:30 Computer Class 1:30 Tai Chi Quan 1-4 Billiards Game	9:00 Yoga 2 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-3:30 Tablet Class 1-4 Billiards	9:00 Balance & Core 3 9:00 Pharmacist 9:30 Water Colors 10:00 Slim Approach 10:00 Poker 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle 1:30 Tai Chi Quan	9:00 Dance & Tone 4 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:30 Mahjong 1-4 Pinochle 1-4 Billiards Game
9:00 Stretch 7 9:45 Drawing 10:00 Smile-A-While 10:00 Poker 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 8 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-3:30 Computer Class 1:30 Tai Chi Quan 1-4 Billiards Game	9:00 Yoga 9 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1:00 Lunch and Learn 1-3:30 Tablet Class 1-4 Billiards	9:00 Balance & Core 10 9:30 Water Colors 10:00 Poker 10:00 Slim Approach 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle 1:30 Tai Chi Quan	11 We will be closed for Veteran's Day!  Thank you for your service!
9:00 Stretch 14 9:30 Lyman Orchards 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 15 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-3:30 Computer Class 1:30 Tai Chi Quan 1-4 Billiards Game	9:00 Yoga 16 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-3:30 Tablet Class 1-4 Billiards Game	9:00 Balance & Core 17 9:30 Water Colors 10:00 Slim Approach 10:00 Poker 10:15 Jazzercise 11:00 29 Gifts 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle 1:30 Tai Chi Quan	9:00 Dance & Tone 18 9:00 AARP Driving 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Monthly Birthday 12:30 Mahjong 1:00 Bingo 1-4 Pinochle 1-4 Billiards Game
9:00 Stretch 21 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 22 9:30 Water Colors 10:00 Knit/Crochet 10:00 Kate Museum Trip 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-3:30 Computer Class 1:30 Tai Chi Quan 1-4 Billiards Game	9:00 Yoga 23 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 11:00 Pie Party 12:15 Beginners Tap 1-3:30 Tablet Class 1-4 Billiards Game	23 Thanksgiving from the staff of the Trumbull Senior Center!	24 Closed 
9:00 Stretch 28 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 29 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-3:30 Computer Class 1:30 Tai Chi Quan 1-4 Billiards Game	9:00 Yoga 30 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-3:30 Tablet Class 1-4 Billiards Game	<i>Beginning November 1st, our Oil Painting class on Tuesdays at 9:30 AM will be combined to Fridays at 10:00 AM. A new Water Color class begins Tuesdays at 9:30 AM. Please call the front office to sign up.</i>	Our beginners tap class will be ending on November 30th.

Trumbull Café
203-378-3086



Greater Bridgeport Senior Community Café

November Menu

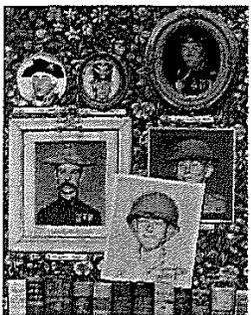


1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

Suggested donation \$3.00

Reservations must be made two days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Mixed Greens</p> <p>Stuffed Filet of Sole with Lemon Sauce</p> <p>Saffron Rice</p> <p>Broccoli</p> <p>Red Velvet Cookies</p>	<p>2</p> <p>Navy Bean Soup</p> <p>Herb Roasted Chicken</p> <p>Brown Rice</p> <p>Glazed Carrots</p> <p>Fruit Salad</p>	<p>3</p> <p>Tossed Salad</p> <p>Sliced Roast Beef with Mushroom Sauce</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Chocolate Pudding</p>	<p>4</p> <p>Beef Noodle Soup</p> <p>Sweet and Sour Pork Peppers and Onions</p> <p>Steamed Rice</p> <p>Orange</p>
<p>7</p> <p>Broccoli Cheddar Soup</p> <p>Beef Tips with Gravy</p> <p>Wild Rice Blend</p> <p>Butternut Squash</p> <p>Apple</p>	<p>8</p> <p>Caesar Salad</p> <p>Stuffed Cabbage</p> <p>Rice Pilaf</p> <p>String Beans</p> <p>Honeydew</p>	<p>9</p> <p>Beef and Rice Soup</p> <p>Grilled Liver and Onions</p> <p>Sweet Potato</p> <p>Brussel Sprouts</p> <p>Cookies</p>	<p>10</p> <p>Special Dessert</p> <p>Mixed Greens</p> <p>Stuffed Loin of Pork with Apricot Relish</p> <p>Roast Potatoes</p> <p>Braised Red Cabbage</p>  <p>Brownie with Topping</p>	<p>11</p>  <p>CLOSED</p>
<p>14</p> <p>Lentil Soup</p> <p>Roast Chicken</p> <p>Corn</p> <p>Vegetable Medley</p> <p>Coconut Custard Pie</p>	<p>15</p> <p>Cole Slaw</p> <p>BBQ Pulled Pork</p> <p>Yams</p> <p>Collard Greens</p> <p>Fresh Fruit</p>	<p>16</p> <p>Apple Cranberry Salad</p> <p>Roast Turkey with Turkey Gravy</p> <p>Stuffing</p> <p>Vegetable Medley</p> <p><i>Thanksgiving Special</i></p> <p>Pumpkin Pie</p>	<p>17</p> <p>Caesar Salad</p> <p>Spaghetti Carbonara</p> <p>Broccoli</p> <p>Peaches</p>	<p>18</p> <p>Cabbage Soup</p> <p>Swiss Steak Jardiniere</p> <p>Mashed Potatoes</p> <p>Sliced Beets</p> <p>Pineapple</p>
<p>21</p> <p>Tomato Bean Soup</p> <p>Turkey Meatloaf</p> <p>Turkey Gravy</p> <p>Baked Potato</p> <p>Mixed Vegetables</p> <p>Fruited Jell-O</p>	<p>22</p> <p>Tossed Salad</p> <p>Stuffed Breast of Chicken</p> <p>Jasmine Rice</p> <p>Roasted Carrots</p> <p>Pears</p>	<p>23</p> <p>Lunch Program Closed</p> <p>The Senior Center is open Wednesday November 23rd</p>	<p>24</p> <p>25</p> <p>Happy Thanksgiving!</p>  <p><small>Charles Reginald Catches the Thanksgiving Turkey</small></p> <p><small>Herman</small></p>	
<p>28</p> <p>Tomato Soup</p> <p>Crab Cakes with Tarter Sauce</p> <p>Potato Wedges</p> <p>Sautéed Spinach</p> <p>Cantaloupe</p>	<p>29</p> <p>Asian Slaw</p> <p>Chicken Stir Fry</p> <p>Fried Rice</p> <p>Vegetables</p> <p>Cookies</p>	<p>30</p> <p>Caesar Salad</p> <p>Baked Manicotti</p> <p>Green Beans</p> <p>Garlic Bread</p> <p>Boston Cream Pie</p>		

Thanksgiving Word Search



C A I Q T P C S H S L O W Z Q G G N F M
E T N E Q I J A V O W P I L G R I M S A
L U D E I E Y N O I L A P U M P K I N Y
E R I N T H A N K S G I V I N G D B N F
B K A A S H F D S P E C D E G C J F G L
R E N R E L R T D B I Q E A G O G A B O
A Y S B T E I R G T M W N A Y R C M R W
T E S I L N E E F B N N K Q B N E I E E
E Z Q Q B S N C O R N U C O P I A L A R
C H J Y U E D T O P A X X F E O V Y D G
X A B P F A S I D P O T A T O E S E C K
X M C V A W S G N U I O S H A R I N G M
N O T N O F C H D J E C P V O W S I U K
H A R V E S T Q G E E A U T U M N W W L
E R H W X P S L N O V E M B E R U G Z G
Y N T H A N K F U L S A L A D H E W V G

MAYFLOWER
PIE
HAM
TURKEY
THANKSGIVING
POTATOES

SQUASH
BREAD
HOLIDAY
THANKFUL
PILGRIMS
FAMILY

FOOD
CORNUCOPIA
PUMPKIN
FRIENDS
CELEBRATE
HARVEST

SALAD
INDIANS
NOVEMBER
AUTUMN
SHARING
CORN

Thanksgiving Word Search



A 15x15 grid of letters for a word search. The grid contains the following words circled in the original image:

- Vertical words: MAYFLOWER, TURKEY, PILGRIMS, THANKFUL, CORNUCOPIA, PUMPKIN, POTATOES, SHARING, HARVEST, AUTUMN, NOVEMBER, THANKFUL, SALAD.
- Horizontal words: PILGRIMS, PUMPKIN, THANKSGIVING, CORNUCOPIA, POTATOES, SHARING, HARVEST, AUTUMN, NOVEMBER, THANKFUL, SALAD.
- Diagonal words: HOLIDAY, FRIENDS, CELEBRATE.

MAYFLOWER
PIE
HAM
TURKEY
THANKSGIVING
POTATOES

SQUASH
BREAD
HOLIDAY
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FAMILY

FOOD
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