Monday	Tuesday	Wednesday	Thursday	Friday
10:00-Cawfee Tawk **2** 11:00-TAI CHI with IRO 11:00-Dia de Los Muertos Parade & Events Viewing 1:00-Weekend Reminiscing @RR 1:00-BINGO! 1:45-$hop Til You Drop	10:00-Sip'n & Chat'n **3** 11:00-Fall Arts & Crafts 11:00-***La Lluvia de Oro*** con Liliana 1:00-Table Tennis @Rose Room 1:00-Men's Group with Steve 1:00-KARAOKE 1:15-Hand Spa at the Gym	10:00-Club de Cafécito **4** 11:00-TAI CHI with IRO 11:00-Experiments in Watercolors 1:00-Sunny Steppers @Rose Room 1:00-LOTERIA 1:45-SALE YEAH!! **2-3pm Caregiver Support Group**	dientes Community Dental **5** 10:00-***TEA***-rific Weather! 11:00-Prayer Circle with Gloria 11:00-The Library of Congress Virtual Tour 1:00-Women's Group with Alondra 1:00-WHEEL-of-FORTUNE 1:15-***BOWL-a-RAMA***	10:00-La Primera Taza **6** 11:00-Grupo de Hombres con Juan Carlos 11:00-***La Lluvia de Oro*** con Liliana 11:00-Gentle Guitar with Will @RR 1:00-**Getting To Know You Group with Christine** 1:15-Rueda de Fortuna
10:00-Tempest in a Teapot **9** 11:00-TAI CHI with IRO 11:00-***La Lluvia de Oro*** con Liliana 1:00-Puzzle Projects @RR 1:00-BINGO! 1:45-$hopping Is a $port	10:00-Cómplices del Café **10** 11:00-Fall Arts & Crafts 11:00-Virtual Tour of The Statue of Liberty 1:00-Serenity Scarf Dancing @RR 1:00-Women's Group with Alondra 1:00-TOTALLY TRIVIA 1:15-CARDIO DRUMMING	**11** VETERANS DAY 10:00-The Morning Muster 11:00-TAI CHI with IRO 11:00-***La Lluvia de Oro*** con Liliana 12:45-Honoring Our Veterans 1:00-LOTERIA 1:45-Bingo Store **2-3pm Caregiver Support Group**	10:00-Café con Aroma de Amistad **12** 11:00-Prayer Circle with Gloria 11:00-Horse Shoes & High Scores 1:00-Famous Faces Trivia @RR 1:00-♪NAME ♫THAT♩TUNE♫ 1:15-Scarf & Sway Dancing	10:00-It's a ***BREW***-tiful Day! **13** 11:00-***Rosa's*** ***Wild Card Games*** 11:00-Grupo de Hombres con Juan Carlos 1:00-Gentle Guitar with Will @RR 1:00-Grupo de Mujeres con Alondra 1:15-HOOPS!
10:00-Monday Morning MUGS **16** 11:00-TAI CHI with IRO 11:00-Fall Arts & Crafts 1:00-Tell Me Abour Your Favorite Music @RR 1:00-BINGO! 1:45-$pend That BINGO $tash	10:00-Roast & Toast **17** 11:00-Fall Arts & Crafts 11:00-***La Lluvia de Oro*** con Liliana 1:00-Exploring The National Parks With The Rose Room 1:00-♫♪ ¡Adivina la Canción! ♩♫ 1:15-Cornhole Challenge 1:15-Hand Spa at the Gym	10:00-Café y Cotorreo **18** 11:00-TAI CHI with IRO 11:00-Fall Arts & Crafts 1:00-Gentle Chair Dance @RR 1:00-LOTERIA 1:45-$hop Til You Drop **2-3pm Caregiver Support Group**	10:00-JAVA JOY! **19** 11:00-***Fix Me a Plate*** ***Scavenger Hunt*** 11:45-Gathered In Gratitude Luncheon Sharing Expressions of Gratitude 1:00-Menu Planning & Reminiscing In The Rose Room 1:00-***Turkey Shoot*** ***Games***	10:00-The Cozy Cup **20** 11:00-CATHOLIC MASS WITH FR. ROBERT 11:00-Men's Group with Steve 1:00-Table Tennis @Rose Room 1:00-Musical Memories With Juan Carlos 1:45-Birthday Celebration
10:00-Fancy a CUPPA? **23** 11:00-TAI CHI with IRO 11:00-Grupo de Mujeres con Alondra 1:00-What TV Show Was That? with the Rose Room 1:00-BINGO! 1:45-BINGO $tore $ale	10:00-Vintage Coffee Crew **24** 11:00-**Words & Watercolor** 11:00-***La Lluvia de Oro*** con Liliana 1:00-HOOPS! In The Rose Room 1:00-KARAOKE 1:15-Golf Putting Practice	10:00-***TÉ***-rapia Social **25** 11:00-TAI CHI with IRO 11:00-Tablescapes Creations 1:00-Flower Art Arrangements @RR 1:00-LOTERIA 1:45-$pend, $pend, $pend **2-3pm Caregiver Support Group**	**CLOSED / CERRADO** **26** CLOSED FOR THANKSGIVING DAY	**CLOSED / CERRADO** **27** WE'RE CLOSED!
10:00-Monday PERK UP! **30** 11:00-TAI CHI with IRO 11:00-Winter Arts & Crafts 1:00-*Tell Me About Your Holiday* with The Rose Room 1:00-BINGO! 1:45-Retail Therapy				

ELDERDAY
NOVEMBER 2026

501 Main St. Watsonville, CA 95076 (831) 458-3481

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NOVEMBER 2026 | ELDERDAY MEALS

COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Rigatoni Casserole Mixed Green Salad w/ Egg Three Bean Salad WW Roll/Butter 1% Milk	**3** Tuna Salad Sandwich Potato Leek Soup Spinach Salad w/ Tomatoes 1% Milk	**4** Split Pea Soup Mushroom Salad Mixed Green Salad w/ Carrots WW Roll/Butter Graham Crackers 1% Milk	**5** Sopa de Albondigas California Mix Vegetables Romaine Salad WG Cornbread/Butter 1% Milk	**6** Green Bean Chicken Sesame Carrots Napa Cabbage Salad Brown Rice Sesame Noodles 1% Milk
9 Meatloaf w/ Gravy Mashed Potatoes Green Salad w/ Peppers WW Bread/Butter Graham Crackers 1% Milk	**10** Turkey Toastada Cauliflower Refried Beans Spanish Rice 1% Milk	**11** **Program OPEN** Macaroni & Cheese Romaine Salad Beets Whole Wheat Roll & Butter 1% Milk	**12** Lima Bean Chowder Couscous Vegetable Salad Mixed Green Salad WW Roll/Butter 1% Milk	**13** Salmon Patty w/ Tzatziki Broccoli Spinach Salad Pesto Noodles WW Roll/Butter 1% Milk
16 Savory Casserole California Mix Vegetables Mixed Green Salad WW Roll/Butter 1% Milk	**17** Vegetable Fritatta Roast Potatoes Green Salad w/ Kidney Beans Oatmeal Muffin 1% Milk	**18** Crab Cake w/ Lemon Herb Cauliflower Spinach Salad w/ Egg Brown Rice Pilaf WW Roll/Butter 1% Milk	**19** Turkey w/ Gravy & Stuffing Cali Fresh Vegetables Mashed Potatoes WW Roll/Butter 1% Milk	**20** Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ Madarins WW Roll/Butter 1% Milk SF Birthday Cake
23 Sloppy Joes Succotash Romaine Salad w/Broccoli WW Bun 1% Milk	**24** Fish Sticks w/ Tartar Broccoli Spinach Salad Brown Rice Pilaf WW Roll/Butter 1% Milk	**25** Pizza Three Bean Salad Caesar Salad w/ Egg 1% Milk	**26** Thanksgiving Holiday Site Closed 	**27** Thanksgiving Holiday Site Closed 
30 Tuna Noodle Casserole Romaine Salad WW Bread/Butter 1% Milk				

ELDERDAY MENU

LUNCH IS SERVED DAILY AT 12:00 pm.

Seated Chair Exercises & Movement Daily at 11:45 am.

Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup

Elderday's October Perfect Attendance Honorees

América, Ray, Paul B. Hilda B. Ernie, Ginger, Rosita, Caroline, Consuelo, Juanita C. Matthew, Eleazer, Carmen, Francisco G. Reyna, Skylar, Will, Mark J. Ramona, Jonathan, Donna, Manuela, Emilio, José L. Guadalupe M. Myron, Colleen, José O. Hilda Q. Enrique R. José R. Lupita R. Lupillo R. María V. Jeff T. Lorraine, Chrissy, Raquel, Paul R.