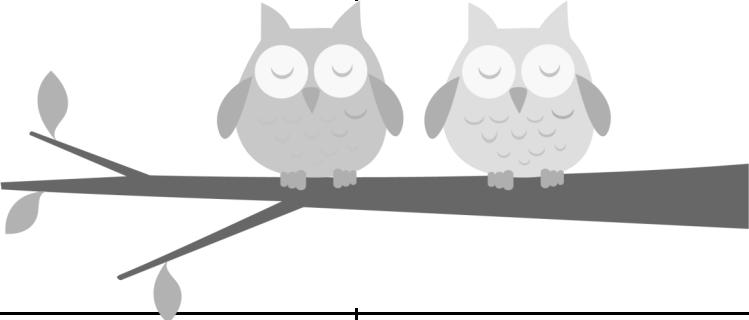


FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

November / December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		NOVEMBER 1 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Ginger Pork</i>	NOVEMBER 2 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>Spaghetti & Meatballs</i>	NOVEMBER 3 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:00 Bridge 10:30 Zumba Gold® <i>BBQ Chicken</i>
NOVEMBER 6 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Macaroni & Cheese</i>	NOVEMBER 7 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Greek Chicken</i>	NOVEMBER 8 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Meatloaf & Gravy</i>	NOVEMBER 9 8:00 Walking Group 9:00 VETERANS' BREAKFAST 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>Chicken Pot Pie</i>	NOVEMBER 10 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Veterans' Day – NO MEAL SERVED</i>
NOVEMBER 13 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Beef Stew</i>	NOVEMBER 14 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Vegetable Cheese Bake</i>	NOVEMBER 15 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Chicken Milano</i>	NOVEMBER 16 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 COA MEETING 10:30 Line Dancing 12:30 THANKSGIVING DINNER 1:15 Safe Exercise <i>Fish Victor</i>	NOVEMBER 17 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Salisbury Steak & Gravy</i>
NOVEMBER 20 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Chicken Sausage Jambalaya</i>	NOVEMBER 21 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Holiday Meal Roast Turkey & Gravy</i>	NOVEMBER 22 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning <i>HALF DAY—NO BINGO</i> <i>Meatballs with Onion Gravy</i>	 CLOSED THANKSGIVING	NOVEMBER 24 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance <i>(no class today)</i> 10:30 Zumba Gold® <i>(no class today)</i> 12:30 MOVIE <i>Fish with Crumb Topping</i>
NOVEMBER 27 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Roast Pork with Gravy</i>	NOVEMBER 28 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Chicken Fajitas</i>	NOVEMBER 29 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Cold Roast Beef</i>	NOVEMBER 30 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 1:15 Safe Exercise <i>Salmon Boat / Dill Sauce</i>	DECEMBER 1 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Lasagna</i>
DECEMBER 4 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Sesame Beef</i>	DECEMBER 5 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Chicken Cacciatore</i>	DECEMBER 6 8:00 Walking Group 9:00 BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Chess <i>Hot Dog on Bun</i>	DECEMBER 7 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>Potato Crunch Fish</i>	DECEMBER 8 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Buttermilk Chicken</i>
DECEMBER 11 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Chicken Mornay</i>	DECEMBER 12 8:00 Walking Group 9:30 Strength & Stretch 10:30 HOLIDAY BOSTON POPS 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Pork Rib-i-que</i>	DECEMBER 13 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 SUPER BINGO 1:00 Bingo 1:00 Chess <i>Turkey a La King</i>	DECEMBER 14 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise <i>Meatloaf & Gravy</i>	DECEMBER 15 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® <i>Macaroni & Cheese</i>
DECEMBER 18 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise <i>Swedish Meatballs</i>	DECEMBER 19 8:00 Walking Group 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Stuffed Pepper Casserole</i>	DECEMBER 20 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Sloppy Joe</i>	DECEMBER 21 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON ANNUAL HOLIDAY PARTY 1:15 Safe Exercise <i>Chicken with Sage Stuffing</i>	DECEMBER 22 8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE <i>Catch of the Day</i>
 CLOSED CHRISTMAS OBSERVED	DECEMBER 26 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg <i>Roast Turkey</i>	DECEMBER 27 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess <i>Garlic Herbed Chicken</i>	DECEMBER 28 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 1:15 Safe Exercise <i>Beef with Pearl Onions</i>	DECEMBER 29 8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:00 NEW YEAR'S PARTY 10:30 Zumba Gold® <i>Breaded Fish</i>