

November 2022

Two Rivers/Mishicot Area Dine In and Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Election Day	2	3	4
	Pineapple Glazed Ham Scalloped Potatoes Broccoli Rye Bread Banana	Chicken Pizza Bake Romaine Salad Grape Tomatoes Potato Bucks WW Bread Cherry Cake	<u>National Sandwich Day</u> Chili Chicken Salad on Wheat Broccoli Cauliflower Salad Applesauce Lemon Pie	Beef Tips Mashed Potatoes Winter Squash WW Dinner Roll Spice Cake
7 Veteran's Day	8	9	10 Veteran's Day	11
Lasagna Romaine Salad Corn French Bread Pumpkin Bar	BBQ Shredded Pork on WW Bun Cheesy Potatoes Baked Beans Apple	Philly Style Mac & Cheese w/Chicken Mediterranean Herb Veggies Peaches WW Bread Brownie	<u>National Cupcake Day</u> Baked Chicken Mashed Potatoes w/Gravy Carrots WW Dinner Roll Cupcake	Meatloaf Diced Sweet Potatoes Broccoli WW Bread Mixed Fruit
14	15	16	17	18
Sloppy Joe on WW Bun German Potato Salad Baked Beans Fresh Fruit	Baked Spaghetti Mixed Veggies Fruit Salad Garlic Bread Berry Torte	<u>National Whole Grain Bread Day</u> Tator Tot Casserole Carrots Pears 12 Grain Bread Poke Cake	Chef Salad Turkey & Bean Soup French Bread Banana Bar	Salmon Boiled Red Potatoes Pineapple Coleslaw Rye Bread Strawberry Pretzel Bar
21	22	23	24	25
Swedish Meatballs Egg Noodles California Blend Veggies Apricots Butterscotch Pudding	<u>Thanksgiving Meal</u> Roasted Turkey Mashed Potatoes & Gravy Green Beans WW Dinner Roll Pumpkin Pie	Taco Bake Casserole Refried Beans Corn WW Bread Golden Salad	Closed Thanksgiving	Closed
28	29	30	1	2
Chicken Ala King Peas Banana Biscuit Fruited Jello	Baked Chicken Whipped Potatoes & Gravy Corn WW Bread Apple Bar	<u>National Chocolate Mousse Day</u> Hamburger on WW Bun Baked Beans Coleslaw Chocolate Mousse		
5	6	Notes		Suggested meal cost donation for 2022 is \$6.00. Actual cost is \$10.00
IMMUNE BOOSTING FOODS OF THE MONTH 	White Potatoes: Contain fiber, vitamin c and B6, all which benefit overall health and immunity.	Strawberries: Rich in vitamin c, fiber, potassium, and antioxidants. Berries are a powerhouse of nutrition!		

MON



TUE

1 WED

2 THU

3 FRI

4

9:15 Simply Seniors (P & R)
 9:30 Mahjong- Library
 10:30 Arthritis Exercise
 11:30 Lunch
 1:00 Let's get Moving- Behringer
 1:00 BINGO- Koska
 1:30 Dominos- Library

8:30 Footcare Appts
Conference Room
 9:00 Cardio Drumming - Koska
 9:15 Bowling @ The Hook
 10:00 Card Creators- Library
 11:30 Lunch- Koska
 1:00 Dartball- Koska
 1:30 Cribbage- Library

8:30 Benefit Specialist-
Conference Room
 9:15 Simply Seniors-
 (Parks & Rec)
 11:30 Lunch- Koska
 1:00 Sheepshead- Library

8:30 Quilting- Library
 9:00 BINGO Brunch- Koska
 11:30 Lunch- Koska
 1:00 2023 Medicare
 informational Program

7
 8:30 Committee on Aging
 - Library
 9:00 Fitness Fun- Koska
 11:30 Lunch- Koska
 1:00 Movie: Coal Miner's
 Daughter- Library

8
 9:15 Simply Seniors- (P & R)
 9:30 Mahjong- Library
 10:30 Arthritis Exercise
 10:30 Blood Pressure Screening
 11:30 Lunch
 1:00 Let's get Moving- Behringer
 1:00 BINGO- Koska
 1:30 Dominos- Library

9
 8:30 Footcare Appts
Conference Room
 9:00 Cardio Drumming - Koska
 9:15 Bowling @ The Hook
 10:00 Card Creators- Library
 11:30 Lunch- Koska
 1:00 Medicare 101- Koska
 1:30 Cribbage- Library

10
 9:15 Simply Seniors- (P & R)
 11:30 Lunch With Mr. Buckley-
 Koska
 12:00 Friends Board Meeting-
Conference Room
 1:00 Sheepshead- Library
 3:00 Choir Meeting- Koska

11
 8:30 Quilting- Library
 9:00 Chair Yoga- Behringer
 9:00 BINGO Brunch- Koska
 11:30 Veterans Lunch- Koska
Creation station reservation deadline

14
 9:00 Fitness Fun- Koska
 11:30 Lunch- Koska
 1:00 Movie: Mr. Malcolm's
 List- Library

15
 9:15 Simply Seniors- (P & R)
 9:30 Mahjong- Library
 10:30 Arthritis Exercise
 11:30 Lunch
 1:00 Let's get Moving- Behringer
 1:00 BINGO- Koska
 1:30 Dominos- Library

16
 8:30 Footcare Appts
Conference Room
 9:00 Cardio Drumming - Koska
 9:15 Bowling @ The Hook
 10:00 Card Creators- Library
 11:30 Lunch- Koska
 1:00 Dartball- Koska
 1:30 Cribbage- Library

17
 9:15 Simply Seniors- (Parks
 & Rec)
 11:30 Lunch- Koska
 12:00 Red Hatitudes @
 Friar Tuck's
 1:00 Sheepshead- Library
Creation station Pick-up

18
 8:30 Quilting- Library
 9:00 Chair Yoga- Behringer
 9:00 BINGO Brunch- Koska
 11:30 Lunch- Koska
 1:00 Creative expressions
Creation Station Pick-up

21
 9:00 Fitness Fun- Koska
 11:30 Lunch- Koska
 1:00 Movie: Oklahoma!
 - Library

22
 9:15 Simply Seniors- (P & R)
 9:30 Mahjong- Library
 10:30 Arthritis Exercise
 11:30 Lunch
 1:00 Let's get Moving- Behringer
 1:00 BINGO- Koska
 1:30 Dominos- Library

23
 8:30 Footcare Appts
Conference Room
 9:00 Cardio Drumming - Koska
 9:15 Bowling @ The Hook
 10:00 Card Creators- Library
 11:30 Lunch- Koska
 1:00 Dartball- Koska
 1:30 Cribbage- Library



24
Senior Center Closed.
HAPPY THANKSGIVING!

28
 9:00 Fitness Fun- Koska
 11:30 Lunch- Koska
 1:00 Movie: Mrs. Harris
 Goes to Paris- Library

29
 9:15 Simply Seniors- (P & R)
 9:30 Mahjong- Library
 10:30 Arthritis Exercise
 11:30 Lunch
 1:00 Let's get Moving- Behringer
 1:00 BINGO- Koska
 1:30 Dominos- Library

30
 8:30 Footcare Appts
Conference Room
 9:00 Cardio Drumming - Koska
 9:15 Bowling @ The Hook
 10:00 Card Creators- Library
 11:30 Lunch- Koska
 1:00 Dartball- Koska
 1:30 Cribbage- Library

NOVEMBER
 Call 920-793-5596
 to sign up today!