

November 2024 Senior Center Newsletter

Thanksgiving Luncheon!



Gobble 'til you Wobble! Get ready for a heartwarming Thanksgiving Feast at the Manchester Senior Center. Join us for a delicious lunch filled with all your holiday favorites including turkey, stuffing, mashed potatoes, and pie! Lunch will be on **Thursday, November 21st** at **11:30 AM**. Cost: suggested lunch donation of \$2.50. Enjoy good company and great food as we celebrate the season of gratitude.

Please **REGISTER** with the front office or by calling **860-647-3211**. *Lunch is for Dine-in participants only, All Takeouts will be cancelled this day.*

Election Day

We are happy to announce the Senior Center will be **OPEN** on Election Day, **Tuesday, November 5**. Early Voting and Same Day Voter Registration will take place at Mahoney Recreation Center, **110 Cedar Street**. If you don't know your polling location or have other voting related questions please visit manchesterct.gov/vote, or call 860-647-3025.



A friendly reminder as we head into the winter months:

Senior Center Closing Policy:



During inclement weather if Manchester schools are closed, all center programs, meals and transportation are canceled for that day. However, the Center staff is available in the office for regular scheduled office hours. When school is on a 2 hour delay for inclement weather, the senior center will open at 10:30 AM. Anything that starts before 10:30 AM is canceled. Call the Center to

listen to the voice recording or check CBS or NBC for exact time of opening. Don't forget you can register your cellphone with WFSB to be notified when Manchester Public Schools are closed. Visit <https://www.wfsb.com/2022/08/02/sign-up-text-alerts-wfsb/> to register your device!

SENIOR CENTER STAFF

Eileen Faust

Director

Missy Rankin

Recreation Supervisor

Kathy Nohmy

Senior Administrative

Secretary

Amy Judd

Clerical Assistant

AJ Jackson

Custodian/Bus Driver

Rick Bosco

Ed Cassala

Reggie Ginotti

Bus Drivers

Maria Rios

Bilingual

Program Assistant

Chance "CJ" Jones

Recreation

Program Assistant

Lisa Cammilleri

Kitchen Assistant

Kitty Dudley

Social Worker

Diana Martin R.N.

Health Department Nurse

MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

Hours of Operation: Monday—Friday 8:30 AM—4:30 PM

Phone: 860-647-3211

FAX: 860-647-3240

CONTACT INFORMATION

For the **DIRECTOR, SOCIAL WORKER** or

GENERAL INFORMATION

860-647-3211

For (**SAFS**) **SENIOR , ADULT** and **FAMILY SERVICES**

860-647-3096

For the **HEALTH DEPARTMENT**—860-647-3173

For **Missy Rankin**—860-647-3210

Email us at:

seniorcenter@manchesterct.gov

WE ARE ON FACEBOOK— “like” us and follow along for

updates and information:

[https://www.facebook.com/](https://www.facebook.com/ManchesterCTSeniorCenter)

ManchesterCTSeniorCenter

WE ARE HANDICAP ACCESSIBLE



Senior Center operations



Lunch Program – Meals are served from 12:00 PM — 12:30 PM Monday through Friday. Manchester Residents who are 60 years of age or older, or the partner of an eligible individual regardless of age, may eat lunch at the Senior Center for a suggested donation of **\$2.50**. Reservations must be made by **12:30 PM** on the day before you are joining us for lunch. Register by calling (860) 647-3211. Reservations can not be made more than a week in advance. You do not have to be a Senior Center Member to eat lunch here. Lunch menu and service questions can be directed to the front office at (860) 647-3211.



Senior Center Transportation – Bus rides to and from the Senior Center can be scheduled up to **3:00 PM** the day before your ride is needed. Call the Senior Center at (860) 647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.

TOWN OF MANCHESTER Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester **Senior Center Transportation** (see above).

Please direct questions or comments to Senior, Adult & Family Services at **(860) 647-3096** if you need more information.

Dial-a-Ride serves Manchester residents who are 60 years of age or older and people with disabilities. Rides are provided free of charge, Monday through Friday in Manchester for medical appointments, grocery shopping (Limit of 3 shopping bags per shopper), work, bank, post office, town hall, gym, library and social events. First pick up is 8:30 AM and last pick up is 4:00 PM. Excluding Holidays. Reservations & registration are required. **Please call (860) 870-7940, Monday - Thursday between 8:00 AM - 4:30 PM, on Fridays 8:00 AM— 1:30 PM.** In case of inclement weather, please watch WTNH or WFSB for closing or late start.

CARD RENEWAL and MEMBERSHIP DETAILS

Starting **Thursday, January 2, 2025** members can renew their membership and new members can purchase a first time membership. All memberships will be valid until December 31, 2025.

Anybody participating in Senior Center **Winter/Spring 2025** programs needs to purchase a Senior Center Membership before your program begins. Membership renewal begins on **Tuesday, January 2, at 8:30 AM**. Please be prepared to renew your membership before your class begins in order to be able to participate.



Winter/Spring 2025 PROGRAM REGISTRATION PROCESS

Registration for ALL programs begins on **Wednesday, December 4**. Seniors may register at any location, or by calling (860) 647-3211, beginning December 4 at **9:00AM**. Registration Locations: Manchester Senior Center, Community "Y" Recreation Center, Center Springs Recreation Office, Customer Service Center. For information on registering for classes included in the lottery please see **Page 5** for more details.

Senior Center Advisory Committee

Get involved.



The Senior Center Advisory Committee is very excited to be back and meeting once again! Newly elected members of the Committee will be announced the week of **November 4th**. The first meeting of the Committee will be held **Tuesday, November 12th, 2024, at 9:00 AM**. Everyone is invited and encouraged to attend the meeting.

FREE! Medication Disposal Bags & Steering Wheel Locks!

The Manchester Senior Center has **FREE** Detera Medication Disposal Pouches and Steering Wheel Locks available at the front desk while supplies last. Stop by and ask for one today!

Lottery Class Registration

Members can register for Lottery Classes, and drop-in programs, at the front desk or by calling (860) 647-3211 beginning on **Wednesday, December 4**. To be included in the lottery please register and make payment by **Wednesday, December 18**. Payment can be made by **Cash, Check, Mastercard, or Visa**. No lottery registration can be accepted after Wednesday, December 18. The class lists of acceptance will be posted in the senior center lobby on **Thursday, December 19**. If you register for a lottery class and do not get in your name will automatically be placed on the wait list and a credit will be applied to your account. If you missed the lottery registration window and would like to participate in any of these classes, you may register for classes with openings beginning on **Thursday, December 19**. Please call Missy at 860-647-3210 if you have any questions! Classes included in the lottery are listed below.



Please note that all class dates are subject to change due to instructor availability.

Body Sculpt

Monday (starts 1/6) 12:30 – 1:15PM \$5.00
 Wed. (starts 1/8) 12:30 – 1:15 PM \$5.00

Beginner Line Dancing

Tuesday (starts 1/7) 10:00 – 11:00 AM \$5.00

Advanced Line Dancing

Tuesday (starts 1/7) 11:00 – 12:00PM \$5.00

Ceramics: You may register for 1 out of 2 classes

Monday (starts 1/6) 9:30 AM—11:30 AM \$5.00
 Friday (starts 1/10) 9:30 AM—11:30 AM \$5.00

Cardio Drumming

Thursday (starts 1/9) 10:00—11:00 AM \$5.00

Steady as we Go

Tue./Thur. (starts 1/7) 11:00—12:00 PM \$5.00

Zumba Gold

Thursday (starts 1/9) 2:30 – 3:30PM \$5.00

Light-n-Lively:

You may register for 2 out of 4 classes.

Monday (starts 1/6) 11:00—12:00 PM \$5.00
 Monday (starts 1/6) 1:20 – 2:15PM \$5.00
 Wed. (starts 1/8) 1:20 – 2:15PM \$5.00
 Friday (starts 1/10) 11:00 – 12:00PM \$5.00

Strength and Flex:

You may register for 2 out of 4 classes.

Monday (starts 1/6) 10:00 – 11:00AM \$5.00
 Wed. (starts 1/8) 10:00 – 11:00AM \$5.00
 Wed. (starts 1/8) 11:00 – 12:00PM \$5.00
 Friday (starts 1/10) 10:00 – 11:00AM \$5.00

Yoga Plus:

You may register for 1 out 2 classes.

Mon./Wed. (starts 1/6) 2:20 – 3:15PM \$5.00
 Mon./Wed. (starts 1/6) 3:20 – 4:15PM \$5.00

ENERGY ASSISTANCE 2024/2025

To apply for assistance, call the Community Renewal Team at: **860-560-5800** to schedule a Manchester appointment. A staff member will conduct a brief screening to determine if you are eligible. You will then be given appointment information.

What you need for your appointment:

- _____ **Social Security cards** for all persons **who have not** previously applied
- _____ Name, address and phone number of your **landlord**
- _____ **Bank Statements are only needed this year if you need to prove SSA/SSDI income, if you have your SSA statement, you do not need your bank statement**
- _____ **Current** copy of your **heating bill** (if gas) **AND** current copy of your **Eversource bill**
- _____ Documentation of **ALL household income** for **four consecutive weeks prior to your appointment**
Including: Paystubs, SSI or SSDI, Unemployment printout, child support or a printout from the State DSS for TFA recipients; [**Pension** cannot be taken from bank statement (1099's , check stubs/ an original letter from pension company are acceptable for pension)]
- _____ **Current** rent receipt, or a copy of your lease if your heat is included with your rent
Please bring a Mortgage statement if you are a homeowner. **If no mortgage, bring property taxes.**
- _____ Proof of **subsidized housing or section 8** (if you receive it)
- _____ **SNAP Benefit letter** if you receive SNAP (**Notice of Action IS NOT ACCEPTED**)

**** Asset forms** need to be completed by intake worker for **all** household members 18+.

Your appointment will last 20-30 minutes. The Community Renewal Team will notify you within 45 days as to whether you have been awarded a benefit and the amount of your benefit. The benefit amount will go directly to your heating company and will appear as a credit on your heating statement or oil delivery. Everyone who applies for Energy Assistance is **expected to make monthly payments** towards their heating bills and to participate in CNG's and EVERSOURCE's Matching Payment Program.

Income Guidelines (Family Size and Income Amount)						
1	2	3	4	5	6	7
\$45,505	\$59,507	\$73,509	\$87,511	\$101,513	\$115,514	\$118,139

Appointment Date: _____ **Time:** _____

MEDICARE OPEN ENROLLMENT

OCTOBER 15— DECEMBER 7, 2024

Major changes are coming in 2025 that will likely impact your coverage!

If you'd like to explore your Medicare options for 2025, please make an appointment with Kitty by calling **(860) 647-3211**. We are scheduling now for appointments from **October 15—December 7**.

Appointments can only be made for one individual at a time.

If you and a partner both need to review coverage please make 2 appointments.

Please be sure you **bring the following to the appointment:**

- **Your ORIGINAL Medicare Card**
- **Current Medicare Insurance Card (Advantage or Supplement Plan and RX Card)**
- **Silver CT Department of Social Services Card (if you have one)**
- **Bring in actual medications with medicine labels and medication list from your pharmacy.**
- **List of ALL Current Doctors**

******IF YOU DON'T BRING ALL OF THE ABOVE INFORMATION, YOUR APPOINTMENT WILL NEED TO BE RESCHEDULED******

As in previous years, there are a number of changes coming for 2025. It's in your best interest to check your Medicare benefits EACH year, as many plans change and cost you more MONEY!



Medicare

HEALTH SERVICES

Take the Time— Hartford Healthcare Mobile Mammography Van

The Hartford Healthcare Mobile Mammography Van will be at the Senior Center on **Tuesday, December 10**, from **8:00 AM—1:15 PM**. Please call the Manchester Health Department at **860-647-3175** to complete the **pre-registration process** for an appointment. Once you pre-register with the Hartford Healthcare Mobile Mammography van you will receive further information through the mail about your appointment. You will also receive a reminder call from the Health department prior to your appointment. Don't miss this great opportunity to receive a screening. A mammogram is the best tool for identifying breast cancer in its earliest, most treatable stages.

Hartford
HealthCare



Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** from **9:30 AM—11:30 AM!** If you have any questions, or concerns, please contact the Manchester Health Department at 860-647-3173.

File of Life Medication Review

30 minutes now can save valuable time in an emergency situation! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! The 3rd Thursday of each month nurses from the Manchester Health Department can help create your own File of Life. Please call **860-647-3211** to schedule an appointment for **Thursday, November 21st**. On the day of your appointment bring all **PRESCRIBED** medications and **OVER THE COUNTER** medications in a bag.

Foot Care—Appointments on the 1st & 3rd Friday of each month

Schedule a 30 minute appointment to meet with a nurse from Footcare By Nurses LLC. **Cost: \$45.00**. You can pay by cash, check or card. Call the Manchester Health Department at **860-647-3173** to schedule your appointment. **Dates: 11/1 & 11/15**. If you have to cancel , please allow at least 48 hours advance notice. **Diabetics are excluded from the nurse nail care services (see below).**

Podiatry Doctor Appointments

The next scheduled visit is on **Friday, November 15th**. Anyone with chronic pain or a foot/ankle injury may benefit from the specialized care of a podiatrist. Dr. Vera Halbfass can assist with fungal infections, foot/ankle wounds, and the unique foot care needs of those with diabetes, and circulatory conditions. If you would like to schedule an appointment, please call Diana Martin, RN at **(860) 647-3175**. **REGISTRATION IS REQUIRED**. Appointments will be in the First Choice Mobile Clinic Unit in the Senior Center parking lot. If you don't already see a Podiatrist take advantage of this beneficial medical service. It's time to start feeling better from the ground up!



SOCIAL GROUPS



Did you know that the Senior Center has many different social groups waiting for you to join? Please see below to learn more about our fabulous groups and how you can get involved at the center! To join any of these groups call 860-647-3211.

Book Group

The Book Group meets on the 3rd Tuesday of the month. Our next meeting is **Tuesday, November 19th**—*Hello Beautiful* by Ann Napolitano. Meetings take place in the Senior Center Library at **10:30 AM**. If you have questions about the book club, please contact **Carol Flynn** at carolflynn128@yahoo.com. Books are available for the book club at the Manchester Public Library in the reference room. December 17: *Remarkably Bright Creatures* by Shelby Van Pelt.

Friendship Circle

The Friendship Circle meets on **Wednesday** mornings from **8:30 AM—11:30 AM**. Come any time during the meeting to work on your own knitting or crochet project with like minded crafters. If you're new to these crafts members are excited to teach you, and supplies are available for free. The group also enjoys lively conversation, coffee, and delicious baked goods.

Men's Group and Women's Group

Get involved and get social with the Men's Group or the Women's Group! These are great groups of seniors who drop in for an hour of conversation, current events, health topics, and more! This program is facilitated by our Program Assistant CJ. The Women's Group meets on **Monday** mornings from **9:30 AM—10:30 AM**. The Men's group meets on **Monday** mornings from **10:45 AM—11:45 AM**.

Royal Scarlett Gadabouts

The Royal Scarlett Gadabouts are the Manchester chapter of the Red Hat Society. Join this group to make friends, learn from guest speakers, attend social events, and volunteer in the community. Monthly meetings are typically held the first Tuesday of every month from **1:00 PM—4:00 PM**. New members are welcome to attend, please reach out to Maelene before your first meeting. For more information please contact Maelene Williams at **860-375-8460**. The next meeting is on **Tuesday, November 12**.

Senior Circle

The senior circle is perfect for people who enjoy small group activities. This group meets on **Tuesday** and **Thursdays** from **10:00 AM—12:00 PM**. Enjoy games, art projects, exercise, day trips, educational lessons, and more! This group is lead by our Program Assistant CJ.

PROGRAMS

Please be mindful of activity start times. It is extremely helpful when you attend a program on time, especially for card groups and games. When people join late it can be difficult to start a new game. We want to make sure everyone gets a chance to play! Help us, help you by coming on time! If you are not sure when a group starts please check the Newsletter Calendar, or call the front desk at 860-647-3211. Thank you so much for your understanding!

AARP SMART DRIVER COURSE

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. You may qualify for a multi-year automobile insurance discount by completing the course. Please check with your auto insurance agent for details. Upcoming classes: **Monday, November 18th at 8:45 AM**. This one day classroom course costs **\$20 for AARP Members** and **\$25 for Non-Members**. Space is limited, please register in advance at the Senior Center. Payable by **check only** made out to **AARP**. To find in-person courses in your area: Please call 1-888-773-7160 or visit www.aarp.org/driving36

Birthday Lunch

We will be celebrating all **November** birthdays on **Wednesday, November 27** in the cafeteria with cake! Please register for lunch in advance, lunch starts at 12:00 PM. Join us on the Last Wednesday of every month to celebrate the birthdays for that month!



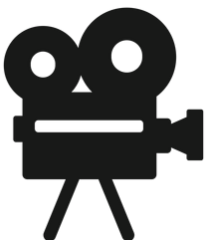
Cardio Drumming

Join us on **Thursdays** at **10:00 AM**. November Classes: 11/7 and 11/14. All equipment will be provided. **FREE!** Please register before class, **860-647-3211**. Registration for the December session begins on Thursday, November 14. Please note this class is now a part of the Senior Center Lottery registration process. You can enter the lottery beginning on Wednesday, December 4. Please see [page 5](#) for more details.. The Winter/Spring Session will begin on **Thursday, January 9**, and end on **Thursday, May 29**. **Cost: \$5.00**.

Computer Room

The Computer Lab is open **8:30 AM – 4:15 PM**, Monday through Friday. Senior Volunteer, Jim Lessard, may be available to answer your questions in the computer room Monday, Wednesday and Friday, 9:30 AM—11:30 AM.

Monthly Movie



Tuesday, November 12 @ 1:00 PM—*The Fall Guy* (2024) When a movie star suddenly disappears, battle-scarred stuntman Colt Seavers springs back into action and finds himself ensnared in a sinister plot. Starring: Ryan Gosling, and Emily Blunt. Rated: PG-13 Runtime: 2 hours 26 minutes. Please register in advance.

PROGRAMS

Music Circle

Join the music circle to sing and/or play acoustic instruments with fellow music lovers. Take turns suggesting and playing songs you already know and encouraging others to join in. **Mondays 1:00 PM—3:00 PM**. Upcoming Dates: **November 4, 18, & 25**. Please register in advance.



Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, November 20**, at **11:00 AM**, in the Senior Center Library. Interested participants will receive introductions to our programs, and tour the facility. Please register ahead of time by calling **860-647-3211**.

Paint Program

Join us on **Tuesday, November 26**, as a local artist will instruct and assist as you create a one of a kind masterpiece to take home with you. No experience necessary. Class starts at **9:30 AM**. All supplies will be included. **Cost \$15**. Register beginning, Monday, November 4.



Social Bridge

The social bridge group is looking for new members to join! This group meets every **Wednesday** from **12:30—4:00 PM**. If you enjoy playing bridge this is the perfect group for you. Questions, please call Missy at 860-647-3210.

Steady as we go – Movement and Balance for Seniors



This chair-based class uses light weights, exercise bands, or no weights at all, and is great for improving posture and balance. Class meets on **Tuesdays** and **Thursdays** at **11:00 AM** in the **Community Y Gym**, located at 78 North Main Street. The Winter/Spring Session will begin on **Tuesday, January 6**, and end on **Thursday, May 29**. **Cost: \$5.00**. This class is now a part of the Senior Center Lottery registration process. You can enter the lottery beginning on Wednesday, December 4. Please see [page 5](#) for more details.

Square Dancing

Square Dancing is back! Join us on **Thursdays** from **12:30—2:15 PM**. **November class dates: 11/7, 11/14, 11/21**. **Cost: \$5 per class**. **Pre-registration is required before class** and is done at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate!! Join this group to have fun, get exercise, and make friends!

PROGRAMS

Therapy Dogs

Bright & Beautiful Therapy Dogs will be visiting the senior center on the **First Tuesday** of each month, from **10:30 AM—11:30 AM**. Upcoming visit: **Tuesday, November 5**. Drop by any time during the hour to meet the dogs. If you have any questions please call the front desk at 860-647-3211.

Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. The walk starts at **9:00 AM**, members meet at 8:50 AM. Join this group to walk with friends around local trails. To find out the walking schedule, or if you have any questions please call Missy Rankin at 860-647-3210. Register to be updated with any changes.



Hiking Schedule—Thursdays 1:00 PM—3:00 PM

Hike substitutions or cancellations may be necessary due to weather, participants will be notified of changes by e-mail. To get the most up to date information please provide your e-mail to Jim Oliphant, jimoliphant50@gmail.com. Carpooling is greatly encouraged for all out-of-town locations.

November 14 – South Meadows River Trail, East Hartford/Glastonbury. Easy/Moderate 3 miles

December 5 – Valley Falls Park, Vernon. Moderate 4+ miles

Holiday Concert

The Illing Singers and Roundtable Singers will perform a Holiday Concert on **Wednesday, December 4th**. Join us in the cafeteria at **10:00 AM** to enjoy the music. The Illing Singers are composed of 7th and 8th Grade students and is a non-auditioned ensemble. Students meet once a week before school and sing a wide variety of music. This group is led by Karla McClain. They are very excited to be back performing at the Senior Center! The Roundtable Singers are Manchester High School's premiere chamber vocal ensemble. This has been a cherished gem within the Manchester community for 85 years, boasting a proud and passionate alumni network. This auditioned group meets twice a week after school and rehearses to perform at multiple school and community events throughout the year. This ensemble tours every other year to compete in festival competitions with students from around the country, and are led by Carina Rosa. To register for the concert please call the front desk at **860-647-3211**.



-- IN THE LOOP --

1. **Manchester Matters** – The Town of Manchester’s e-newsletter is a great source of information for Town news, information and events! Sign up today to receive weekly newsletters on all things Manchester: <https://bit.ly/manchestermatters> or call the Customer Service & Information Center at 860-647-5235.
2. **Foodshare** – If you are interested in participating as a volunteer please contact Krista Ostaszewski at Foodshare 860-286-9999 EXT 104, or email kosta@foodshare.org.
3. **(S.H.O.P.) Seniors Help Our Pantry** – Our MACC contribution box is located in the Senior Center Lobby. With everyone’s help we can keep our MACC box full. To make a monetary contribution to MACC, you can pick up a donation form from the Front Office and send a check directly to MACC indicating our S.H.O.P. PROGRAM in the memo section of your check. Mail to MACC, 466 Main Street, Manchester, Ct 06040.
4. **MACC Food Pantry Donations** – Monetary donations to the food pantry can be mailed to P. O. Box 3804, Manchester, CT 06045-3804. Food donations can be dropped off at (MACC) Manchester Area Conference of Churches, 856 Main Street, 9:00 AM-5:00 PM, Monday—Thursday, Friday 9:00 AM—2:00 PM, and Saturday at the Community Kitchen 9:00 AM 2:00 PM. Special arrangements for food donations can be arranged by calling 860-647-0800 or Shannon Baldassario, Executive Director/CEO at 860-647-8003 EXT 17. Please visit www.maccct.org.

Items needed for the food pantry at this time:

Pasta Sauce, Pasta, Hot and Cold Cereal, Oatmeal, Jelly, Peanut Butter, Snack Bars and Cookies, Tuna and Other Canned Meats, Macaroni and Cheese, Egg noodles, Chef Boyardee, Beef Stew, Canned Fruits and Soups, Saltines and other Crackers, Juice Boxes, Coffee and Tea, Hot Chocolate, Applesauce, Jello, Pudding, Pickles, Raisins, Potato Chips, Snacks, Popcorn. **Personal Hygiene Items:** Shampoo, Conditioner, Toothpaste, Toothbrushes, Dental Floss, Body Lotion, Bar/Liquid Hand/Body Soaps, Toilet paper, Paper Towels.

PLEASE DO NOT DONATE FRESH PRODUCE OR PERISHABLE ITEMS.

5. **Support our Troops & Honor our Veterans** – Please take a moment to express your gratitude and thank a soldier. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Small, individual donations can be dropped off at the Town Hall, Customer Service & Information Center, 41 Center Street, Manchester, CT 06040 or contact 860-647-5235.

Manchester Senior Center Lunch Menu—November 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 10/28—11/1	Chicken Parmesan Garden Salad Garlic Bread	Beef Stroganoff Egg Noodles Roasted Zucchini	Sesame Garlic Pork Steamed Rice Broccoli	Halloween Party! Penne Broccoli Alfredo Caesar Salad Dinner Roll No Takeouts	Seafood Fra Diavolo Fruit
Week 2 11/4 – 11/8	Loaded Veggie Burger Roasted Potatoes	Chicken Cordon Bleu Rice Pilaf Zucchini	Philly Steak & Cheese Pasta Dinner Roll	Pierogi's & Kielbasa	Salmon Roasted Potatoes
Week 3 11/11 – 11/15	Veterans Day <i>Closed</i>	Cheese Manicotti Caesar Salad Dinner Roll	Chicken Pot Pie Salad	Meatball Sub Potato Chips Fruit	Shrimp Alfredo Salad Dinner Roll
Week 4 11/18 – 11/22	Beef & Bean Enchiladas	Pork Chop Potato Wedges Corn	Baked Ziti Salad Garlic Knot	Thanksgiving Lunch Please register at the front desk. No Take-Outs	Lemon Herb Cod Baked Potato Green Beans
Week 5 11/25 – 11/29	Chicken Marsala Butter Pasta Green Beans	Korean Beef Bowl	Italian Sausage Pasta Bake Garlic Bread	Happy Thanksgiving <i>Closed</i>	Happy Thanksgiving <i>Closed</i>

Please call **860-647-3211** to make a lunch reservation.
Menu is subject to change based on availability of product.