





| EVERY MONDAY | EVERY TUESDAY | EVERY WEDNESDAY | EVERY THURSDAY | EVERY FRIDAY |
|---|--|---|--|---|
| 9:15 Low-impact Aerobics 10:30 SilverSneakers® 1 12:00 Lunch 12:45 Bingo | 10:30 Water Aerobics 10:30 YogaStretch 12:00 Lunch 1:00 pm Poker 1:00 Bridge 12:45 500 6:45 pm Bingo | 9:15 SilverSneakers® 2 10:30 SilverSneakers® 1 10:30 Tai Chi 12:00 Lunch 12:30 Band 12:30 Euchre | 10:00 Advanced Line Dance 10:30 Water Aerobics 12:00 lunch 10:00-11:30 Blood Pressure 11:00 Stroke Grp. 2 Thurs. 12:45 Bingo 7:00 p.m. Zumba | 9:15 Low-impact exercises 10:30 SilverSneakers® 1 12:00 Lunch 1:00 Zumba Gold <i>Please give \$1.00 donation to each program you attend.</i> |
| 2) Country ribs, oven browned potatoes, green & wax beans, 2 pcs 9-grain brd, grapes | 3) Tuna noodle casserole, baby peas, 1 dinner roll, coleslaw, peach slices | 4) Garden vegetable meatloaf, horseradish whipped potatoes, carrots, 2 pcs whole wheat brd, choc. cake/white frosting/jimmies | 5) Chicken leg & thigh, broccoli florets, honey wheat brd, rice pilaf, red delish. Apple, graham crackers | 6) Texas style chili (beef, beans & veggies), tossed salad, semi-hard roll, macaroni, banana |
| <i>Morning Book Club 10:30 am Silver Scholars Computer Class- E-Mail 1:30 pm. To 3:30 p.m.</i> | <i>Shop Trip – Walmart @Pgh Mills Lunch 'n Learn – Medicare part D ELECTION DAY</i> |  | <i>Wise Walk 9:00 am at Library Highmark Town Mtg 9:00 a.m. Lunch 'n Learn – noon senior Safety Stroke Survivor Group Mtg 11am</i> | <i>CCAC Healthy Cooking 1:00 Holiday Craft Show – Saturday, November 7- 9am to 3pm</i> |
| 9) Turkey meatball sandwich, au gratin potatoes, green peas, whole wht bun, oatmeal raisin cookies | 10) Roast beef with thin gravy, stewed tomatoes & zucchini, rye bread, kaluski noodles, orange / kiwi / pineapple mix | 11) Baked cod, parsley & chive roasted potatoes, baby carrots, 2 pcs 9-grain brd, fruit cocktail | 12) Stuffed cabbage roll, whipped potatoes, mixed veggies, 2 pcs Italian brd, banana | 13) Chicken dinner salad, baby spinach, tomato, cukes, coleslaw, 2 pcs honey wht brd, ginger bread cake / pwd'er sugar |
| <i>Silver Scholars Computer Class- E-Mail 1:30 pm. To 3:30 p.m.</i> | <i>Advisory Council Mtg – 10:00 am Lunch 'n Learn – Traffic Safety noon Red Hats – Olive Garden 11:30 am</i> | <i>Veteran's Day</i>  | <i>Wise Walk 9:00 am at Library Free Computer Seminar "What can a computer do for me?"</i> | <i>CCAC Healthy Cooking 1:00 Scrap-all-Nite 6pm to midnight</i> |
| 16) Baked chicken leg & thigh, baby Brussels, honey wht brd, rice pilaf with mushrooms, red apple, graham crackers | 17) Baked cod with tomatoes, green peppers & onions, scalloped potatoes, leaf spinach, 9-grain brd, pear slices | 18) Roast beef with gravy, whipped potatoes, green & wax beans, 2 pcs whole wheat bread, pineapple cuts | 19) Roast Turkey with gravy, cider glazed yams, broccoli florets & baby carrots, dinner roll, pumpkin pie/whipped cream, cranberry relish | 20) Penne casserole with ground beef & cottage cheese, tossed salad, Italian brd, apricot halves |
| <i>Lunch 'n Learn – Duquesne Light – How to Save Money, noon. Computer Class- Basic Comp. 3&4 - 1:30- 3:30 p.m.</i> | <i>Shop Trip – Target @ Monroeville</i>  | <i>November Birthday Party</i>  | <i>Wise Walk 9:00 am at Library Caring Circle 6:30 p.m. Book Club – 6:30 p.m. Stroke Survivor Group Mtg 11am</i> | <i>CCAC Healthy Cooking 1:00</i> |
| 23) Pulled BBQ pork, potatoes with parsley, Italian green beans, 2 pcs 9-grain brd, apricots | 24) Classic meatloaf with gravy, whipped potatoes, broccoli florets /red pepper, 2 pcs wheat brd, yellow cake/choc. frosting | 25) Baked cavatappi & cheese in cheese sauce, Italian stewed veggies, tossed salad, rye brd, orange | 26) T H A N K S G I V I N G H O L I D A Y. Center is closed. | 27)Center is Closed for the Holiday |
| <i>Decorate the Center Computer Class- Basic Comp. 3&4 - 1:30- 3:30 p.m.</i> | <i>Decorate the Center Foot / Nail Care with Dr. Larsen 12:30</i> | <i>Decorate the Center</i> | <i>No home delivered meals</i> | <i>No home delivered meals</i> |
| 30) Chopped swiss steak mushrooms / gravy, baby pea & pearl onions, white brd, kluski noodles, pineapple/mandarine orgs. | DECEMBER 1) Lemon pepper baked cod, au gratin potatoes, stewed tomatoes, 2 pcs whole wht brd, oatmeal raisin cookies | Dec. 2) Roast beef & gravy, horseradish whipped potatoes, orange & honey carrots, banana | | |

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

Meals are provided by Allegheny County Area Agency on Aging and are served in our Center each day, Monday through Friday, at 12:00 p.m. Reservations must be made at least one day in advance, before 1:00 p.m., by calling the Center at 412-795-2342. Meals are served with 2% milk unless, you request skimmed, whole, buttermilk, or chocolate. Please NOTE: only 2% may accompany holiday meals. (Reminder – call the Center before 12 p.m. for OPT transportation to and/or from Center the next day.) A donation is accepted for those 60 and over and eating at the Center. Full price (ask at desk before signing up) is requested of anyone under 60 or not resident of Allegheny County.