








<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>9:00 Low Impact Cardio w/Terri            10:30 <b>New! Creative Writing w/ Kathy and JoAnn</b>            11:00 Gentle Flow Yoga w/Patricia            1:00 Stretch &amp; Balance w/Gina</p>	<p>9:00 Strength Training w/John            10:00 Blood Pressure Screening w/Barbara            10:15 Strength Training w/John            10:30 Grumpy Old Men's Group            1:00 Line Dancing w/Kathy</p>	<p>9:00 Low Impact Cardio w/ Terri            10:00 Mahjongg            10:00 Women of the Ages w/Beth            10:05 Stretch &amp; Balance w/Gina            11:00 Gentle Chair Yoga w/Patricia</p>	<p>9:00 Strength Training w/John            10:15 Strength Training w/John            1:00PM <b>NEW! Tea Time</b> w/Miranda            (Time may be subject to change)</p>	<p>9:00 Low Impact Cardio w/ Terri            10:00 Blood Pressure Screening w/Janice            10:30 Senior Chat w/Betty Jo &amp; Carmela            10:30 Tai Chi w/Spencer Gee            12:45 Bingo            1:00 Bridge Game</p>
<p>The following new groups and clubs are beginning in November!</p> <p>10:30 Mondays- Creative Writing            1:00 One Wednesday per month: Veterans Club</p>	<p>THE CENTER WILL BE CLOSED ON:            THURSDAY, NOVEMBER 23RD &amp;            FRIDAY, NOVEMBER 24TH</p>	<p>1            11:30 Seated Stretch with Theresa            12:45 Crafts w/ Marge and Sue (Pre-register in Program Office)            12:45 Rottkam Farm Trip</p>	<p>2 <b>ANNUAL GALA</b>            10:30 SAC Activities Meeting            11:30 Autumn Trivia with Theresa            12:45 <b>New! Chair Dance w/ Kim</b></p>	<p>3            10:30 Tai Chi w/Spencer Gee            11:30 Brain Games with Beth            12:00 Piano Music by Joan            12:45 Bingo</p>
<p>6            11:30 <b>New! Family Feud w/ Theresa</b>            12:45 <b>New! Musical Bingo w/ Emily</b></p>	<p>7            9:30 Adelphi Nursing Students            10:00 Watercolour Painting Class            11:00 Syosset Talented Young Musicians            12:45 Bingo</p>	<p>8            11:15 New: Brain Fitness w/ Michelle            2:00 Decorate for Veterans Tribute            12:45 Stop &amp; Shop Trip</p>	<p>9 <b>VETERANS TRIBUTE</b>             11:15 Veterans Day Celebration            2:00 Caregiver's Group w/Ruth</p>	<p>10 <b>DIWALI PROGRAM</b>            10:30 Tai Chi w/Spencer Gee            11:15 Diwali Dance with Students            12:00 Piano Music by Joan            12:45 Bingo</p>
<p>13            11:15 <b>New! Jeopardy w/ Nancy</b>            12:45 Name that Piano Tune With Michele</p>	<p>14            9:30 Adelphi Nursing Students            10:00 Watercolour Painting Class            11:15 Legal Education Session Presented by Stefans Law Group: Estate Planning Info w/ Donna            12:45 SUPER Bingo</p>	<p>15             11:30 Birthday Day            12:45 Crafts w/ Marge and Sue (Pre-register in Program Office)            1:00PM <b>NEW Veterans Club</b> w/Michael            12:45 Trip to Del Vino</p>	<p>16 <b>HOLIDAY SALE</b>            10am-2:30pm Holiday Sale            10:30 SAC MEETING            11:15 Music &amp; Movement w/ Gina            2:00 Foodie Group w/ Anthony &amp; Beth</p>	<p>17 <b>HOLIDAY SALE</b>            10am-2:30pm Holiday Sale            10:30 Tai Chi w/Spencer Gee            11:30 Brain Games w/Beth            12:00 Piano Music by Joan            12:45 Bingo</p>
<p>20            11:30 <b>New! Proverbs and Sayings w/ Theresa</b>            12:45 Chorale Group w/ Theresa</p>	<p>21            9:30 Adelphi Nursing Students            10:00 Watercolour Painting Class            11:30 BRUNCH            12:45 Bingo            2:00 Decorate for Thanksgiving</p>	<p>22            11:30 Gratefulness Group Poetry Writing Session with Theresa            12:00 Thanksgiving Celebration</p>	<p><b>CENTER CLOSED</b>  </p>	<p><b>CENTER CLOSED</b>  </p>
<p>27            11:30 <b>New! Finish the Line w/ Theresa</b>            12:45 Virtual Broadway Musical Tunes Compilation</p>	<p>28            11:15 Award Presentation to Kathy By Long Island Volunteer Center            12:45 Bingo</p>	<p>29            10am-2pm St. Francis Health Van (Blood Pressure, Cholesterol &amp; Diabetes Screening, Flu Shots)            11:15 Virtual Trip to Israel             12:45 Trip to Trader Joes</p>	<p>30            11:15 "MIND Diet" Presentation w/ Ky Ee of Cornell Cooperative            2:00 Caregiver's Group w/Ruth</p>	<p><u>Save The Dates in December</u>            12/5 Diabetes Prevention, Management and Reversal w/ Alexandria            12/7 Hanukkah Celebration            12/14-12/15 Cookie Sale            12/20 Christmas Party (ticket)            12/21 Vernon School Chorus</p>

## November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><i>All reservations must be made a day in advance before 12pm</i></b></p> <p><b><i>Please reserve on Friday before 12pm for Monday's lunch</i></b></p>	<p><b><i>Select either hot or cold when making your reservations</i></b></p> <p><b><i>Grab &amp; Go meals are still available for pickup Monday thru Friday</i></b></p>	<p>1</p> <p>Chicken Cordon Bleu, mashed potatoes, spinach and biscuit , juice</p> <p>or Tuna on wheat</p>	<p>2</p> <p>Sausage &amp; Pepper Hero, tossed salad, juice</p> <p>or Egg salad on wheat</p>	<p>3</p> <p>Potato Crusted Cod, baked sweet potatoes, mixed vegetables, juice</p> <p>or Turkey on wheat</p>
<p>6</p> <p>Baked Ziti with ricotta cheese, Italian tossed salad, juice, and garlic bread, juice</p> <p>or Tuna on wheat</p>	<p>7</p> <p>Breaded Pork Chop, Mashed Potatoes, Whole Wheat Bread, juice</p> <p>or Turkey on wheat</p>	<p>8</p> <p>Hearty Chicken Soup with noodles, Tossed Salad and juice</p> <p style="text-align: center;">or</p> <p>Egg salad on wheat</p>	<p>9</p> <p>Baked Fried Chicken, macaroni and cheese, Broccoli and biscuit, Apple Pie</p> <p style="text-align: center;"><u>No Cold Lunch Today</u></p>	<p>10</p> <p>Chicken Masala, Gurma Aloo, Zucchini Lentil Fritter w/ yogurt, Naan, Coconut Burfi, juice</p> <p style="text-align: center;"><u>No Cold Lunch Today</u></p>
<p>13</p> <p>Ravioli with Pomodoro Sauce</p> <p>Spinach bean soup, Garlic Bread, juice</p>	<p>14</p> <p>Turkey Meatloaf with Gravy, Italian Vegetables, Mashed Potatoes, Whole Wheat Bread, juice</p> <p>Egg salad on wheat</p>	<p>15 <b>BIRTHDAY DAY</b></p> <p>BBQ Chicken, Cole-slaw, baked beans and a roll, Birthday Cake, juice</p> <p style="text-align: center;"><u>No Cold Lunch Today</u></p>	<p>16</p> <p>Beef Stew, mashed potatoes, biscuit, juice</p> <p>or Tuna on wheat</p>	<p>17</p> <p>Personal Pizza with Minestrone soup, juice, and crackers</p> <p>or Turkey on wheat</p>
<p>20</p> <p>Chicken Souvlaki, Greek salad, pita, juice</p> <p>or Tuna on wheat</p>	<p>21 <b>BRUNCH</b></p> <p>Scrambled Eggs w/ Cheese, hashbrown potato, mini bagel w/cream cheese, and juice</p> <p style="text-align: center;"><u>No Lunch Today</u></p>	<p>22 <b>THANKSGIVING</b></p> <p>Roasted Turkey with gravy, cran-berry compote, string beans almondine, mashed sweet potatoes, juice; Pumpkin Pie</p>	<p>23</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Happy Thanksgiving</p>	<p>24</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Happy Thanksgiving</p>
<p>27</p> <p>Rigatoni Bolognese, Tossed Salad, and Italian bread, juice</p> <p>or Tuna on wheat</p>	<p>28</p> <p>Cheeseburger w/ Lettuce &amp; Tomato, pickle, French Fries, Coleslaw and juice</p> <p>or Egg salad on wheat</p>	<p>29</p> <p>Falafel with Hum-mus, Tahini, Israeli Salad, Pita</p> <p style="text-align: center;"><u>No Cold Lunch Today</u></p>	<p>30</p> <p>Chicken Pot Pie , Brussel Sprouts, and juice</p> <p>or Tuna on wheat</p>	<p style="text-align: center;"><b><i>Each meal is served with a dessert</i></b></p>

**\*\*RESERVATIONS REQUIRED A DAY IN ADVANCE BY 12:00 PM\*\***

**YOUR MEAL DONATION OF \$3.00 - \$5.00 is GREATLY APPRECIATED**

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging.