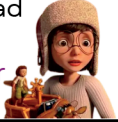
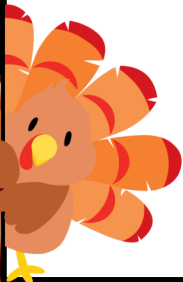


Monday	Tuesday	Wednesday	Thursday	Friday
11:30am Lunch 3 Chicken Adobo, Peas, Bell Pepper & Tomato, Fruit & Brown Rice 1:30pm Monday Dance Tony DiGiovanni	11:30am Lunch Make a Turkey Day 4 Quiche, Broccoli, Cauliflower, Salad, Fruit & Bread  12:30pm Movie Invincible & Soar 	11:30am Lunch 5 Shepherd's Pie, Carrots, Corn, Salad, Fruit & Bread	10am Fit & Talk Senior Olympics 6 11:30am Lunch Baked Fish Almondine, Barley, Green Beans, Salad & Fruit 	11:30am Lunch 7 Arroz Con Pollo, Pinto Beans, Squash, Salad, Fruit & Brown Rice  4pm Tech Talk Artificial Intelligence (AI)
11:30am Veteran's Day Lunch No Lunch *No Table Tennis* 	Closed for Veteran's Day 11 	11:30am Lunch 12 Baked Pollack w/ Lemon Sauce, Pilaf Yellow Squash, Salad & Fruit	10am Fit & Talk Walk to Arcadia County Park 13 11:30am Lunch BBQ Chicken, Green Peas, Coleslaw, Fruit, Macaroni w/ Cheese & Bread 11:30am Table Tennis Tournament 12:30pm Karaoke	11:30am Lunch 14 Open Face Hot Turkey Sandwich, Green Beans, Corn, Salad, Fruit & Bread  12:30pm Harvest Bunco 4pm Tech Talk Online Internet Access 
11:30am Lunch 17 Vegetarian Chili, Broccoli, Salad, Fruit & Bread 1:30pm Monday Dance Linda Herman	9am Coffee with the Mayor 18 10am HICAP 11:30am Lunch Hawaiian Chicken Breast, Vegetables, Salad, Fruit & Brown Rice  12:30pm Movie The Intern 	11:30am Lunch 19 Turkey Milanese, Zucchini, Salad, Fruit, Whole Grain Linguine	10am Fit & Talk - Chair Pilates 20 11:30am Lunch Salmon w/ Dill Sauce, Green Beans, Black Beans, Salad, Fruit & Bread 11:30am Taste the Town Tokyo Soul 	10am Travelers Meeting 21 11:30am Lunch Asian Beef Stir Fry, Brown Rice, Mixed Vegetables, & Fruit
11:30am Lunch 24 Mediterranean Chicken, Spinach, Salad, Fruit & Barley 12:30pm Seminar Find Your Balance: Interactive Seminar & Screening 	11:30am Lunch National Parfait Day 25 Spaghetti w/ Meat Sauce, Green Beans, Salad & Fruit  12:30pm Movie Knives Out 	11am Thanksgiving Feast 26 No Lunch *No Table Tennis, Bridge, or Sing Along*  	Closed for Thanksgiving Holiday 27 	GIVE THANKS 28 Closed for Thanksgiving Holiday 
	November	2025	Connection	