

# TVCCA SENIOR CAFE MENU

## November 2022

### TUESDAY

### WEDNESDAY

### THURSDAY

<b>1</b> Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Pineapple Tidbits	<b>2</b> Salisbury Steak w/ gravy Herb Roasted Potatoes Corn w/ Peppers & Onions Tropical Fruit Cup	<b>3</b> Crispy Cod Macaroni & Cheese Broccoli Diced Peaches
<b>8</b> <b><u>Birthday Celebration</u></b> Stuffed Cabbage Casserole Peas, Carrot Coin, Birthday Treat Grape Juice	<b>9</b> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges	<b>10</b> Meatballs Marinara Penne Pasta Mixed Vegetables Medley Tropical Fruit Cup
<b>15</b> Braised Beef Tips Egg Noodles Zucchini & Yellow Squash Mixed Fruit Cup	<b>16</b> <b><u>Thanksgiving Celebration Meal</u></b> Roasted Turkey w/ Stuffing, gravy, & cranberry sauce, Mashed Potatoes, Green Beans. Dinner Roll, Pumpkin Pie, Grape Juice	<b>17</b> Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears
<b>22</b> Cod w/ Herbs & Tomatoes Garlic Roasted Potatoes Broccoli Fresh Fruit	<b>23</b> Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits	<b>24</b> <b><u>Thanksgiving Day Holiday</u></b>  Senior Nutrition Program Closed
<b>29</b> Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Diced Peaches	<b>30</b> Stuffed Cod w/ Shellfish Rice Pilaf Cauliflower, Carrots, & Snap Peas Fresh Orange	TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)  www.tvcca.org

Please make your lunch reservation a week in advance

### Computer Lending Program

Now available to borrow through the lending library. If you are a member of the Pomfret Senior Center, and are interested in borrowing a computer, please contact:

Cathy Smith 860-923-3458 or  
email us at [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org)

Energy Assistance Program at the PSC  
We are still accepting appointments

To schedule, please contact  
Cathy Smith at 860-923-3458 or  
Email: [seniorcenter@teegonline.org](mailto:seniorcenter@teegonline.org)



# \*\* Pomfret Senior Center November 2022 Calendar\*\*

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
<b>1</b>			<b>2</b>			<b>3</b>		
10:00-10:30	Lunch Pick Up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
1:00-2:00	Senior Care&CSFP	Tech Support	1:00-2:00	Show n' Tell		1:00-2:00	Birthday Celebration/ trivia	
1:00-3:00		PCM						
<b>8</b>			<b>9</b>			<b>10</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
1:00-2:00		Medicare Over- view	10:00-12:00		Chair Massage	1:00-2:00	Bingo	
						1:00-3:00		PCM
<b>15</b>			<b>16</b>			<b>17</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch: TVCCA Thanksgiving Meal		11:45-12:45	Lunch w/ special	
1:00-2:00		Tech Support, SNAP SIGN UP	12:30-2:00			12:00-2:15		Movie: TBD
1:00-3:00		PCM						
<b>22</b>			<b>23</b>			<b>24</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30	THANKSGIVING DAY	CLOSED
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	CLOSED	CLOSED
11:45-12:45	Lunch— TEEG & Friends Thanksgiv- ing Meal		11:45-12:45	Lunch		11:45-12:45	CLOSED	CLOSED
12:30-2:00					Chair Massage	12:30-2:00	CLOSED	CLOSED
12:00-2:30		Thanksgiving Dist.	12:30-2:00			1:00-3:00	CLOSED	CLOSED
	<b>29</b>			<b>30</b>			<b>Dec 1</b>	
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
12:30-2:00						12:30-2:00	DECK THE HALL	
1:00-2:00	Craft: Designer Glasses	PCM	12:30-2:00			1:00-3:00		