



The Director's Corner

Happy November to all our Caregivers, Partners and Members!

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

Finally, a reminder the center will be closed on November 27th and 28th for the Thanksgiving holiday. Wishing everyone a happy and healthy holiday!

Care Partner Meetings

This month the virtual session will take place on November 18th, 7:15-8:15pm, *RSVP* to receive a link. The in-person session will be November 19th 3-4:00pm.

For more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcoucci@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
	Join us for Coffee Hour Every Morning at 9:00am			
10:00 Chair Zumba 10:30 30+ Letter Word in a Word 10:30 Men's Club LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Goodbye Trivia 3	10:00 Sit and Be Fit! 10:30 Bean Bag Toss 10:30 Men's Club LUNCH 1:00 Stretches 1:30 Entertainment w/ Warren Bloom 2:30 Refreshments 2:45 Goodbye Trivia 4	10:00 Silver Sneaker Exercise 10:30 Puzzle Vision 10:30 Men's Club LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Goodbye Trivia 5	10:00 Chair Exercise 10:30 Family Feud 10:30 Men's Club LUNCH 1:00 Fitness Ball Stretches 1:30 Mozaic Karaoke 2:30 Refreshments 2:45 Goodbye Trivia 6	10:00 Fusion Fitness 10:30 Hangman LUNCH 1:00 60's Price was Right Then! 1:30 Yoga w/ Jonathon 1:30 Crafty Jewelry Making w/ Letty 2:30 Refreshments 2:45 Goodbye Trivia 7
10:00 Silver Sneaker Exercise 10:30 American Trivia 10:30 Men's Club LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters 10	10:00 Fusion Fitness 10:30 Honoring Veteran's Day 10:30 Men's Club LUNCH 1:00 Fitness Ball Stretches 1:30 Bowling Match 2:30 Refreshments 2:45 Mind Busters 11	10:00 Chair Zumba 10:30 Facts or Fiction 10:30 Men's Club LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters 12	10:00 Sit and Be Fit! 10:30 Rephrase That! 10:30 Men's Club LUNCH 1:00 Stretches 1:30 Golf Match 2:30 Refreshments 2:45 Mind Busters 13	10:00 Chair Exercise 10:30 Odd One Out! LUNCH 1:00 Stretches 1:30 Entertainment w/ Carl Lindquist 2:30 Refreshments 2:45 Mind Busters 14
10:00 Fusion Fitness 10:30 Match the Synonyms 10:30 Men's Club LUNCH 12:30 Out Trip (Library) 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Goodbye Trivia 17	10:00 Chair Zumba 10:30 Pictionary 10:30 Men's Club 11:30 LUNCH 1:00 Stretches 1:30 Bull's Eye Toss 2:30 Refreshments 2:45 Goodbye Trivia 7:15 CARE PARTNER MEETING (VIRTUAL) 18	10:00 Sit and Be Fit! 10:30 Men's Club/Animal Show 10:30 Holiday Arts & Crafts w/ JoAnn Claybourne 11:30 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Goodbye Trivia 3:00 CARE PARTNER MEETING (IN-PERSON) 19	10:00 Chair Exercise 10:30 Wordle 10:30 Men's Club LUNCH 1:00 Stretches 1:30 Old Wives Tales 1:30 Story Telling w/ Mr. Melmed 2:30 Refreshments 2:45 Goodbye Trivia 20	10:00 Silver Sneaker Exercise 10:30 Woodwork w/ Chris 10:30 Celebrity Faces 11:30 LUNCH 1:00 28+ Word in a Word 1:30 Spa Day w/ Letty 1:30 Tai Chi w/Jonathon 2:30 Refreshments 2:45 Goodbye Trivia 21
10:00 Chair Zumba 10:30 Hangman 10:30 Men's Club 11:30 LUNCH 1:00 Stretches 1:30 Holiday Bingo 2:30 Refreshments 2:45 Mind Busters 24	10:00 Sit and Be Fit! 10:30 Family Feud 10:30 Men's Club 11:30 LUNCH 1:00 Fitness Ball Stretches 1:30 Let's Sing and Dance! 2:30 Refreshments 2:45 Mind Busters 25	10:00 Fusion Fitness 10:30 Holiday Entertainment w/ Lynn Lewis 10:30 Men's Club 11:30 LUNCH 1:00 Stretches 1:30 Bingo 2:30 Refreshments 2:45 Mind Busters 26		
Program Closed			Program Closed	Program Closed

Lunch Menu – November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 BEEF VEGETABLE SOUP HOT ROAST BEEF WITH GRAVY MASHED POTATOES CHOPPED COLESLAW RED, WHITE & BLUE MOON PIES	4 CHICKEN GUMBO SOUP CAPELLINI & MEATBALLS CAESAR SALAD/GARLIC BREAD ROASTED ZUCCHINI & SUMMER SQUASH ICE CREAM SUNDAE	5 MUSHROOM LEEK & TURKEY BACON CHOWDER VEGETABLE QUICHE GARDEN SALAD CUBED WATERMELON	6 SWEET & SOUR SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGETABLES DICED PEACHES	7 POTATO LEEK SOUP ROAST TURKEY W/GRAVY FRUITED STUFFING VEGETABLE MEDLEY STRAWBERRY CHEESECAKE
10 TURKEY NOODLE SOUP STUFFED PEPPER WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	11 LEMON CHICKEN & RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOCOLATE GANACHE CHEESECAKE	12 WHITE BEAN SOUP HAMBURGER OR HOT DOG FRENCH FRIES BAKED BEANS FRUIT COCKTAIL	13 ITALIAN WEDDING SOUP CHICKEN MARSALA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING	14 MINISTRONE SOUP HONEY GLAZED SALMON LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE
17 ALPHABET SOUP CORNED BEEF RUEBEN ON RYE ROASTED RED POTATOES SEASONED CABBAGE BANANA SPLIT SUNDAE	18 TUSCAN CAULIFLOWER SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	19 LENTIL SOUP HAMBURGER OR HOT DOG POTATO SALAD BAKED BEANS CUBED WATERMELON	20 MINISTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE	21 PIZZA DAY MUSHROOM BARLEY SOUP CHEESE PIZZA GARDEN SALAD STRAWBERRY CHEESECAKE
24 BEEF VEGETABLE SOUP BAKED MANICOTTI W/MEAT SAUCE BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE	25 TURKEY NOODLE SOUP STUFFED PEPPER LYONNAISE POTATOES ROASTED ZUCCHINI & SUMMER SQUASH CREAM CHEESE BROWNIE	26 WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES	27  CENTER CLOSED	28 CENTER CLOSED

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