

TVCCA SENIOR CAFE MENU NOVEMBER 2021

TUESDAY

WEDNESDAY

THURSDAY

2 <u>Birthday Celebration</u> Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Birthday Treat Grape Juice	3 Swedish Meatballs Egg Noodles Green & Yellow Squash Fresh Orange	4 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches
9 Chicken Cacciatore Farfalle Pasta w/ marinara Green & Waxed Beans Fresh Fruit	10 Seafood Stew Steamed Rice Mixed Vegetables Medley Pineapple Tidbits	11 <u>Veterans Day Holiday</u> Senior Nutrition Program Closed
16 Braised Beef Tips Egg Noodles Zucchini & Yellow Squash Mixed Fruit Cup	17 <u>Celebration Meal</u> Roasted Turkey w/ Stuffing, gravy, & cranberry sauce Mashed Potatoes, Green Beans, Pumpkin Pie Grape Juice	18 Crispy Cod Macaroni & Cheese Peas & Pearl Onions Pineapple Tidbits
23 Meatballs Marinara Penne Pasta Peas & Carrots Pineapple Tidbits	24 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup	25 <u>Thanksgiving Day Holiday</u> Senior Nutrition Program Closed 
30 Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Tropical Fruit Cup		TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org

TEEG
Community * Faith * Business

TEEG Senior Service Program is sponsored in part by Senior Resources Agency on Aging with Title III Funds made through the Older Americans Act.

Medicare's Open Enrollment starts October 15th and runs through December 7th! Call TEEG now to schedule an appointment: (860)923-3458



Connecticut's State Health Insurance Assistance Program - **CHOICES** – provides free, unbiased one-on-one benefits counseling on all parts of Medicare, including enrollment assistance and plan comparisons for Medicare Advantage Plans and Medicare Prescription Drug Plan. CHOICES Counselors are not insurance agents/brokers and do not charge for services. Contact TEEG today to schedule an appointment with a Certified CHOICES Counselor to discuss your Medicare questions.

Attention Chair Yoga Folks

There will be no Chair Yoga on Tuesday, November 23rd. Bonny wishes you a Happy Thanksgiving and will see you the following week

The Pomfret Senior Center will have ten TEEG Christmas tags available. If you would like to help a child or family, please come by and pick out a tag.



** Pomfret Senior Center November 2021 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
2			3			4		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00:00-11:30	Knitting Club	
						10:00-11:30	Game Day	Movie: Cruella
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00		PCM	1:00-2:00	Show N' Tell		12:15-1:00		Cruella (cont.)
9			10			11		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:00	Knitting Club	
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga		Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Craft: Jewelry	Tech Support	1:00-2:00		Chair Massage	1:00-2:00	Birthday Celebration & Trivia	
						1:00-3:00		PCM
16			17			18		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club	Game Day
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:30-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Better Life-Decluttering		1:00-2:00			1:00-2:00	Bingo	
1:00-3:00		PCM						
23			24			25		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:00	CLOSED	CLOSED
10:30-11:30	NO CHAIR YOGA		10:30-11:30		Traditional Yoga		THANKSGIVING	
11:45-12:45	Lunch	NO TECH SUPPORT	11:45-12:45	Lunch				
12:00-3:00		Holiday Distribution	1:00-2:00		Chair Massage			
30								
10:00-10:30	Lunch Pick up							
10:30-11:30		Chair Yoga						
11:45-12:45	Lunch							
1:00-2:00	Book Club	Tech Support						
1:00-3:00		PCM						