



NOVEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Vegetable Lasagna Pesto Cauliflower Roasted Potatoes w/Rosemary	2 Waffles w/Chicken Sausage Pears Collard Greens Syrup	3 Chinese Roast Pork Fried Rice Capri Vegetables
6 Roasted Herb Chicken w/Bean Casserole Broccoli w/Cheese Sauce Quinoa Pilaf w/Riced Veggies	7 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables	8 Sweet Italian Sausage Rosemary Roasted Potatoes Steamed Peas	9 Eggplant Parmesan Steamed Green Beans & Carrots Cinnamon Peaches	10 Italian Meatball & Chicken Platter Pesto Cauliflower Penne w/Olive Oil
13 Chickpea Curry Stew w/Brown Rice Peas & Confetti Vegetables Apple Cobbler	14 Herbed Chicken w/Tomato Coulis over Polenta Broccoli Poached Pear	15 Cheese Stuffed Shells w/Tomato Basil Sauce Steamed Carrots Steamed Green Beans	16 Swedish Meatballs served over Noodles Peas Applesauce	17 Braised Paprika Chicken over Rice Pilaf Pea & Carrots Poached Pears
20 Roasted Tilapia w/Lemon over Rice Capri Vegetables Apple Cobbler	21 Baked Macaroni & Cheese Stewed Tomatoes Green Beans	22 Turkey w/Stuffing & Gravy Mashed Potatoes Green Bean Casserole Cranberry Sauce Holiday Pie	23 CLOSED THURSDAY & FRIDAY Happy Thanksgiving! 	24 CLOSED THURSDAY & FRIDAY Happy Thanksgiving! 
27 Chicken Madres w/Orzo & Peas Zucchini w/Tomatoes Yellow Squash	28 Open-Faced Turkey Burger w/Roasted Corn & Mango Salsa Wild & Brown Rice Pilaf Broccoli	29 Gingered Mustard Pork Brussel Sprouts Sweet Potatoes	30 Beef Stroganoff w/Egg Noodles Mixed Vegetables Applesauce	

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>Norristown Programs <i>November 2023</i> 536 George Street Norristown, PA 190401 610-275-1960</p>					
		<p>Grateful for My Favorite Thing 1</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Tai Chi w/Darrel 10:30 Comedy w/Trevor Noah 11:30 LUNCH 12:15 Bible Study 12:00 Music Madness 1:30 Who What When</p>	<p>Grateful for Blue Skies 2</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Trivia/Jeopardy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:30 Coordination Games</p>	<p>Grateful for Morning Coffee 3</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards (till noon) 10:30 Tai Chi w/Darrel 10:30 Art Viewing 11:30 LUNCH 12:15 Art Making 12:30 Humana Program in a box 1:30 Walking Together</p>	
<p>Grateful for Beautiful Artwork 6</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Huddle w/Marcia 10:45 Coffee Talk w/Katie 11:30 LUNCH 12:15 Drama Club meeting 12:30 Drums Alive</p>	<p>Grateful for a Fun Activity 7</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 W.R.A.P Class (Final) 10:30 Yoga w/Laurie 11:30 LUNCH 12:30 Bingo 12:30 Ted Talks 1:30 Grooving to Music in Lobby</p>	<p>Grateful for Birdsong 8</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Tai Chi w/Darrel 10:30 Premier Barbers 11:30 LUNCH 12:15 Bible Study 12:00 Music Madness 1:30 Who What When</p>	<p>Grateful for Dear Friends 9</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Tea w/Friends 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy Senator Cappelletti's Rep 11 to 1</p>	<p>Grateful for Local Wildlife 10</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards (till noon) 10:30 Tai Chi w/Darrel 10:30 Art Viewing 11:30 LUNCH 12:15 Art Making 12:30 Learning Spanish 1:30 Walking Together</p>	
<p>Grateful for Neighbors 13</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Open Mic 10:45 Coffee Talk w/Katie 11:30 LUNCH 12:15 Getting to know You. 12:45 Drums Alive *Medicaid Adv Plans availability</p>	<p>Grateful for Doctors 14</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 At the Movies 10:30 Yoga w/Laurie 11:30 LUNCH 12:30 Bingo 12:30 Ted Talks 1:30 Grooving to Music in</p>	<p>Grateful for music 15</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Suburban Hosp Lecture 10:30 Tai Chi w/Darrel 11:30 LUNCH 12:15 Bible Study 12:00 Music Madness 1:30 Who What When</p>	<p>Grateful for Books 16</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Trivia/Jeopardy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:30 Coordination Games</p>	<p>Grateful for Beautiful Sceneries 17</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards (till noon) 10:30 Tai Chi w/Darrel 10:30 Art Viewing 11:30 LUNCH 12:00 Pelvic Health 12:15 Art Making 12:30 Birthday's Celebration 1:30 Walking Together</p>	
<p>Grateful for the Sun 20</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Huddle w/Marcia 10:45 Coffee Talk w/Katie 11:30 LUNCH 12:15 Thanksgiving Worldwide 12:45 Drums Alive</p>	<p>Grateful for Community 21</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Health & Wellness w/Connie 10:30 Yoga w/Laurie 11:30 LUNCH 12:30 Bingo 12:30 Ted Talks 1:30 Grooving Music in Lobby</p>	<p>Grateful for a Tasty Meal 22</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Tai Chi w/Darrel 10:30 At the Movies 11:30 LUNCH 12:15 Bible Study 12:00 Music Madness 1:30 Who What When</p>	 <p>23</p>	 <p>24</p>	
<p>Grateful for Poetry 27</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Open Mic 10:45 Coffee Talk w/Katie 11:30 LUNCH 12:15 Jenga Competition 12:45 Drums Alive</p>	<p>Grateful for a Good Night Sleep 28</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Health & Wellness w/Connie 10:30 Yoga w/Laurie 11:30 LUNCH 12:30 Bingo 12:30 Ted Talks 1:30 Grooving to Music in Lobby</p>	<p>Grateful for a Weather Break 29</p> <p>10:00 Sit Stretch Be Fit 10:00 Billiards 10:30 Suburban Hosp Lecture 10:30 Tai Chi w/Darrel 11:30 LUNCH 12:15 Bible Study 12:00 Music Madness 1:30 Who What When</p>	<p>Grateful for beautiful Love 30</p> <p>10:00 Sit Stretch Be Fit 10:30 Zumba Gold w/Nancy 10:30 Trivia/Jeopardy 10:30 Art w/Jennifer 11:30 LUNCH 12:15 Art w/Jennifer 12:30 Line Dancing w/Nancy 12:30 Christmas Decorating</p>	 <p>Celebrating Gratitude *save date 12/29/23</p>	

Questions, Suggesions or Recommendations, Email Marcia mbrown@montcosaac.org All Programs are subject to change without notice.