



Senior Center Activities Calendar November 2025



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
						1 10:30am Sing & Sculpt	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Chess Mahjong
2 10:30am Chair Yoga	3 10:00am Drum Fit 12:15pm Scrabble Tournament 1:15pm Chair Yoga	4 All Day Election Day 10:00am Power Up!	5 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind & Body	6 10:00am Sticks & Kicks 1:00pm How to Avoid Scams & Fraud <i>CMC Prosecutors Office</i>	7 10:00am Bodies in Motion 12:15pm Big Bingo	8 10:30am Sing & Sculpt	
9 10:30am Chair Yoga	10 10:00am Drum Fit 12:15pm Scrabble Tournament 1:15pm Chair Yoga	11 All Day Veteran's Day 10:00am Power Up! 2:00pm Mahjong Tournament	12 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:00pm Seated Volleyball	13 10:00am Sticks & Kicks 11:30am Lunch & Learn <i>Presented by Shore Physicians Group</i> 1:00pm Karaoke	14 10:00am Bodies in Motion 12:15pm Big Bingo <i>Sponsored by Journey Hospice</i>	15 10:30am Sing & Sculpt	
16 10:30am Chair Yoga	17 10:00am Drum Fit 12:15pm Scrabble Tournament 1:15pm Chair Yoga	18 10:00am Power Up! 11:30am Lunch & Learn <i>Presented by Homewatch Caregivers</i>	19 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:00pm Arts & Crafts <i>Gratitude Banners</i>	20 10:00am Sticks & Kicks 11:30am Friendsgiving <i>Sponsored by Autumn Lakes</i>	21 10:00am Bodies in Motion 12:15pm Big Bingo	22 10:30am Sing & Sculpt	
23 10:30am Chair Yoga	24 10:00am Drum Fit 12:15pm Scrabble Tournament	25 10:00am Power Up! 11:30am November Birthday Celebration 1:15pm Line Dancing	26 10:00am Hustle for the Muscle	27 Closed <i>happy thanksgiving</i>	28 10:00am Bodies in Motion 12:15pm Big Bingo	29 10:30am Sing & Sculpt	
30 10:30am Chair Yoga	Movie Monday <i>The Family Stone</i>						

Subject to change



Senior Center Lunch Menu November 2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Pizza French Fries Applesauce
2 Cream Chipped Beef Toast Fruit Cup	3 Chicken Pot Pie Salad	4 Soft Shell Tacos Spanish Rice	5 Stuffed Shells Meatballs Garlic Bread	6 Cheeseburgers French Fries Applesauce	7 Fish & Chips Cole Slaw Applesauce	8 Ham & Cheese Sandwich Potato Chips Macaroni Salad
9 French Toast Hash Brown Bacon	10 Grilled Cheese & Tomato Soup Applesauce	11 Hot Dogs Sauerkraut Baked Beans	12 Lasagna Salad Garlic Bread	13 Chili Macaroni & Cheese Rolls	14 Baked Fish with Lobster Sauce Cole Slaw Applesauce	15 Turkey & Cheese Sandwich Potato Chips Potato Salad
16 Waffles Hash Brown Sausage	17 Meatball Subs Salad	18 Meatloaf Mashed Potatoes Mixed Vegetables	19 Chicken Salad Platter Potato Salad	20 Turkey Mashed Potatoes Cranberry Sauce Mixed Vegetables	21 Fish & Chips Cole Slaw Applesauce	22 Chicken Sandwich Potato Chips Cole Slaw
23 Scrambled Eggs Hash Brown Bacon	24 Chicken Parmesan Sandwich	25 BBQ Chicken Mashed Potatoes Mixed Vegetables	26 Chicken Caesar Salad Rolls	27 Happy Thanksgiving	28 Baked Fish with Lobster Sauce Cole Slaw Applesauce	29 Pizza French Fries Applesauce
30 Chipped Beef Toast Fruit Cup	Potato Salad Applesauce					

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