CNN Proviso Township Community Cafe 1609 N. 36th Avenue Melrose Park, IL Days: Mondays-Fridays Times: 8:00am-2:00pm Phone: (708)316-7488

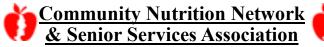


**NOVEMBER 2024** 

Manager: LAURIE MADDEN

Monday	Tuesday	Wednesday	Thursday	Friday
Come Join us for a day or two or more! Meet new friends and have some delicious nutritious lunch with us! Daily activities and laughs are among some things we offer here at the Community Café!	November,	With Respect Honor and Gratitude Thank You Veterans		1. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social <b>"All Saints Day"! Name a "Saint"</b>
4. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie- choice/popcorn "Who became the 1st African American President on this day in 2008?"	5. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Squash It Up 12:00 Bingo 1:00 Word Search <b>DON'T FORGET TO</b> <b>VOTE!!</b>	6. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 UNO <b>"NATIONAL NACHO DAY"</b>	7. 9:00am – Lean & Mean walking 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Dance Party <b>"Who did Elizabeth Taylor</b> <b>divorce on this day"</b>	8. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social <b>"What state became the 41st</b> <b>state in 1889?"</b>
11. <u>CLOSED</u> <u>Veterans</u> DAY	<ul> <li>12. 9:00 Pickle Ball</li> <li>10:00 Bingo</li> <li>11:30 Lunch</li> <li>11:45 Tis the Season for Apples</li> <li>12:00 Bingo</li> <li>1:00 Trivia</li> <li>"What famous Cubs baseball player</li> <li>was born on this day in 1968?"</li> </ul>	13. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Dominos <b>"Caregiver Appreciation Day</b> "	14. 9:00 Lean/Mean Fit Club 10:00 THE WHOLE 9 YARDS 11:30 Lunch 12:00 Bingo 1:00 LCR <i>"National Pickle Day"</i>	<ul> <li>15. 9:00 Pickle Ball</li> <li>10:00 Bingo</li> <li>11:30 Lunch</li> <li>12:00 Bingo</li> <li>1:00 Social</li> <li>What 5th Dimension song was #1 on this day in 1969?</li> </ul>
18. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn	19. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 11:45 Hydrate to Feel Great 12:00 Bingo 1:00 Brian Games	20. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Rock Painting	21. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Sing a long	22. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social
"Happy Birthday to a special lady Mouse today? " Who is it?	"What was the #1 song on this day in 1966?"	"National World Children's Day" We are all kids at heart!!	"Laugh-In" star born on this day in 1945?	"61 years ago today, this Presi- dent was shot" -
25. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn	26. 9:00 Lean/Mean Fit Club 11:30 Lunch 11:45 Local Food Pantries 12:00 Bingo 1:00 Puzzles	27. 9:00 Lean/Mean Fit Club 10:00 BINGO BASH 11:30 Lunch 12:00 BINGO BASH 1:00 Horse Races	28. <u>CLOSED</u>	29. <u>CLOSED</u>
"What 2 Zodiac signs share this month?"	"What are the 2 birthstones for November?" YES, I said TWO!	"Black Wednesday" wear Black	Thanksgiving	FRIDAY

CNN Proviso Community Café & Meals on Wheels 1609 N. 36th Avenue Melrose Park, IL 60160 Days: Mondays-Fridays Times: 8:00am-2:00pm Phone: 708-316-7488





CNN Manager: Laurie Madden

2024

Monday	Tuesday	Wednesday	Thursday	Friday
For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe.	Fat free or low fat milk with each meal Suggested Donation \$3.00	VETERANS TE DAY	Happy Thank solving	1. Egg salad sandwich w/wheat bread, lettuce & tomato, broccoli salad and cinnamon apples
4. Baked meatloaf w/ coun- try gravy, mashed cauliflow- er, mixed vegetables, whole wheat roll & pineapple tid- bits	5. BBQ pulled pork, oven fries, carrot raisin salad, wheat sandwich bun, warm apple crumble, chef's choice	6. Miso glazed chicken thigh, scalloped potatoes, baked bean casserole, wheat bread, fruit Jell-O	7. Chicken salad w/crackers, mixed greens and tomatoes, carrot raisin salad and a fruit cup	8. Swedish meatballs & gravy, mashed potatoes, broccoli, multi grain bread, fresh melon
11. CLOSED	12. Cheeseburger w/whole wheat bun, tomato soup, tossed garden salad, cottage cheese, sliced pears, variety toppings	13. Salisbury steak & gravy, mashed potatoes, corn, multi grain dinner roll, pineapple tidbits	14. THE WHOLE 9 YARDS FOOTBALL PARTY Chicken wings, sliders, bacon ranch pasta salad, veggies and dip, fruit sticks and Dessert Suggested:\$5	15. Classic lasagna w/ meat sauce, broccoli, chef's choice vegetable, wheat bread, oatmeal raisin cookie
18. Roast turkey & gravy, baked sweet potatoes, mixed vegetables, bread stuffing, chef's fruit	19. Stuffed green pepper, whole wheat roll, lumber- jack soup, tossed garden sal- ad, cottage cheese, fruit cup	20. Swiss burger, whole wheat bun, mushroom barley soup, tossed garden salad, cottage cheese, tropical fruit,	21.Tuna salad sandwich, whole wheat roll, cream of broccoli soup, tossed garden salad, cottage cheese, mandarin oranges	22. Citrus Alaskan Pollock, rice pilaf, country blend vegetable, multi grain din- ner roll, chick pea salad, fresh melon
25. Roast Turkey & gravy, baked sweet potatoes, green bean casserole, bread stuff- ing, dessert	26. BLT Chicken salad sandwich, whole wheat bun, cream of potato soup, tossed garden salad, cottage cheese, whole apple	27. Hot roast beef, mashed potatoes & gravy, peas & car- rots, wheat bread, whole orange	28. CLOSED	29. CLOSED

Funds in whole or in part for this publication were provided through an ward from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act the age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have discriminated against, you have the tight to file a complaint. For information dial <u>1-800-252-8965</u> (Voice and TD Menu subject to change due to availability of items. Funding in part is provided by Age Options.