

Mon

Tue

Wed

Thurs

Fri

<p>3 Roast Pork/ Gravy</p> <p>10:00 Osteo Exercise</p> <p>1:00 Painting</p>	<p>4 Cheese Ravioli</p> <p>12:30 Quilting/ Needle Work</p>	<p>5 Soup Bar</p> <p>9:30 Tai Chi</p> <p>1:00 Fun Cards</p>	<p>6 Chicken Filet/ Wine Sauce</p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Osteo Exercise</p> <p>10:00 Providence Place Tour</p> <p>11:30 BP Clinic</p> <p>4:00 Misfit Quilting</p>	<p>7 Cheeseburger</p> <p>9:00 Cribbage</p>
<p>10 BBQ Pork Riblet</p> <p>9:00 Gentle Yoga</p> <p>10:00 Osteo Exercise</p> <p>1:00 Painting</p>	<p>11 Veteran' Day Closed No meals served</p> 	<p>12 Beef Burgundy</p> <p>9:30 Tai Chi</p> <p>1:00 Fun Cards</p>	<p>13 Cheese Lasagna</p> <p>10:00 Osteo Exercise</p> <p>11:30 Presentation: "In's and Out's of Parkinson" by Sharon Ashton</p> <p>4:00 Misfit Quilting</p>	<p>14 Baked Salmon/Dill Sauce</p> <p>9:00 Cribbage</p>
<p>17 Meatloaf/ Gravy</p> <p>9:30 Sarawood Tour</p> <p>10:00 Osteo Exercise</p> <p>11:30 Collegian Court/ Wistariahurst Museum</p> <p>1:00 Painting</p>	<p>18 Chicken Cacciatori</p> <p>9:00 Gentle Yoga</p> <p>Brown Bag pick up After 11:00 a.m.</p> <p>12:30 Quilting/ Needle Work</p>	<p>19 Thanksgiving Celebration</p> <p>9:15 C.O.A. Board Meeting</p> <p>9:30 Tai Chi</p> <p>10:30 Presentation: "VA Aid and Attendance"</p> <p>1:00 Laurie Festa Entertainment</p>	<p>20 Shepherd's Pie</p> <p>9:00 Foot Care by Appt.</p> <p>10:00 Osteo Exercise</p> <p>11:30 Blood Pressure Clinic</p> <p>4:00 Misfit Quilting</p>	<p>21 Sweet Potato Pollock</p> <p>9:00 Massages By Appt.</p> <p>9:00 Cribbage</p> <p>1:00 Movie (Maleficent)</p>
<p>24 Oven Fried Chicken</p> <p>9:00 Newsletter Assembly (*Day Change)</p> <p>10:00 Osteo Exercise</p> <p>1:00 Painting</p>	<p>25 Pot Roast/ Gravy</p> <p>9:00 Aerobics</p> <p>12:30 Quilting/ Needle Work</p>	<p>26 Kielbasa/Lazy Periogi</p> <p>9:30 Tai Chi</p> <p>1:00 Fun Cards</p>	<p>27 Closed No meals Served</p> 	<p>28 Closed No meals Served</p>



THANKSGIVING DAY

Thanksgiving Day will soon be here
 It comes around but once a year
 If I could only have my way,
 We'd have Thanksgiving every day.

November Special Events



Van Trip with Kim

November 17th, We are headed to Collegian Court Restaurant. Then to the Wistariahurst Museum for a Quilt Exhibition! Lunch is on your own, van ride is \$5 and admittance into the museum is \$5. There are only eight seats so make your reservation early by calling 467-3239. We are leaving the Center at 11:30 a.m. Meet at the C.O.A or we can pick you up at home. When making your reservation let us know if you need to be picked up.

****We will not go unless the van is full.****

Events

November 6th ~~ 9:00 am Foot Care by appt
10:30 am Tour of Providence Place.
11:30 am Blood Pressure Clinic (Drop in)
November 13th~~ 11:30 am Presentation: "In & Outs of Parkinson's Disease" by Sharon Ashton.
November 17th~~ Collegian Court & Wistariahurst Museum
November 19th ~~10:30 am VA Aid and Attendance
1 pm Musical Entertainment by Laurie Festa
November 20th ~~ 9:00 am Foot Care by appt
11:30 am Blood Pressure Clinic (Drop in)
November 21st ~~ 1:00 pm Movie (Maleficent)
November 24th ~~ 9:00 am Newsletter Assembly

Coming Attraction: "Maleficent" playing November 21st starting at 1:00 pm.

Starring: Angelina Jolie

Watch your movie in our soft and comfortable arm chairs.

Movie & Popcorn is always Free



LOW IMPACT AEROBICS is BACK!!

A new Aerobic 6 week session will be starting on Tuesday, November 25th. The cost is \$30 for the six weeks (\$5 per class). Low Impact Aerobics is held Tuesday mornings from 9 am-10 am. (Payment due at the beginning of each session).



Tai Chi

A new 6 week session of Tai chi will be starting on Wednesday, November 5th from 9:30 am-10:30 am. The cost is \$30 for a six week session (\$5 per class).

Tai Chi is a great way to build strength and balance! Sign up today!

Misfit Quilting Group!

Never have time to start or finish quilting projects at home? Join our group! Our Misfit Quilting group meets Thursday evenings from 4pm-6pm in the Senior Center main hall. We have everyone from beginners to the advanced. Bring your own projects to work on whether it be quilting, sewing or other needlework. Open to all ages.

