

West Shore Senior Center

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
4 8:30 Dominoes/Games 11:00 Chair Yoga	5 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	6 CLOSED Trip Camp Eder	7 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	8 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
11 VETERANS DAY CLOSED	12 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	13 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	14 CLOSED Drive Thru Pick up only	15 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
18 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Craft w/ Judy, Sally and loretta	19 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	20 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	21 CLOSED trip to Markets at Shrewsbury	22 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
25 8:30 Dominoes/Games 11:00 Chair Yoga	26 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	27 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	28 CLOSED Thanksgiving Day	29 CLOSED Black Friday

West Shore Senior Center

Menu

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Baked Crab Cake Tomato Basil Bisque California Blend Vegetables White Bread Cinnamon applesauce/Milk</p>
<p>4 Chicken & Dumplings Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange/Milk</p>	<p>5 Baked Cabbage Roll Tomato Sauce Garlic Whipped Potatoes Carrots Dinner Roll Fresh Fruit/Milk</p>	<p>6 CLOSED Trip to Camp Eder</p>	<p>7 Salisbury Steak w/ Gravy Baked Potato w/ Margarine Broccoli Wheat Bread Gelatin/Choc Milk</p>	<p>8 Rotini & Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Garlic Breadstick Mixed Fruit Salad/Milk</p>
<p>11 VETERANS DAY CLOSED</p>	<p>12 Chili Cheddar Cheese Tossed Salad w/ Tomato Cornbread Warm Applesauce/Milk</p>	<p>13 Swedish meatball with gravy Buttered noodles Peas Dinner roll Blushed pears/Milk</p>	<p>14 Drive thru only Roast Turkey w/ Gravy Stuffing Whipped Potatoes Mixed Vegetables Dinner Roll Pumpkin Cake</p>	<p>15 Taco Salad (Lettuce, Tomato, Salsa) Tortilla Chips Tortilla Soup Pineapple/Milk</p>
<p>18 Sloppy Joe Baked potato Green Beans Hamburger Bun Fresh Fruit/Milk</p>	<p>19 Turkey Chef Salad Vegetable soup Dinner roll Pudding/Milk</p>	<p>20 Tuna Salad Sandwich Pickled Beets Coleslaw White Bread Fresh Fruit/Milk</p>	<p>21 CLOSED trip to Markets at Shrewsbury</p>	<p>22 Chicken Alfredo Noodles Broccoli Garlic Breadstick Apple cranberry crisp/Milk</p>
<p>25 Baked Meatloaf w/ Gravy Scalloped Potatoes Beets White Bread Seasonal Fresh Fruit/Milk</p>	<p>26 Chicken Bacon Carbonara Pasta California Blend Vegetables Breadstick Mandarin Oranges/Milk</p>	<p>27 Sliced Ham Orange sweet potatoes Peas & Carrots Dinner Roll Cookie/Milk</p>	<p>28 Happy Thanksgiving! CLOSED</p>	<p>29 CLOSED Black Friday</p>

West Shore Senior Center

Activity Calendar

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Dominoes/Games 11:00 Chair Yoga	3 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	4 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	5 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	6 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
9 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Craft w/ Judy, Sally and loretta	10 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	11 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	12 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	13 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
16 8:30 Dominoes/Games 11:00 Chair Yoga	17 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	18 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	19 Birthday Celebration! 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	20 Closed For the Holiday Party
23 Closed For the Holiday	24 Closed For Christmas Eve	25 Closed For Christmas	26 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	27 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
30 8:30 Dominoes/Games 11:00 Chair Yoga	31 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class			

West Shore Senior Center

Menu

A ministry of



December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Pot roast with gravy Mashed Potatoes Mixed Vegetables Wheat Bread Pineapple / Milk</p>	<p>3 Sweet & Sour Pork With Rice Broccoli & Cauliflower Blend / Dinner Roll Fresh Fruit/Milk</p>	<p>4 Grilled Chicken w/Gravy Whipped Potatoes w/Chives Sweet Corn White Bread Cookie/ Milk</p>	<p>5 Italian Burger (Peppers, Onions, White Cheese) Creamy Potato Soup Hamburger Roll Seasonal Fresh Fruit/Choc Milk</p>	<p>6 BBQ Pork Ribette Hash Brown Cubes Green Beans Sandwich Bun Pineapple Delight/Milk</p>
<p>9 Beef & Dumpling Coleslaw Dinner roll Applesauce/Milk</p>	<p>10 Grilled Chicken Salad (Chicken, Cheddar, HB Egg over Mixed Greens) Cream of Broccoli Soup Dinner Roll / Pudding/Milk</p>	<p>11 Burgundy Glazed Meatballs Rice Carrots Italian Breadstick Fresh Fruit/Milk</p>	<p>12 Cajun Shrimp Creamy Pasta Peas Breadstick Pineapple / Milk</p>	<p>13 Western Omelet w/ Peppers, Onions, Cheese Sausage Patty Breakfast Potatoes English Muffin w/ Jelly Apple Juice</p>
<p>16 Pizza Burger (Sauce, Mozzarella) Lemon Buttered Orzo Brussel Sprouts Hamburger Bun Peaches/Milk</p>	<p>17 Lasagna w/ Meat Sauce Tossed Salad w/ Tomato Green Beans Garlic Breadstick Fresh Fruit/Milk</p>	<p>18 Burger Potato Salad Bean Salad Hamburger bun Fresh Fruit/Milk</p>	<p>19 Honey glazed Ham Au Gratin Potatoes Green Bean Almondine Dinner roll Pineapple upside cake CHRISTMAS MEAL Take out only</p>	<p>20 CLOSED For The Holiday Party</p>
<p>23 CLOSED For The Holidays</p>	<p>24 CHRISTMAS EVE CLOSED</p>	<p>25 MERRY CHRISTMAS CLOSED</p>	<p>26 Salisbury Steak w/ Gravy Baked Potato w/ Margarine Broccoli Wheat Bread Pineapple/Choc Milk</p>	<p>27 Spaghetti & Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Garlic Breadstick Mixed Fruit Salad/Milk</p>
<p>30 Pork & sauerkraut Mashed Potatoes Corn Pineapple& Mandarin Oranges Dinner Roll New Years Meal Drive Thru Only</p>	<p>31 New Years Eve CLOSED</p>			