



Activity Calendar – November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
	Join us for Coffee Hour Every Morning at 9:00am	10:00 Stretch & Strengthen 10:30 Words of the wise Men's Club Table Games LUNCH 1:00 Strengthen Your Body 1:30 Name That Tune Yahtzee 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Men's Club Cards/Hangman LUNCH 1:00 Strengthen Your Body 1:30 A to Z Football toss Blink 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Pokeno Table Games LUNCH 1:00 Exercise Free Style 1:30 20 Questions 2:30 REFRESHMENTS	
10:00 Stretch & Strengthen 10:30 Rephrase Horse racing Men's Club LUNCH 1:00 Strengthen Your Body 1:30 Apples to Apples Bingo 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Trivial Pursuit Basketball Men's Club LUNCH 1:00 Strengthen Your Body 1:30 Let's chat Splash 2:30 REFRESHMENTS	10:00 Exercise & Stretch 10:30 Men's Club Frisbee LUNCH 1:00 Exercise Free Style 1:30 Find the words Dominos Darts 2:30 REFRESHMENTS	10:00 Exercise & Stretch 10:30 Word in a Word Game Men's Club LUNCH 1:00 Exercise Free Style 1:30 Family feud Cards Nail Spa 2:30 REFRESHMENTS	10:00 Exercise & Stretch 10:30 Mental gymnastics Uno LUNCH 1:00 Exercise Free Style 1:30 Tai Chi w/ Jonathon Balloon Volleyball 2:30 REFRESHMENTS	
10:00 Exercise & Stretch 10:30 Men's Club Wheel of Fortune LUNCH 1:00 Exercise Free Style 1:30 Bingo Ball Toss 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Concentration Art Men's Club LUNCH 1:00 Exercise Free Style 1:30 Name That Tune Shuffleboard 2:30 REFRESHMENTS	10:00 Exercise & Stretch 10:30 Men's Club Bowling LUNCH 1:00 Exercise Free Style 1:30 Strengthen your mind Table games 2:30 REFRESHMENTS	10:00 Exercise & Stretch 10:30 Trivia Men's Club LUNCH 1:00 Exercise Free Style 1:30 Do you know Mini bowling 2:30 REFRESHMENTS	10:00 Exercise & Stretch 10:30 Building words Ring toss Cards LUNCH 1:00 Exercise Free Style 1:30 Is That Your Final Answer Ring Toss 2:30 REFRESHMENTS	
10:00 Stretch & Strengthen 10:30 Pet Therapy: Diesel Visits Bucket Toss Men's Club LUNCH 1:00 Exercise Free Style 1:30 The Common Factor Art 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Think Fast Boggle Men's Club LUNCH 1:00 Strengthen Your Body 1:30 Word Expressions Let's Talk About it 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Crafts Table Games Men's Club LUNCH 1:00 Strengthen Your Body 1:30 Holiday Celebration w/ Warren Bloom 2:30 REFRESHMENTS	Happy Thanksgiving Center Closed		
10:00 Stretch & Strengthen 10:30 Trivia Treasury Art Men's Club LUNCH 1:00 Exercise Free Style 1:30 Balloon Volleyball Pokeno 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Give Me The Answer Jarts Pokeno Men's Club LUNCH 1:00 Exercise Free Style 1:30 Match Game Hit The Cans 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Chair Yoga w/ Doris Table games Men's Club LUNCH 1:00 Exercise Free Style OUTTRIP 1:30 Word Search/Cards Sing, Sing, Sing 2:30 REFRESHMENTS	10:00 Stretch & Strengthen 10:30 Words of the wise Basketball Dominos Men's Club LUNCH 1:00 Strengthen Your Body 1:30 Bullseye Yahtzee 2:30 REFRESHMENTS		

The Director's Corner

Please bring in a photo of your loved one when they were younger for our Guess Who? game (remember to put their name on the back)

We will be closed on Nov. 23rd and 24th so that all can celebrate Thanksgiving with family and friends.

We wish you a healthy and happy holiday!






Caregiver Meetings

This month the caregiver support meetings will take place on November 21st (virtual) and November 15th (in-person, masks are optional). *RVSPs are appreciated though not required to attend.*

To obtain the virtual link or for more information, contact Tiffany Colucci, MS, PC, NCC ElderCare Navigator at 203-396-1066 or tcolucci@mozaicsl.org

Lunch Menu - November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> <p>POTATO LEEK SOUP PATTY MELT ON RYE SWEET POTATO WEDGES BAKED BEANS PEACH CRISP</p>	<p style="text-align: right;">2</p> <p>BUTTERNUT SQUASH SOUP SPAGHETTI & MEATBALLS SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY GARLIC BREAD CHOCOLATE CREAM PIE</p>	<p style="text-align: right;">3</p> <p>CREAM OF BROCCOLI SOUP HAWAIIAN CHICKEN COCONUT RICE SAUTEED RATATOUILLE CHERRY COBBLER</p>
<p style="text-align: right;">6</p> <p>GINGER CARROT SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL JAPANESE BLEND VEGGIES PEACHES</p>	<p style="text-align: right;">7</p> <p>WISCONSIN CHEESE SOUP MEATLOAF W/GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER</p>	<p style="text-align: right;">8</p> <p>POTATO LEEK SOUP HAMBURGER ON A BUN FRENCH FRIES BAKED BEANS CHOCOLATE CAKE</p>	<p style="text-align: right;">9</p> <p>CHICKEN & RICE SOUP STUFFED SHELLS W/MARINARA GREEN BEAN CASSEROLE GARLIC BREAD APPLE PIE</p>	<p style="text-align: right;">10</p> <p>MINISTRONE SOUP TURKEY CHILI RED SMASHED POTATOES SAUTEED MIXED VEGETABLES PUMPKIN CHEESECAKE</p>
<p style="text-align: right;">13</p> <p>EGG DROP SOUP SWEET & SOUR CHICKEN SESAME NOODLES/EGG ROLL JAPANESE BLEND VEGETABLES PEANUT BUTTER BROWNIE</p>	<p style="text-align: right;">14</p> <p>ITALIAN WEDDING SOUP STUFFED PEPPERS TOASTED ORZO CREAMED SPINACH AMBROSIA SALAD</p>	<p style="text-align: right;">15</p> <p>POTATO LEEK SOUP HAWAIIAN CHICKEN BAKED BEANS COLESLAW CARAMEL BROWNIE</p>	<p style="text-align: right;">16</p> <p>PASTA FAGIOLI SOUP CHICKEN PARMESAN GARLIC ORZO RATATOUILLE CHOCOLATE CREAM PIE</p>	<p style="text-align: right;">17</p> <p>QUINOA VEGETABLE SOUP FLOUNDER FLORENTINE STEAMED BROWN RICE GARLIC ITALIAN BEANS VANILLA CAKE W/CHOC ICING</p>
<p style="text-align: right;">20</p> <p>ESCAROLE & BEAN SOUP VEGETABLE LASAGNA BAKED YAM/GARLIC BREAD GARLIC BROCCOLI MINT BROWNIES</p>	<p style="text-align: right;">21</p> <p>BEEF ORZO SOUP OPEN FACE TURKEY SANDWICH MASHED POTATOES COLLARD GREENS BANANA CREAM PIE</p>	<p style="text-align: right;">22</p> <p>TURKEY & WILD RICE SOUP HAMBURGER ON A BUN W/LETTUCE & TOMATO BAKED BEANS THREE BEAN SALAD TAPIOCA PUDDING</p>	<p style="text-align: right;">23</p> <p style="text-align: center;"> CENTER CLOSED</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">CENTER CLOSED</p>
<p style="text-align: right;">27</p> <p>ITALIAN WEDDING SOUP EGGPLANT ROLLATINI RICE PILAF/GARLIC BREAD BROCCOLI PINEAPPLE UPSIDE DOWN CAKE</p>	<p style="text-align: right;">28</p> <p>BEEF BARLEY SOUP ROAST TURKEY WITH GRAVY CLASSIC STUFFING ROASTED BRUSSEL SPROUTS CHOCOLATE PUDDING</p>	<p style="text-align: right;">29</p> <p>POTATO LEEK SOUP PATTY MELT ON RYE SWEET POTATO WEDGES BAKED BEANS PEACH CRISP</p>	<p style="text-align: right;">30</p> <p>BUTTERNUT SQUASH SOUP SPAGHETTI & MEATBALLS SAVORY COUSCOUS ROASTED VEGETABLE MEDLEY GARLIC BREAD CHOCOLATE CREAM PIE</p>	