

TVCCA SENIOR CAFE MENU

November 2022

TUESDAY

WEDNESDAY

THURSDAY

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

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

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



** Pomfret Senior Center November 2022 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
1			2			3		
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						
8			9			10		
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
15			16			17		
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						
22			23			24		
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
29			30			Dec 1		
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		