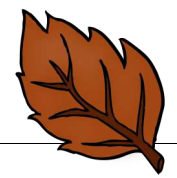








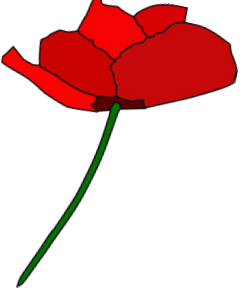





NOVEMBER 2021 CALENDAR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CL - Common Lounge CR - Craft Room F1 - 1st Floor F2 - 2nd Floor GR - Games Room HDR - Harvest Dining Room PL - Parking Lot T - Theatre</p>	<p>1 10:15 Whoga (T) 3:30 Lutheran Service (C)</p>	<p>2 9-3 Paper Recycling 8:00 Lab Work (T) 10:30 Exercise (T) 11:00 Guided Meditation (T)</p>	<p>3 BP Clinic 10 AM (CL) 10:15 Whoga (T) 11:00 Drum Fit (T) 12:30 Organization Meeting for Craft Sale (CR)</p>	<p>4 NATIONAL CANDY DAY 10:30 Exercise (T) 11:00 Guided Meditation (T) 1:00 BINGO (CL)</p>	<p>5 10:00 RC Prayer Service (T) 12:30 Inspirational Music (T) 1:30 Happy Hour (CL)</p>	<p>6 7:00 CARD BINGO (CL) </p>
<p>7 </p>	<p>8 Tongue Twister Day 10:15 Whoga (T) 12:30 Monday Matinee (T) "Dick Van Dyke Show" 1:00 Shuffleboard (GR)</p>	<p>9 9-3 Paper Recycling 8:00 Lab Work (T) 10:30 Exercise (T) 11:00 Guided Meditation (T) 1:00 Remembrance Day Craft (CR)</p>	<p>10 BP Clinic 10 AM (CL) 10:15 Whoga (T) 12:30 Horse Racing (GR)</p>	<p>11 OFFICE CLOSED 11:00 Veterans Celebration (HDR) </p>	<p>12 NATIONAL HAPPY HOUR DAY 10:00 RC Church (T) 2:30-3:30 Tuck Shop 7:00 pm Happy Hour (HDR)</p>	<p>13 Movie Night 7:00 pm (T) </p>
<p>14 </p>	<p>15 ODD SOCKS DAY 10:15 Whoga (T) 1:00 Stitch N Chat (L)</p>	<p>16 9-3 Paper Recycling 8:00 Lab Work (T) 10:30 Exercise (T) 11:00 Guided Meditation (T) 2:00 Resident Council Meeting (T)</p>	<p>17 BP Clinic 10 AM (CL) 10:15 Whoga (T) 11:00 Drum Fit (T) 12:30 Bunco Tournament (GR)</p>	<p>18 MICKEY MOUSE DAY 10:30 Exercise (T) 11:00 Guided Meditation (T) 12:45 BINGO (CL) 2:00 Coffee with Kara (CL)</p>	<p>19 10:00 RC Church (T) 1:30 Happy Hour (CL) </p>	<p>20 7:00 CARD BINGO (CL) </p>
<p>21 If you listen to Constructive Criticism, you will be at home among the wise -Proverbs 15:31 </p>	<p>22 10:15 Whoga (T) 12:30 Monday Matinee (T) "Bonanza" 1:00 Shuffleboard (GR)</p>	<p>23 9-3 Paper Recycling 8:00 Lab Work (T) 10:30 Exercise (T) 11:00 Guided Meditation (T) 1:00 Craft (CR)</p>	<p>24 BP Clinic 10 AM (CL) 10:15 Whoga (T) 11:00 Drum Fit (T) 1:45 Birthday Celebration (HDR)</p>	<p>25 10:30 Exercise (T) 11:00 Guided Meditation (T) 1:00 BINGO (CL)</p>	<p>26 BLACK FRIDAY 10:00 RC Church (T) 1:00 Black Friday Auction (CL) 2:30-3:30 Tuck Shop</p>	<p>27 Personal Touch Fashions 10:00 - 3:00 (GR) Movie Night 7:00 pm (T)</p>
<p>28 11:30 Plated Brunch (HDR)</p>	<p>29 10:15 Whoga (T) 12:30 Monday Movie Classic (T) - TBA 1:00 Craft (CR)</p>	<p>30 9-3 Paper Recycling 8:00 Lab Work (T) 10:30 Exercise (T) 11:00 Guided Meditation (T)</p>	<p></p>	<p></p>	<p></p>	<p></p>



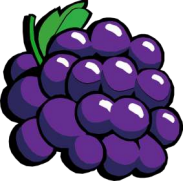
Lest We Forget.



NOVEMBER 2021 MENU



Lest We Forget.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Wonton Soup Caesar Salad Cod Vegetarian Chilli & Garlic Toast Broccoli or Carrots Fries or Rice Boston Cream Pie or ♥ Fruit	2 Beef Noodle Soup Chantilly Salad Stuffed Peppers Mushroom Quiche Fancy Mixed Veg or Sliced Beets Mashed Potato or O'Brian Potatos Yogurt & Berries or ♥ Fruit	3 Corn Chowder Soup Coleslaw Grilled Haddock & Lemon Sauce (GF) Beef Goulash (GF) Peas or Italian Mixed Veg Mashed Potato or Rice Strawberry Rhubarb Custard or ♥ Fruit	4 Vegetable Soup Potato Salad Chicken & Mushroom Sauce Pulled Beef on a Bun Sautéed Zucchini or Garden Mixed Veg Mashed Potato or Rice Butterscotch Pudding or ♥ Fruit	5 Seafood Chowder Mango Power Salad Bratwurst Sausage Baked Lemon Sole Peas and Sauerkraut Rice or Mashed Potato Macadamia Nut Cookie or ♥ Fruit	6 Chicken Vegetable Soup Tossed Salad Oriental Pork Casserole (GF) Beef Taco Salad Garden Mixed Veg Mashed Potato Rice Pudding or ♥ Fruit
7 Ham & Lentil Soup Harvest Salad Ham & Pineapple Glaze Seafood Salad & Croissant Garnished with Fresh Fruit PEI Mixed Veg or Braised Red Cabbage Scalloped Potatoes Pumpkin Pie or ♥ Fruit	8 Belgium Cabbage Soup Basil & Feta Tomato Salad Chicken Catalina (GF) Pulled Pork on a Bun Broccoli or Corn Mashed Potato or Potato Salad Tapioca Pudding or ♥ Fruit	9 Borscht Soup Cucumber Salad w/ Sour Cream Dill Dressing Sweet & Sour Meatballs (GF) Kubassa Cabbage Rolls Garden Mixed Veg Rice or Perogies Buttertart Square or ♥ Fruit	10 Manhattan Clam Chowder Coleslaw Chicken Wings, Veggies & Dip (GF) Vegetarian Lasagna & Garlic Toast Peas or Cauliflower Oven Roasted Potato or Fries Strawberry Mousse or ♥ Fruit	11 Broccoli Soup Tomato & Cucumber Salad Beef Pot Roast (GF) Crispy Chicken Caesar Salad & Garlic Toast Fancy Mixed Veg or Brussels Sprouts Mashed Potato Baked Apple & Rum Sauce or ♥ Fruit	12 Cream of Cauliflower Soup Greek Salad Grilled Tilapia & Tartar Sauce (GF) Chicken Pesto Pasta Italian Mixed Veg Rice or Pasta Trifle Cake or ♥ Fruit	13 Beef Barley Soup Carrot Raisin Salad Shepherds Pie (GF) Hot Turkey Open Faced Sandwich & Gravy Fancy Mixed Veg Mashed Potato Chocolate Pie or ♥ Fruit
14 Chicken Veg Soup Macaroni Salad Veal Roast & Gravy (GF) Farmers Omelet with Toast Brussels Sprouts or Peas Mashed Potato Oatmeal Raisin Cookie or ♥ Fruit	15 Boston Clam Chowder Broccoli Salad Ham Steak & Pineapple Ring Spinach & Cheese Quiche Cauliflower or Creamed Corn Scalloped Potato Bread Pudding or ♥ Fruit	16 Navy Bean Soup Diplomat Salad Ginger Beef & Spring Roll Spinach & Cheese Quiche w Fruit Cup Bok Choy & Carrots Mix Mashed Potato or Rice Baked Apple Slices w/Cinnamon or ♥ Fruit	17 Beef Barley Soup Coleslaw Pork Stew (GF) Baked Salmon & Tartar Sauce (GF) California Mixed Veg Mashed Potato or Potato Wedge Maple Walnut Ice Cream or ♥ Fruit	18 Cream of Broccoli Soup Caesar Salad Chicken Stir Fry (GF) Spaghetti & MeatSauce Stirfry Veg/Mix Rice or Spaghetti Pineapple Yum Yum Cake ♥ Fruit	19 German Pea Soup Mushroom Salad Baked Blue Cod Fillet & Tartar Sauce (GF) Chicken & Mushroom Sauce (GF) PEI Mixed Veg or Peas Rice or Mashed Potato Tapioca Pudding or ♥ Fruit	20 Corn Chowder Beet Salad Pork Tenderloin Cutlet, AppleSauce & Gravy Chilli Con Carne (GF) Butternut Squash or Green Beans Baked or Mashed Potato Rice Pudding or ♥ Fruit
21 Turkey Noodle Soup Coleslaw Louisiana BBQ Ribs (GF) Fruit & Cheese Platter w/Croissant Oven Roasted Root Veg or Corn Baked Beans or Baked Potato Butterscotch Pudding or ♥ Fruit	22 Cream of Potato Soup Cauliflower Salad Chicken Burger w/ Lettuce & Tomato Beef Stew (GF) Sauerkraut or Sautéed Mushrooms Mashed Potato or Fries Apple Pie or ♥ Fruit	23 Wonton Soup Diplomat Salad Teriyaki Porkchop (GF) Butter Chicken (GF) Garden Mixed Veg. Mashed Potato or Rice Jell-O or ♥ Fruit	24 French Onion Soup Spinach Salad & Strawb Vinaigrette Beef Stroganoff & Biscuit Sliced Beets or Carrots Mashed Potato Choc Chip Mint Ice Cream or ♥ Fruit	25 Lentil Soup Mushroom Salad Pork Drummies (GF) Chicken Cordon Bleu w/ mshrm sauce Fancy Mixed Veg Steamed Red Potatoes w/Dill or Rice Rice Pudding or ♥ Fruit	26 Chicken Noodle Soup Ichiban Salad Garlic Shrimp (GF) Veal Cutlet Stir Fry Veg Mashed potato or Rice Banana Cake or ♥ Fruit	27 Beef & Mushroom Soup Tossed Salad Apple Orchard Pork Chop (GF) & Gravy Pineapple Chicken Balls Broccoli or Butternut Squash Mashed Potato or Rice Blueberry Pie or ♥ Fruit
28 Broccoli & Cauliflower Soup Banana Nut Salad Roast Beef Dinner (GF), Yorkshire Pudding & Gravy Chef Salad Mashed Turnips & Carrots Mashed Potato Yogurt & Berries or ♥ Fruit	29 Navy Bean Soup Cucumber Salad Chicken Parmigiana (GF) Meatballs & Mushroom Sauce (GF) Carrots or Zucchini Mashed Potato or Pasta Tiramisu or ♥ Fruit	30 Manhattan Clam Chowder Spinach & Feta Salad Liver & Onion w/ Bacon & Gravy (GF) Sweet N Sour Pork (GF) Fancy Mixed Veg Mashed Potato and Rice Chocolate Pudding or ♥ Fruit	