

Monday

Tuesday

Wednesday

Thursday

Friday

ELDERDAY, ADHC

November 2024

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



Daylight Savings Ends
Fin del Horario de Primavera
NOVEMBER 3



Día de Los Inocentes

10:00-Café y Compañía
11:00-MEN' GROUP
11:00-WOMEN'S GROUP
12:00-LUNCH
1:00-Musical Memories with Will
1:15-*Relaxation Station*

10:00-Brew Crew
11:00-GRUPO de MUJERES
11:00-TAI CHI with IRO
11:00-GRUPO de HOMBRES
12:00-LUNCH
1:00-TABLE TENNIS @RR
1:00-**BINGO**

4 10:00-TEA-riffic Morning!
11:00-Arts & Crafts
11:00-*RELAXATION STATION*
12:00-LUNCH
1:00-Bird Watching @RR
1:00-**TOTALLY TRIVIA** (ENG)
1:15-BOWL -a-RAMA

5 10:00-Snack & Chat
11:00-Water Color Leaves Craft
11:00-TAI CHI with IRO
12:00-LUNCH
1:00-**NEWSLETTER TEAM**
1:00-DARTS @RR
1:00-**LOTERIA!**

6 10:00-Coffee & Company
11:00-Arts & Crafts
11:00-**Prayer Circle with Elena**
12:00-LUNCH
1:00-Bridgetown Sing-a-Long @RR
1:00-**TOTALMENTE TRIVIA** (SPAN)
1:15-HOOPS!

7 10:00-Sereni-TEA Now
11:00-Arts & Crafts
11:00-Musical Memories with Will
12:00-LUNCH
1:00-**VIDEO REMINISCING** @RR
1:00-**KARAOKE LOUNGE**
1:15-JEOPARDY!

10:00-JAVA Juice for Reveille
11:00-MEN'S GROUP
11:00-TAI CHI with IRO
12:00-**CELEBRATING OUR VETERANS**
1:00-TABLE BOWLING @RR
1:00-**NEWSLETTER TEAM**
1:00-**BINGO**

10:00-Cuppa Joe
11:00-Arts & Crafts
12:00-LUNCH
1:00-REMINISCING @RR
1:00-TRAVEL TALK- KENYA
1:15-BEACHBALL VOLLEY BALL

10:00-It's a Beau-TEA-ful Morning
11:00-Arts & Crafts-JOURNALS
11:00-TAI CHI with IRO
12:00-LUNCH
1:00- Reminiscing @RR
1:00-**LOTERIA!**
1:15-Prize Shopping

10:00-Coffee Clutch
11:00-**Prayer Circle with Elena**
11:00-FALL CRAFTING
12:00-LUNCH
1:00-TRAVEL TALK- KENYA @RR
1:00-Wheel-of-Fortune
1:15-DRUMMING for FUN!

10:00-Absolutamen-TE Delicioso
11:00-*Relaxation Station*
11:00-GRUPO de MUJERES
12:00-LUNCH
1:00-Musical Memories with Will
1:00-Wheel-of-Fortune
1:15- **DANCE PARTY**

DIENTES Community Dental
10:00-Bes-TEAS in the Morning
11:00-WOMEN'S GROUP
11:00-TAI CHI with IRO
12:00-LUNCH
1:00-POOL NOODLE GAMES @RR
1:00-**BINGO**

10:00-KAWfee Talk
11:00-FALL ARTS & CRAFTS
12:00-LUNCH
1:00-BRIDGETOWN MUSIC @RR
1:00-VIAJANDO:
! SALUDOS DESDE ACAPULCO!
1:15-CORNHOLE CHALLENGE

10:00-Fancy a CUPPA?
11:00-*RELAXATION STATION*
11:00-TAI CHI with IRO
12:00-LUNCH
1:00-**NEWSLETTER TEAM**
1:00-HOOPS @RR
1:00-**LOTERIA!**

10:00- Snack & Chat
11:00-**PARTICIPANT COUNCIL**
11:00-**FESTIVE TABLE DECORATING**
12:00-**FRIENDSgiving Lunch**
1:00-Holiday Movie @RR
"Planes, Trains & Automobiles"
1:00- **Turkey Trot Games**

10:00-Brew Crew
11:00-**CATHOLIC MASS**
12:00-LUNCH
1:00-Musical Memories with Will @RR
1:00-GRUPO de HOMBRES
1:00-JEOPARDY!
1:45-**BIRTHDAY CELEBRATION**

10:00-Café y Compañía
11:00-**HEALTHY EATING w/ Caren**
11:00-TAI CHI with IRO
12:00-LUNCH
1:00-**NEWSLETTER TEAM**
1:00-TABLE TENNIS @RR
1:00-**BINGO**

10:00-Absolutamen-TE Delicioso
11:00-WATERCOLOR & CRAFTS
12:00-LUNCH
1:00-REMINISCING @RR
1:00-WHEEL-OF-FORTUNE
1:15-POOL NOODLE HOCKEY

10:00-Coffee & Company
11:00-**GRATITUDE'S & REFLECTIONS**
11:00-TAI CHI with IRO
12:00-LUNCH
1:00-Table Tennis @RR
1:00- **LOTERIA!**

CLOSED / CERRADO

HAPPY THANKSGIVING

CLOSED / CERRADO

To Cancel Transportation to Elderday, Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

MENU



November 2024 | ELDERDAY MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 Turkey Burger Coleslaw Potato Wedges WW Bun 1% Milk	Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup
4 Rigatoni Casserole Green Salad w/ Egg Three Bean Salad WW Roll/ Butter 1% Milk	5 Beef Stew Peas Cabbage Salad WW Biscuit/ Butter 1% Milk	6 Chicken Pozole Zucchini Mixed Green Salad Spanish Rice 1% Milk	7 Crab Cakes Herb Cauliflower Romaine Salad w/ Carrots Pesto Noodles WW Roll/Butter 1% Milk	8 Turkey Divan Carrots Green Salad Brown Rice WW Roll/Butter 1% Milk	
11 Macaroni & Cheese Diced Beets Spinach Salad WW Bread/Butter 1% Milk	12 Spaghetti & Meatballs Broccoli Green Salad WW Noodles WW Roll/ Butter 1% Milk	13 Turkey Salad Cream of Broccoli Soup Carrot Raisin Salad WW Bread 1 % Milk	14 Chicken Enchiladas Mixed Vegetables Fiesta Cabbage Salad Spanish Rice 1 % Milk	15 Spilt Pea Soup Mushroom Vegetable Mixed Green Salad WW Bread/Butter Graham Crackers 1 % Milk	
18 BBQ Pork Mashed Potatoes Tossed Green Salad WW Bread/Butter Graham Crackers 1% Milk	19 Beef & Cheese Taco Garden Blend Vegetables Romaine Salad Mexico City Rice 1% Milk	20 Macaroni & Cheese Three Bean Salad Green Salad WW Roll/ Butter 1% Milk	21 Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Stuffing WW Roll/Butter Pumpkin Pie 1 % Milk	22 Fish Sticks w/ Lemon Green Beans Spinach Salad Dill Noodles WW Roll/Butter Birthday Cake 1% Milk	
25 Salisbury Steak Mashed Potatoes Green Salad w/ Peppers WW Bread/Butter Graham Crackers 1 % Milk	26 Navy Bean Soup Vegetable Pasta Salad Tossed Green Salad WW Roll/ Butter Crackers 1% Milk	27 Pizza Three Bean Salad Caesar Salad 1 % Milk	28 Thanksgiving Holiday Site Closed	29 Thanksgiving Holiday Site Closed	