JW's Senior Meal Center

Please Call for questions 406-784-2213

Restaurant Open Monday - Friday

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fish fillet Salad Mandarin Oranges	3 Tomato Soup Grilled Cheese Sandwich Oranges	4 Ham & Cheese Sandwich W/lettuce, tomato, and Onion Chips Peaches	5 Chicken Taco on flour tortilla W/lettuce, tomato, onion Oranges	6 Sloppy Joe's Chips Grapes Salad
9 BBQ Pulled Pork sandwich Potato Salad Chips pears	10 S.O.S Hamburger Gravy over toast Grapes Celery	11 Hot dog Potato Salad Banana	12 Grilled chicken Salad Mandarin oranges	13 Hamburger Stew Pan bread peaches
16 S.O.S Hamburger Gravy over toast Carrots Oranges	17 Chef Salad Oranges Wheat or White Bread	18 Potato Soup Pan bread banana	19 Tuna fish sandwich Chips peaches	20 Grilled Chicken Sandwich w/cheese Chips Mandarin Oranges
23 Tuna fish sandwich Chips peaches	24 Grilled Chicken Sandwich w/tomato, lettuce, onion Grapes	25 Chili Dogs Salad Mandarin Oranges	26 BBQ Chicken Sandwich Carrots/celery Banana	27 Chicken salad sandwich Chips Grapes
30 Hamburger stew Pan Bread Grapes				

Suggested Senior Donation for those over 60 is $4.00 and Non-Senior Guests are $7.00

All Meals are Served with Coffee, hot or cold Tea, Juice, Water or Milk

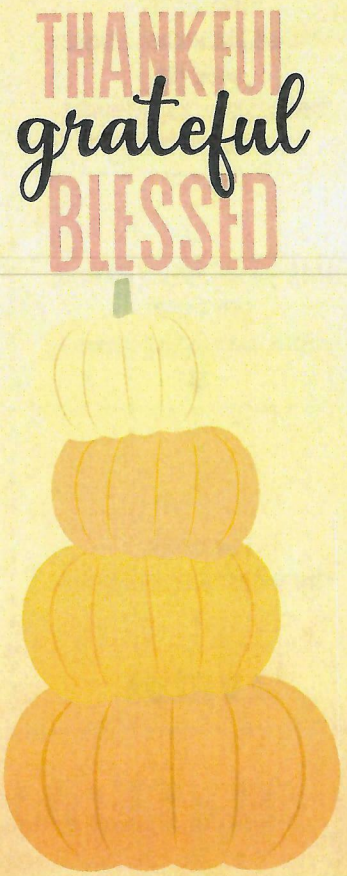
November

FORSYTH SENIOR CENTER

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ORANGE CHICKEN W/ RICE MIXED SALAD TROPICAL FRUIT	3 CLOSED GENERAL ELECTION DAY	4 ZUPPA TOSCANA SOUP BLT SANDWICH PEACH CRISP	5 BEEF POT PIE W/ BISCUITS MIXED VEGGIES MANDARIN ORANGES	6 PORK ROAST MASHED POTATOES & GRAVY CARROTS APRICOTS
9 LASAGNA CRAZY GREEN BEANS CINNAMON APPLES	10 CREAM PARMESAN CHICKEN OVER NOODLES PEA SALAD BUTTERSCOTCH PUDDING W/ BANANAS	11 CENTER IS CLOSED VETERANS DAY LUNCH CALL TO RESERVE YOUR PLATE!	12 SWEEDISH MEATBALLS & RICE BROCCOLI SALAD APPLE CRISP	13 CHICKEN A LA KING HARVARD BEETS PEARS
16 CHICKEN ALFREDO SPINACH SALAD GARLIC BREAD APRICOTS	17 TACO TUESDAY! TACOS TATER TOTS PEACHES	18 KNEFLA SOUP BEEF & CHEESE SLIDERS ROASTED BRUSSLE SPROUTS APPLESAUCE	19 CHICKEN STRIPS FRENCH FRIES STEAMED BROCCOLI MANDARIN ORANGES	20 THANKSGIVING DINNER! TURKEY SCALLOPED POTATOES STUFFING GREEN BEAN CASSEROLE ROLL PIE
23 CREAM CHEESE CHICKEN ENCHILADAS CORN MIXED FRUIT	24 SALISBURY STEAK MASHED POTATOES & GRAVY MIXED VEGGIES APPLES	25 SPLIT PEA SOUP HAM SALAD SANDWICH BUTTERSCOTCH PUDDING W/ BANANAS	26 CLOSED HAPPY THANKS GIVING	27 CLOSED HAPPY THANKSGIVING WEEKEND!
30 COOKS CHOICE				*ALL MEALS SUBJECT TO CHANGE*

SENIOR CENTER HOURS
8AM-4PM M-F
SUGGESTED SENIOR DONATION:
60+: $4.00
NON-SENIOR: $7.00
ALL MEALS SERVED WITH COFFEE, TEA, JUICE, 2% MILK, AND/OR WATER



November FORSYTH SENIOR CENTER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GROUP EXERCISES 9:00–10:00 AM CRAFTS W/HEAVEN SEASHELL LIGHT CRAFT 12:30–3PM	3 CENTER IS CLOSED GENERAL ELECTION DAY!	4 ARTHRITIS CLASS W/ DEB 9AM–10AM YOGA W/DEB 10AM–10:30AM SCRABBLE 12:30–2PM	5 CHAIR EXERCISES 9:00–9:30 AM 12:30–2PM BINGO	6 GROUP EXERCISES 9:00–10:00 AM
9 GROUP EXERCISES 9:00–10:00 AM	10 CHAIR EXERCISES 9:00–9:30 AM DEBBIE HERE W/MEDICARE APPTS.	11 CENTER IS CLOSED HAPPY Veterans DAY	12 CHAIR EXERCISES 9:00–9:30 AM 12:30–2PM BINGO	13 GROUP EXERCISES 9:00–10:00 AM BOARD GAME 12:30–2PM
16 GROUP EXERCISES 9:00–10:00 AM	17 FOOT CLINIC 8AM–12PM NO EXERCISES TODAY! INSIDE BOWLING 12:30–2PM	18 ARTHRITIS CLASS W/ DEB 9AM–10AM YOGA W/DEB 10AM–10:30AM	19 CHAIR EXERCISES 9:00–9:30 AM 12:30–2PM BINGO	20 THANKSGIVING DINNER/GET TOGETHER 12–3PM GROUP EXERCISES 9:00–10:00 AM
23 GROUP EXERCISES 9:00–10:00 AM	24 CHAIR EXERCISES 9:00–9:30 AM BOARD GAME 12:30–2PM	25 ARTHRITIS CLASS W/ DEB 9AM–10AM YOGA W/DEB 10AM–10:30AM 12:30–2PM BINGO	26 CENTER IS CLOSED HAPPY THANKS GIVING	27 CENTER IS CLOSED HAPPY THANKSGIVING WEEKEND!!
30 GROUP EXERCISES 9:00–10:00 AM CRAFTS W/HEAVEN 12:30–3PM MASON JAR CRAFT				

COLSTRIP SENIOR CENTER LUNCH MENU NOVEMBER 2026

PLEASE CALL (406) 748-3525 BY 9:30 AM TO RESERVE YOUR PLATE FOR LUNCH SUGGESTED SENIOR DONATION 60+ $4.00 NON- SENIOR $7.00
THE SENIOR CENTER IS OPEN MONDAY-FRIDAY 9AM-4PM

MON	TUE	WED	THU	FRI
2 PORK FRITTERS MASHED POTATOES & GRAVY CORN PEARS	3 GENERAL ELECTION DAY CENTER CLOSED!	4 MUSHROOM SOUP GREEN BEANS FRUIT COCKTAIL COOKIES	5 CINCINNATI CHILI PASTA PICKLED BEETS APPLESAUCE	6 TUNA CASSEROLE PEAS FRUIT IN JELLO
9 POTATO SOUP WITH HAM VEGGIE TRAY TROPICAL FRUIT CRACKERS	10 DORITO LOCA TACO TOPPINGS PEACHES	11 CENTER CLOSED! VETERANS DAY HONORING ALL WHO SERVED	12 SLOPPY JOES TATER TOTS CORN APPLESAUCE	13 FISH FILLETS ONION RINGS BEETS PEARS
16 BRATS & SAUERKRAUT POTATO WEDGES CARROTS FRUIT IN JELLO	17 CHEF SALAD COTTAGE CHEESE FRUIT COCKTAIL	18 TURKEY DINNER! POTATOES, STUFFING, GRAVY, GREEN BEANS CASSEROLE, CRANBERRIES, ROL PUMPKIN PIE	19 SHRIMP ALFREDO BROCCOLI COTTAGE CHEESE PINEAPPLE	20 TURKEY NOODLE SOUP CARROTS CELERY CRACKERS PEACHES
23 CHICKEN AU GRATIN CORN SALAD PEARS	24 BROCCOLI CHEESE SOUP ROLLS GREEN SALAD TROPICAL FRUIT	25 HAMBURGER GRAVY OVER MASHED POTATOES GREEN BEANS MIXED FRUIT	26 CENTER CLOSED! Happy Thanksgiving	27 CENTER CLOSED!
30 CHEESE RAVIOLI W/ BRATS BEETS SALAD FRUIT CUP	GIVE THANKS		ALL MEALS SERVED WITH COFFE, TEA, JUICE, AND/OR 2% MILK, OR WATER	*ALL MEALS SUBJECT TO CHANGE*

COLSTRIP SENIOR CENTER NOVEMBER 2026 ACTIVITIES

OPEN MONDAY-FRIDAY 9:00 AM TO 3:30 PM
PLEASE CALL 406-748-3525 FOR QUESTIONS

MON	TUE	WED	THU	FRI
2 12:45 BINGO PUZZLE	3 GENERAL ELECTION DAY. CENTER IS CLOSED!	4 DECORATING PARTY W/ SNACKS GAMES PUZZLE	5 S.A.I.L 9-10 PUZZLE YAHTZEE 12:45	6 PUZZLE SHARPIE COLORING
9 12:45 BINGO PUZZLE	10 S.A.I.L 9-10 PUZZLE YAHTZEE 1 PM	11 VETERANS DAY CENTER CLOSED SENIOR CLUB POTLUCK/MEETING	12 S.A.I.L 9-10 PUZZLE YAHTZEE	13 PUZZLE YAHTZEE! CARD GAMES
16 12:45 BINGO PUZZLE	17 S.A.I.L 9-10 PUZZLE DESSERT PREP!	18 PUZZLE THANKSGIVING DINNER!	19 S.A.I.L 9-10 YAHTZEE PUZZLE BRAIN TEASER	20 CARD GAMES PUZZLE READING
23 12:45 BINGO PUZZLE	24 S.A.I.L 9-10 PUZZLE WORD GAMES	25 PUZZLE SHARPIE COLORING! GAMES	26 CENTER CLOSED! 	27 CENTER CLOSED!
30 12:45 BINGO PUZZLE				**SAIL: STAYING ACTIVE AND INDEPENDENT FOR LIFE STRENGTHEN YOUR BODY, FLEXIBILITY AND BALANCE**