

November 2025 Activities

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM- Lunch 12:00PM Pleasant City Site Activity 1:00PM Line Dancing Class	9:00AM-3:00PM OSHIP Counselling Appointments 9:00AM Quilters 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Cumberland Site Activity <u>Election Day</u> <i>*No Bingo, Seated Tai Chi, Bingocize or Cardio Drumming on this day</i>	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Sponsored Bingo 11:30AM Lunch 12:00PM Old Washington Site Activity 12:00PM– Mahjong 1:30PM Dining with Diabetes During the Holidays	Caregiver Appreciation Luncheon 11:00AM-1:00PM There will be no regular activities on this day, Grab & Go Lunches will be available from 11:30AM-1:00PM 2:00PM Craft Class	8:45AM Belmont Mansion Christmas Tour Trip 9:00AM Geri Fit Exercise 9:00AM Library Pop-Up 10:00AM Bingo 11:30AM Lunch 12:30PM Euchre 1:00PM Geri-Fit Exercise
10	11	12	13	14
8:30 AM- Crafting Group 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Chair Yoga 11:30AM– Lunch 1:00PM Line Dancing Class	8:30AM Veterans Day Breakfast Buffet 9:00AM Quilters 10:00AM Bingo 11:00AM Blood Pressure Checks 11:00AM Bingocize 11:30AM Lunch 1:00 Cardio Drumming Class 1:30PM Alzheimer’s Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Bingo 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM– Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	9:00AM-3:00PM- Counselling Appointments with Biggs Ins. 9:00AM Geri Fit Exercise 10:00AM -Bingo 11:30AM– Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
17	18	19	20	21
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM Lunch 11:30AM Lunch Bunch Group at Francis Family Restaurant 1:00PM Line Dancing Class 2:00PM Painting Class	8:15AM Tanger Outlet Trip 9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Bingocize 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00 Cardio Drumming Class 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Bingo 11:00AM-1:00PM- Shoulder Massages 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 5:00PM Community Appreciation Dinner	9:00AM Geri Fit Exercise 10:00AM -Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:30PM Greeting Card Making Class
24	25	26	27	28
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Chair Yoga 11:30AM– Lunch 1:00 Line Dancing Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00 Bingocize 11:00AM Blood Pressure Checks 11:30AM Birthday Luncheon 12:00PM Byesville Site Activity 1:00 Cardio Drumming Class	9:30AM– Danishes & Coffee *No Bingo on this Day* 12:00 Noon- Traditional Thanksgiving Luncheon– Dine In Only		

November 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chinese Pepper Steak Over White Rice Asian Blend Vegetables Mini Egg Rolls w/ Sauce 100 % Grape Juice Choice of Milk	4 Hamburger Gravy over Mashed Potatoes Broccoli Florets Warm Apple Slices Biscuit/Margarine Choice of Milk	5 Lemon Butter Fish Roasted Red Potatoes Yellow Squash Peaches Choice of Bread/Margarine Choice of Milk	6 Marinated Italian Pork Chop Creamy Potatoes w/Chives Glazed Carrots Fresh Banana Dinner Roll/Margarine Choice of Milk	7 Philly Cheese Steak w/ Hoagie Bun Hashbrown Casserole Seasoned Green Beans Apricots Sugar Cookie Choice of Milk
10 Italian Sausage w/Peppers & Onions Tater Tots Baked Beans Fruit Cocktail Choice of Bread/Margarine Choice of Milk	11 Cabbage Roll Parsley Buttered potatoes Mixed Vegetables Fresh Orange Dinner Roll/Margarine Choice of Milk	12 Country Fried Steak w/Gravy Diced Seasoned Potatoes Brussel Sprouts 100% Apple Juice Choice of Bread/Margaine Choice of Milk	13 Crispy Baked Chicken Leg Scalloped Potatoes Buttered Corn Mixed Berries Dinner Roll/Margarine Choice of Milk	14 Chili Cornbread Casserole Winter Blend Vegetables Cherry Crisp 100% Fruit Juice Chocolate Brownie Choice of Milk
17 Salisbury Steak w/Gravy Baby Baker Potatoes French Style Green Beans Fresh Pear Choice of Bread/Margarine Choice of Milk	18 Baked Ham Mashed Potatoes w/Ham Gravy Candied Baby Carrots Pineapple Chunks Knot Roll/Margarine Choice of Milk	19 Vegetable Soup w/Beef & Crackers Pickled Beets Fresh Apple Peanut Butter Cookie Choice of Milk	20 Baked Rotini w/Meat Sauce Tossed Salad w/Dressing Cauliflower Mandarin Oranges Garlic Bread Choice of Milk	21 Baked Chicken Breast Cheddar Mashed Potatoes California Blend Vegetables Tropical Fruit Italian Bread/Margaine Banana Cupcake w/ Chocolate Icing Choice of Milk
24 Pork Roast w/Pork Gravy Sweet Potatoes Sliced Carrots Fresh Grapes Dinner Roll/Margarine Choice of Milk	25 Glazed Meatloaf Au Gratin Potatoes Buttered Peas Ambrosia Salad Choice of Bread/Margarine Choice of Milk	26 Roasted Turkey w/Dressing Mashed Potatoes w/Gravy Succotash Cranberry Jell-O Salad Dinner Roll /Margarine Pumpkin Pie w/Cool Whip Choice of Milk	27 Closed for the Thanksgiving Holiday Frozen Meals Available upon Request	28 Closed for the Thanksgiving Holiday Frozen Meals Available upon Request

We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday, Tuesday & Thursday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. **Dine-In or Grab & Go Options Available.** If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org. **Menu subject to change depending on item availability.*

This institution is an equal opportunity provider.