

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing</div>	<div>3</div> <div>8:30AM Breakfast Bunch 9:00 AM Quilters 11:30AM Lunch Election Day <i>*No Bingo, Seated Tai Chi, Chair Yoga or Cardio Drumming on this day</i></div>	<div>4</div> <div>9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Sponsored Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong 1:00PM Homemade for the Holidays</div>	<div>5</div> <div>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</div>	<div>6</div> <div>8:00AM-10:00AM Hearing Life 9:00AM Library Pop Up 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre</div>
<div>9</div> <div>8:30 AM- Crafting Group 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing 1:30PM Water Color Painting</div>	<div>10</div> <div>9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming 1:30PM Alzheimer’s Support Group 6:00PM Good Ole Gospel Music Night</div>	<div>11</div> <div>8:30AM Veterans Day Breakfast Buffet 9:00AM- Sewing 10:00AM Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong</div>	<div>12</div> <div>10:00AM Sponsored Bingo 11:00AM Chair Volleyball 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Alzheimer’s Presentation</div>	<div>13</div> <div>9:00AM-3:00PM Biggs Insurance Counselling Appointments 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre</div>
<div>16</div> <div>8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing</div>	<div>17</div> <div>9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming</div>	<div>18</div> <div>9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:00 AM Blood Pressure Check 11:30AM Lunch 12:00PM– Mahjong</div>	<div>19</div> <div>10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 5:00PM Dine In Monthly Dinner</div>	<div>20</div> <div>9:00AM-3:00PM Biggs Insurance Counselling Appointments 10:00AM Bingo 10:00AM-3:00PM Food Commodity Distribution 11:30AM Lunch 12:00PM Euchre 1:30PM Greeting Card Class</div>
<div>23</div> <div>8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Lunch 1:00PM Line Dancing</div>	<div>24</div> <div>9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:30AM Lunch 1:00PM Cardio Drumming</div>	<div>25</div> <div><i>*No Bingo on this Day*</i> Doors open at 11:00AM on this day 12:00 Noon- Traditional Thanksgiving Luncheon– Dine In Only</div>	<div></div>	
<div>30</div> <div>8:30 AM- Crafting Group 9:00AM Tai Chi 10:00AM -Bingo 11:00 AM Chair Volleyball 11:00AM Clothes Closet 11:30AM Birthday Lunch 1:00PM Line Dancing</div>	<div></div>			

November 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak w/Gravy Baby Baker Potatoes Mixed Vegetables Fresh Apple Choice of Bread/Margarine Choice of Milk	3 Cream of Potato Soup w/Crackers Pimento Cheese Sandwich Cucumber & Onion Salad Fresh Banana Choice of Milk	4 Lemon Butter Fish Roasted Red Potatoes California Blend Veg. Clementine Dinner Roll/Margarine Choice of Milk	5 Roast Beef w/Gravy Mashed Potatoes w/Gravy Seasoned Green Beans Mixed Fruit Dinner Roll/Margarine Choice of Milk	6 Philly Cheesesteak w/Hoagie Bun Hashbrown Casserole Carrots 100% Fruit Juice Choice of Milk
9 Sliced Pork Roast w/Gravy Mashed Sweet Potatoes Cauliflower Fresh Orange Dinner Roll/Margarine Choice of Milk	10 Stuffed Pepper Mashed Potatoes Buttered Corn Diced Pears Choice of Bread/Margarine Choice of Milk	11 Beef Stew w/Vegetables Whole Buttered Potatoes Warm Cinnamon Applesauce Biscuit/Margarine Choice of Milk	12 Shredded Chicken w/Bun Tater tots Italian Green Beans Pineapple Chunks Brownie Choice of Milk	13 Sausage Pizza Broccoli Florets Cherry Crisp 100% Fruit Juice Choice of Milk
16 Italian Sausage w/Peppers & Onions Seasoned Cabbage Baked Beans Fresh Pear Choice of Bread/Margarine Choice of Milk	17 Meatloaf Scalloped Potatoes Creamed Peas Mandarin Oranges Knot Roll/Margarine Choice of Milk	18 Cheese Ravioli w/Meat Sauce French Style Green Beans Spiced Peaches Tossed Salad w/Dressing Garlic Bread Choice of Milk	19 Chicken Noodle Soup/ Crackers Broccoli Salad Pineapple Chunks Cottage Cheese Oreo Pudding Parfait Choice of Milk	20 Ham Loaf Parsley Potatoes Succotash Ambrosia Salad Choice of Bread/Margarine Choice of Milk
23 Egg & Cheese Omelet Sausage Patty Potatoes O'Brian V8 Juice Biscuit/Margarine Choice of Milk	24 Chili w/Crackers Coleslaw Peaches Cornbread/Margarine Choice of Milk	25 Roasted Turkey w/Dressing Mashed Potatoes w/Gravy Glazed Carrots Cranberry Relish Pumpkin Pie w/Whipped Topping Dinner Roll/Margarine Choice of Milk	26 CLOSED Frozen Meals are available upon request	27 CLOSED Frozen Meals are available upon request
30 Cheeseburger Soup w/Crackers Pea Salad Apricots Carrots & Celery w/Ranch Vanilla Pudding Choice of Milk	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 is temporarily closed, 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.			