Mozaic Adult Day Program
203-365-6470 • www.mozaicsl.org

Activity Calendar – November 2026

MOZAIC Senior Life
SERVING SENIORS SINCE 1973
Service is Our Calling

The Director's Corner

Happy November to all our Caregivers, Partners and Members!

First, don't miss a special Harvest Arts and Crafts program with JoAnn Claybourne on Thursday, November 19th. Please note space is limited.

Finally, a reminder the center will be closed on November 26th and 27th for the Thanksgiving holiday. Wishing everyone a happy and healthy holiday!

Care Partner Meetings

This month the virtual session will take place on November 17th, 7:15-8:15pm, *RSVP* to receive a link. The Alzheimer's Association in-person session will be November 18th 3:00-4:00pm.

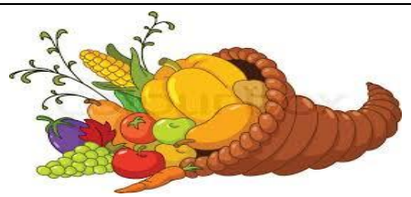
For more information, contact 203-396-1240 or Navigation@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 Billiards/Table Games **10:00 Golden Girls Social** 10:00 Sit and Be Fit! **10:30 Men's Club**/Word in a Word 11:30 LUNCH 1:00 Fitness Ball Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters	**3** 9:15 Billiards/Table Games 10:00 Silver Sneakers Exercise 10:30 Family Feud **10:30 Men's Club** 11:30 LUNCH 1:00 Stretches **1:30 Tai Chi w/ Jonathon** 2:30 Refreshments 2:45 Mind Busters	**4** 9:15 Billiards/Table Games **9:30 REMESA Bilingual Program** 10:00 Chair Zumba 10:30 Rephrase That! 11:30 LUNCH 1:00 Stretches 1:30 Bingo 2:45 Mind Busters	**5** 9:15-10:00 Table Games/Zumba **10:30 50's & 60's Entertainment w/ Jennifer DiSapio** **10:30 Men's Club** 11:30 LUNCH 1:00 Stretches 1:30 Let's Sing and Dance! 2:30 Refreshments 2:45 Mind Busters	**6** 9:15 Billiard's/Table Games **10:00 Golden Girl's Social** 10:00 Fusion Fitness 10:30 Buzz Word 11:30 LUNCH 1:00 Stretches **1:30 Entertainment w/John V.** 2:30 Refreshments 2:45 Mind Busters
9 **9:15 Billiard's/Table Games** **10:00 Golden Girls Social/Zumba** **10:30 Saxophone w/ Chris Coulter** **10:30 Men's Club** LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Goodbye Trivia	**10** 9:15 Billiards/Table Games 10:00 Sit and Be Fit! 10:30 American Trivia **10:30 Men's Club** LUNCH 1:00 Stretches 1:30 Mozaic Karaoke 2:30 Refreshments 2:45 Goodbye Trivia	**Veteran's Day** **11** 9:15/9:30 Table Games/**REMESA** 10:00 Silver Sneaker Exercise **10:30 Yoga w/ Sally** **10:30 Woodwork w/ Chris** LUNCH 1:00 Stretches **1:30 Veteran's Celebration w/ Carl** 2:30 Refreshments 2:45 Goodbye Trivia	**12** 9:15 Billiards/Table Games 10:00 Chair Exercise 10:30 BINGO **10:30 Men's Club** LUNCH **1:00** Stretches 1:30 Focus, Aim and Toss 2:30 Refreshments 2:45 Goodbye Trivia	**13** 9:15 Billiard's/Table Games **10:00 Golden Girls Social** 10:00 Fusion Fitness 10:30 Pair the Matching Cards LUNCH 1:00 Stretches 1:30 Bucket Ball Match 2:30 Refreshments 2:45 Goodbye Trivia
16 9:15 Billiards/Table Games **10:00 Golden Girls Social** 10:00 Silver Sneaker Exercise 10:30 Puzzle Vision/**Men's Club** LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters	**17** 9:15 Billiards/Table Games 10:00 Fusion Fitness 10:30 Wordle **10:30 Men's Club** LUNCH 1:00 Stretches 1:30 Follow the Lyrics 2:30 Refreshments 2:45 Mind Busters	**18** 9:15 Billiards/Table Games **9:30 REMESA Bilingual Program** 10:00 Chair Zumba 10:30 Facts or Fiction LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters	**19** 9:15 Billiards/Table Games 10:00 Sit and Be Fit! **10:30** Family Feud/**Men's Club** LUNCH 1:00 Stretches 1:30 Hangman/**Painting w/ JoAnn** 1:30 Scattergory Circle of Words 2:30 Refreshments 2:45 Mind Busters	**20** 9:15 Billiard's/Table Games **10:00 Golden Girls Social** 10:00 Chair Exercise 10:30 Odd One Out! LUNCH 1:00 Stretches **1:30 Entertainment w/ Edwin R.** 2:30 Refreshments 2:45 Mind Busters
23 9:15 Billiards/Table Games **10:00 Golden Girls Social** 10:00 Fusion Fitness 10:30 Buzz Word **10:30 Men's Club** **10:30 OUT TRIP** LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Goodbye Trivia	**24** 9:15 Billiards/Table Games 10:00 Chair Zumba 10:30 Finish the Word Idioms **10:30 Men's Club** 11:30 LUNCH 1:00 Stretches 1:30 Sing Along to the 50's 2:30 Refreshments 2:45 Goodbye Trivia	**25** 9:15 Billiards/Table Games **9:30 REMESA Bilingual Program** 10:00 Sit and Be Fit! **10:30 Holiday Celebration w/ Larry Batter** 11:30 LUNCH 1:00 Stretches 1:30 Holiday Bingo 2:30 Refreshments 2:45 Goodbye Trivia	**26**  **Program Closed**	**27**  **Program Closed**
30 9:15 Billiard's/Table Games **10:00 Golden Girls Social** 10:00 Chair Zumba 10:30 Hangman **10:30** Men's **Club** 11:30 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters	Join us for Coffee Hour Every Morning at 9:00am	 	 	

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Lunch Menu – November 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
2 LENTIL SOUP HERB ROASTED TURKEY RATATOUILLE ITALIAN BREAD STRAWBERRY SHORTCAKE	**3** TURKEY NOODLE SOUP GRILLED CHICKEN THIGH BAKED POTATO SAUTEED ZUCCHINI CREAM CHEESE BROWNIE	**4** BEEF BARLEY SOUP HAWAIIAN CHICKEN FRENCH FRIES BAKED BEANS WATERMELON	**5** BEEF KREPLACH SOUP PASTA PRIMAVERA CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR	**6** TOMATO BASIL SOUP FISH & CHIPS  CREAMY COLESLAW BLACK FOREST CAKE
9 BEEF VEGETABLE SOUP POT ROAST W/GRAVY MASHED POTATOES BABY CARROTS MOON PIE	**10** CHICKEN GUMBO SOUP RIGATONI & MEATBALLS CAESAR SALAD GARLIC BREAD ICE CREAM SUNDAE	**11** **PIZZA DAY** FRENCH ONION SOUP  CHEESE PIZZA  GARDEN SALAD CUBED WATERMELON	**12** SWEET & SOUR SOUP SWEET & SOUR CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGGIES SHERBERT	**13** POTATO LEEK SOUP ROAST TURKEY W/GRAVY FRUITED STUFFING VEGETABLE MEDLEY LEMON MERINGUE PIE
16 MINESTRONE SOUP TERIYAKI CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	**17** LEMON CHICKEN & RICE SOUP STUFFED SHELLS W/MEAT SAUCE HONEY GLAZED CARROTS CHEESECAKE	**18** FLORENTINE WHITE BEAN SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS WATERMELON	**19** **THANKSGIVING MEAL** ITALIAN WEDDING SOUP ROAST TURKEY STUFFING/CRANBERRY SAUCE SWEET POTATOES GREEN BEAN CASSEROLE APPLE/PUMPKIN PIE	**20** TURKEY NOODLE SOUP HONEY GLAZED SALMON LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE
23 PASTINA SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES BRUSSEL SPROUTS BANANA SPLIT SUNDAE	**24** SOUTHWEST VEGETABLE SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	**25** LENTIL SOUP VEGETABLE QUICHE  GARDEN SALAD CUBED WATERMELON	**26**  CENTER CLOSED	**27** CENTER CLOSED
30 LENTIL SOUP HERB ROASTED TURKEY RATATOUILLE ITALIAN BREAD STRAWBERRY SHORTCAKE				

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT. SNACK VARIES, MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST