

# November Calendar

## Monday

**9:15 am** Mindfulness

**9:30 am** Music for Wellness

**11:00 am** Community Meeting

**11:30 am** Lunch

**12:30 pm** Sports Talk

**1:30 pm** Spanish 101

**Spirit Week: 11/25**  
*Beanie Day*



## Tuesday

**9:15 am** Mindfulness

**9:30 am** Music for Wellness

**11:00 am** Community Meeting

**11:30 am** Lunch

**12:30 pm** Rising Above

**1:30 pm** Spirituality

**Spirit Week: 11/26**  
*Flannel Day*



## Wednesday

**9:15 am** Mindfulness

**9:30 am** Music for Wellness

**11:00 am** Community Meeting

**11:30 am** Lunch

**12:30 pm** Empower Hour

**1:30 pm** Movement

**Spirit Week: 11/27**  
*Pajamas*



## Thursday

**9:15 am** Brain Games

**11:00 am** Community Meeting

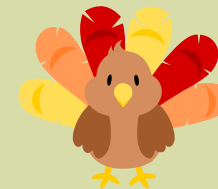
**11:30 am** Lunch

**12:30 pm** Men's Empowerment

**12:30 pm** Women's Empowerment

**1:30 pm** Creative Corner

**Thursday 11/28**  
*CENTER CLOSED*



## Special Events

**Friday 11/1** Dia de los Muertos Movie & PJs

**Friday 11/8** Karaoke & Games

**Thursday 11/14** Member Forum

**Friday 11/15** Nature & Science Museum

**Friday 11/22** Birthday Bash Bingo

**Thursday 11/28** CENTER CLOSED

**Friday 11/29** CENTER CLOSED



**Ancillary Services** (open M - F except 11 am - 12 pm):

Case Management | Clothing Closet | Peer Support | Food Pantry

690 W. 84th Ave. Thornton, CO 80260 | 303-451-4288 | M - Th, 8:30 am - 4 pm | Fri, 10 am - 4 pm

# November Menu

Served Monday - Friday, 11:30 am - 12 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Hard Tacos & Rice	2 
3	4 Shepherd's Pie	5 Ham Breakfast Casserole	6 Chicken Chili & Cornbread	7 Burrito Bake & Rice <i>Member of the month pick!</i>	8 Pizza 	9
10	11 Country Bowl	12 Biscuits & Gravy Casserole with Eggs & Sausage	13 Sausage Gnocchi Soup	14 Cheesy Chicken & Broccoli Casserole	15 Boxed Lunches: Pork Fried Rice	16 
17	18 Enchiladas, Rice, & Beans	19 Bacon Breakfast Casserole	20 Chili Mac & Cornbread	21 Pozole & Rice	22 Loaded Nachos & Birthday Cake	23 
24	25 Mongolian Beef & Noodles	26 French Toast Bake	27 Thanksgiving Dinner	28 CENTER CLOSED <i>Happy THANKSGIVING</i>	29 CENTER CLOSED	30 

\*Meals are subject to change without notice.