

# NOVEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Eggplant Parmesan Flat Italian Green Beans Cannolini Beans w/Basil	2 Greek Turkey Burger w/Mango Corn Salsa Wild & Brown Rice Broccoli Fresh Fruit	3 Braised Chicken w/Roasted Pepper Sauce over Creamy Parm Polenta Vegetable Confetti Italian Vegetables	4 Beef Stroganoff w/Noodles Applesauce Mixed Vegetables
7 Baked Macaroni & Cheese Stewed Tomatoes Green Beans	8 Chicken Alfredo Carrots Pears	9 Tex Mex Chicken Fiesta Rice Capri Vegetable	10 Pollock Florentine w/Tomato Basil Cous Cous Carrots Brussel Sprouts	11 Thai Beef w/Rice Pacific Vegetables Pot Sticker & Confetti Vegetables
14 Vegetable Cheese Omelet Breakfast Potatoes Turkey Sausage Bagel	15 Swedish Meatballs w/Noodles Peas Applesauce	16 Turkey Thyme Risotto Carrots Brussel Sprouts	17 Southern Style Pangasius Fish Black-Eyed Peas Collard Greens Tartar Sauce	18 Pulled BBQ Pork Brown Rice Fruit Cobbler
21 Vegetable Lasagna Roasted Potatoes Italian Blend Vegetables	22 General Tso Chicken w/Fried Rice Broccoli Egg Roll Sweet & Sour Sauce	23 Ham Steak w/Pineapple Sweet Potatoes Green Beans	24 OFFICE CLOSED FOR Thanksgiving HAVE A GREAT HOLIDAY!	25 Closed FOR THANKS GIVING & BLACK & FRIDAY
28 Sweet & Sour Turkey Meatballs w/Confetti Vegetables Broccoli Steamed Rice	29 Chicken Tenders Baked Beans Apple Cobbler Ranch Dipping Sauce Baby Carrots	30 Chicken Fried Steak w/Beef Gravy Rice Pilaf Mixed Vegetables		



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<p><b>NORRISTOWN</b>  <i>Program Schedule</i>  <b>536 George St</b>  <b>Norristown, PA 19401</b>  <b>610-275-1960</b></p>	<p>1            10:00 Meditation w/Tea            10:30 Yoga w/Laurie            10:30 <b>Healthy Steps</b>            11:30 LUNCH            12:30 Bingo</p> <p><b>All Saints Day</b></p>	<p>2            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/ Darrel            11:30 LUNCH            12:15 Bible Study            12:30 Feast Of all Souls</p> <p><b>All Souls Day</b></p>	<p>3            10:00 Sit Stretch Be Fit            10:30 Zumba Gold w/Nancy            10:30 Rise Up w/Danielle            11:30 LUNCH            12:15 Arts &amp; Craft w/Marcia            12:30 Line Dancing w/Nancy</p>	<p>4            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/Darrel            10:30 Art w/Marcia View            11:30 LUNCH            12:15 Art w/Marcia Make            12:30 Flash Back Oldies</p>
<p><b>End of Daylight-Saving Time 7</b>            10:00 Sit Stretch Be Fit.            10:30 <b>Making Do in Inflationary Times.</b>            11:30 LUNCH            12:15 Monday at the Movies            * <b>Moonstruck</b></p>	<p>8            10:00 Sit Stretch Be Fit            10:30 Yoga w/Laurie            10:30 <b>Dr. Yeung Presentation</b>            11:30 LUNCH            12:30 Bingo</p> <p><b>Election Day</b></p>	<p>9            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/ Darrel            10:30 <b>Premier Barbers</b>            11:30 LUNCH            12:15 Bible Study            12:30 Drums Alive</p>	<p>10            10:00 Sit Stretch Be Fit            10:30 Zumba Gold w/Nancy            10:30 Craft Hour w/Marcia            11:30 LUNCH            12:15 Arts &amp; Craft w/Marcia            12:30 Line Dancing w/Nancy  <b>Senator Cappelletti's Rep</b></p>	<p>11            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/Darrel            10:30 <b>Our Veterans</b>            11:30 LUNCH            12:15 <b>Art Celebrating Veterans</b>            12:30 Flash Back Oldies  <b>Veterans Day</b></p>
<p>14            10:00 Sit Stretch Be Fit            10:30 Meet &amp; Greet SW            10:30 <b>Successful Aging</b>            11:30 LUNCH            12:15 Monday at the Movies            * <b>When Harry Met Sally</b></p>	<p>15            10:00 Meditation w/Tea            10:30 Yoga w/Laurie            10:30 <b>Healthy Steps</b>            11:30 LUNCH            12:30 Bingo</p>	<p>16            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/ Darrel            11:30 LUNCH            12:15 Bible Study            12:30 Drums Alive</p>	<p>17            10:00 Sit Stretch Be Fit            10:30 Zumba Gold w/Nancy            10:30 Art w/Jenny            11:30 LUNCH            12:15 Art w/Jenny            12:30 Line Dancing</p>	<p>18            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/Darrel            10:30 Art4Me w/Jenny View            11:30 LUNCH            12:15 Art4Me w/Jenny Make            12:30 Games Day  <b>National Apple Cider Day</b></p>
<p>21            10:00 Sit Stretch Be Fit.            10:30 *Current Events            11:30 LUNCH            12:15 Monday at the Movies            * <b>Grumpy Old Men</b></p> <p><b>World Hello Day</b></p>	<p>22            10:00 Meditation w/Tea            10:30 Yoga w/Laurie            10:30 <b>Healthy Steps</b>            11:30 LUNCH            12:30 Bingo</p>	<p>23            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/ Darrel            10:30 Why Be Thankful?            11:30 LUNCH            12:15 <b>Wildflower Band</b>  <b>"Carmen Tee"</b>  <b>Sing Along &amp; Dance</b></p>	<p><b>Thanksgiving Day 24</b>    <b>Closed</b></p>	<p>25  </p>
<p>28            10:00 Sit Stretch Be Fit.            10:30 *Armchair Travel in USA            11:30 LUNCH            12:15 Monday at the Movies            * <b>Grumpier Old Men</b></p>	<p>29            10:00 Meditation w/Tea            10:30 Yoga w/Laurie            10:30 <b>Healthy Steps</b>            11:30 LUNCH            12:30 Bingo</p>	<p>30            10:00 Sit Stretch Be Fit            10:30 Tai Chi w/ Darrel            11:30 LUNCH            12:15 Bible Study            11:30 Drums Alive</p>		

Questions, Suggestions or Recommendations, Email Marcia [mbrown@montcosaac.org](mailto:mbrown@montcosaac.org) Programs are subject to change without prior Notice