

P A P E R	C A R D B O A R D	MONDAY	tuesday	wednesday	t	friday	<i>Chef Robert Hersey</i> <b>Menu</b> 1. Oven Roasted Chicken 2. Broccoli & Cheese Pollock  5. Low Sodium Hot Dogs 6. Swedish Meatballs 7. Chicken Parmesan 8. Corn Chowder Pork Chops 9. Potato Crunch Pollock  12. <i>Holiday – Closed</i> 13. Chicken Kiev 14. Meat Lasagna 15. <i>Thanksgiving Dinner</i> Pumpkin Soup Oven Roasted Turkey 16. Clam Chowder Fish Nuggets  19. BBQ Chicken 20. Beef Stroganoff 21. Sausage with Peppers & Onions 22. <i>Holiday – Closed</i> 23. <i>Holiday – Closed</i>  26. Chicken Pot Pie 27. Country Fried Steak 28. Stuffed Peppers 29. <i>Birthday Bash</i> 9 Bean Medley Soup Roast Pork 30. Baked Cod
		<div style="border: 2px solid black; padding: 10px; text-align: center; font-size: 2em; font-family: cursive;">             NOVEMBER 2007           </div>					
G L A S S	P L A S T I C	5. 9:00 Adult Fitness 9:30 Springfield Garden 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics <b>10:30 Senator Candaras Aide Visit</b> 11:30 Lunch 12:30 Duplicate Bridge <b>1:00 Jewelry</b>	6. 9:30 Computer –One on One 9:30 Pinochle 10:30 New Beg Italian 10:30 Gentle Exercise 11:30 Lunch 11:00 French 12:00 New Adv Italian 12:30 Pitch <b>1:00 Book Club</b> <i>Town Election 8– 8: Ride Van</i>	7. 9:00 Adult Fitness <b>9:00 Calligraphy</b> 10:00 Trivia 10:00 Computer Word I 10:05 Aerobics 11:30 Lunch 1:00 Bridge <b>1:00 Veterans Circle</b>	8. 10:00 Knitting 10:00 German <b>10:00 Girls Day Out</b> 10:15 Photoshop 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis	9. 9:00 Adult Fitness 9:30 New Pilates <b>10:00 LIVING WELL!</b> 10:05 Aerobics 10:00 Bridge Lessons 11:30 Tap Dance 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	
		METAL	12.  <b>VETERAN'S DAY CENTER CLOSED</b>	13. 9:30 Pinochle <b>10:00 Emerson BPs</b> <b>10:00 Atty Hyman Darling</b> 10:30 Beg Italian 10:30 NO Gentle Exercise <b>11:00 Cell Phones</b> 11:00 French 11:30 Lunch 12:00 Adv Italian 12:30 Pitch <b>1:00 Maternal Mtg</b> <i>Ride the Van</i>	14. 9:00 Adult Fitness <b>9:00 Blood Sugars</b> 9:00 Calligraphy <b>9:00 SHINE</b> 10:00 Computer Word I 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge <b>1:00 Home is Where the Heart Is– SALT</b> <i>Newsletter Deadline</i>	15. <b>9:30 COA Bd Mtg</b> 10:00 Knitting 10:00 German 10:15 Photoshop 10:30 Gentle Exercise <b>11:30 ThanksgivingLunch</b> 12:30 Rubber Bridge 1:00 Table Tennis <b>1:00 Computers the Next Steps</b>	16. 9:00 Adult Fitness 9:00 Footcare 9:30 Pilates 10:00 Bridge Lessons 10:05 Aerobics 11:30 Lunch 11:30 Tap Dance 12:30 Duplicate Bridge 12:30 Movie— <i>An Inconvenient Truth</i> 1:00 Mah Jong <b>1:00 Managing Cholesterol</b>
P L A S T I C	G L A S S	19. 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge <b>1:00 Jewelry</b>	20. 9:30 Pinochle 10:30 Gentle Exercise 10:30 Beg Italian 11:00 French 11:30 Lunch 12:00 Adv Italian 12:30 Pitch <b>1:00 Discussion Grp</b> <i>Ride the Van</i>	21. 9:00 Adult Fitness 9:00 NO Calligraphy 10:00 Trivia 10:00 Computer Word I 10:05 Aerobics 11:30 Lunch 1:00 Bridge	 <b>THANKSGIVING CENTER CLOSED</b> <i>Trash Pickup Delayed One Day</i>	 <b>CENTER CLOSED</b>	
		METAL	26. 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	27. <b>8:30 News Collating</b> 9:30 Pinochle 10:00 Maternal Bd Mtg 10:30 Gentle Exercise 10:30 Beg Italian <b>11:00 Cell Phones</b> 11:00 French 11:30 Lunch 12:00 Adv Italian 12:30 Pitch <i>Town Mtg—7:00: Ride the Van</i>	28. 9:00 Adult Fitness <b>9:00 SHINE</b> 9:00 Calligraphy 10:00 Trivia 10:05 Aerobics 10:00 Computer Word I 11:30 Lunch 1:00 Bridge <b>Flu Clinic-Greenwood Ctr 10—1 PM</b>	29. 10:00 Knitting 10:00 German 10:15 Photoshop 10:30 Gentle Exercise <b>11:30 Birthday Bash</b> 12:30 Rubber Bridge 1:00 Film Classic <i>To Kill A Mockingbird</i> 1:00 Table Tennis	30. 9:00 Adult Fitness 9:30 Pilates 10:00 Bridge Lessons 10:05 Aerobics 11:30 Tap Dance 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong <b>ENFIELD MALL TRIP</b>

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