

# NOVEMBER 2024 SENIOR CENTER ACTIVITIES-FORSYTH

(ACTIVITIES SUBJECT TO CHANGE) COME IN TO VISIT, PLAY CARDS, GAMES, LISTEN TO MUSIC, HANG OUT, DO MONTHLY ACTIVITIES, READ, & HAVE FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					S.A.I.L CLASS 9:00 A.M GAME DAY 12:30	
3	4	5	6	7	8	9
	S.A.I.L CLASS 9:00 A.M	WE ARE CLOSED FOR ELECTION DAY!	ARTHRITIS EXERCISE 8:30 AM	CHAIR EXERCISE'S 9A.M ARTHRITIS/YOGA 10 AM	S.A.I.L CLASS 9:00 A.M WHEEL OF FORTUNE 12:30 PM	
10	11	12	13	14	15	16
	VETERAN'S DAY We are CLOSED!	CHAIR EXERCISE'S 9A.M DEBBIE FROM ACTION WILL BE HERE! CRAFTS W/HEAVEN 12:30 (WREATH IDEAS)	ARTHRITIS EXERCISE 8:30 AM	CHAIR EXERCISE'S 9A.M ARTHRITIS/YOGA 10 AM	S.A.I.L CLASS 9:00 A.M MOVIE & POPCORN 12:30	
17	18	19	20	21	22	23
	S.A.I.L CLASS 9:00 A.M	FOOT CLINIC- CALL TO MAKE AN APPOINTMENT	ARTHRITIS EXERCISE 8:30 AM	CHAIR EXERCISE'S 9A.M ARTHRITIS/YOGA 10 AM	S.A.I.L CLASS 9:00 A.M GAME DAY 12:30	
24	25	26	27	28	29	30
	S.A.I.L CLASS 9:00 A.M	CHAIR EXERCISE'S 9A.M CRAFTS W/HEAVEN 12:30 (WREATH MAKING)	ARTHRITIS EXERCISE 8:30 AM	THANKSGIVING DAY WE ARE CLOSED!	WE ARE CLOSED! ENJOY YOUR WEEKEND!	

# NOVEMBER 2024

# SENIOR CENTER MEALS IN FORSYTH

PLEASE CALL BY 9:30 A.M (406) 346-2878

ALL MEALS SUBJECT TO CHANGE-SUGGESTED SENIOR (60+) DONATION \$4.00 NON-SENIOR \$7.00- ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND/OR 2% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				BAKED HAM MASHED POTATOES RELISH TRAY FRUIT
4	5	6	7	8
CHICKEN STRIPS MACARONI SALAD FRUIT	CLOSED FOR ELECTION DAY	BAKED COD GREEN SALAD FRUIT	TATOR TOT CASSEROLE TOSSED SALAD FRUIT	BBQ PORK ON A BUN PTOATO SALAD BAKED BEANS FRUIT
11	12 BIRTHDAY DAY!	13	14	15
CLOSED FOR VETERAN'S DAY	SCALLOPED CHICKEN OVER MASHED POTATOES VEGGIES FRUIT	SALSIBURY STEAK BAKED BEANS DINNER ROLL JELLO SALAD	CHIPPED BEEF OVER BISCUITS VEGGIES FRUIT	WAFFLES SAUSAGE PATTIES SCRAMBLED EGGS FRUIT
18	19	20	21	22 THANKSGIVING DINNER
GRILLED HAM & CHEESE SANDWICH TOMATO SOUP RELISH TRAY FRUIT	HOT HAMBURGER MASHED POTATOES BEEF GRAVY VEGGIES FRUIT	CHICKEN SALAD SANDWICH PASTA SALAD FRUIT	BREAKFAST FRITTATA MUFFIN DESSERT	TURKEY & STUFFING CASSEROLE SWEET POTATOES PUMPKIN PIE
25	26	27	28	29
CHICKEN ALA KING OVER RICE VEGGIES FRUIT	SOFT SHELL TACOS FRUIT DESSERT	MEATLOAF MASHED POTATOES AND GRAVY VEGGIES FRUIT	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING