NEW BEGINNINGS PROGRAMMING: NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 **10:00** Improv with Frank **10:00** Meditation **10:30** Closed Group: Self-Care Strategies **12:30** Intermediate Mah Jongg **1:00** Bingo **2:00** Poetry Workshop	**3** **9:00** Chair Aerobics w/Stuart **10:00** Advanced Mah Jongg **10:00** Painting Class **10:00** Tai Chi **10:30** Art Explorations **1:00** Knitting **1:00** Brain Games	**4** **9:00** Manicures (CANCELLED) **9:00** Tech Class **10:00** Chair Aerobics **10:00** Beginners Watercolor Class **10:00** Ping Pong **10:30** Wellness Support Group **12:30** Intermediate Mah Jongg **1:00** Karaoke **1:30** Water Aerobics	**5** **9:30** Silver Swans Dance Class **10:00** Advanced Watercolor Class **10:00** Singing with Seniors **10:30** Text and Traditions **10:30** Functional Movement **12:45** Group Chat w/Carmen **1:00** Chair Yoga	**6** **10:00** Spanish Language Current Events **10:00** Ping Pong **10:45** Meditation **11:00** Group Current Events **12:40** Friday Flicks: Passion Fish (1992)
9 **10:00** Improv with Frank **10:00** Meditation **10:30** Closed Group: Self-Care Strategies **12:30** Intermediate Mah Jongg **12:45** Menu Meeting with Kiya and Sharon **1:15** Bingo **2:00** Poetry Workshop	**10** Trip: Trader Joe's/Marshalls/H-Mart **10:00** Advanced Mah Jongg **10:00** Painting Class **10:00** Tai Chi with **10:30** Art Explorations **1:00** Knitting **1:00** Brain Games	**11** Intergenerational Veterans Day Commemoration **9:00** Manicures **9:00** Tech Class **10:00** Chair Aerobics **10:00** Beginners Watercolor Class **10:00** Ping Pong **10:30** Wellness Support Group **12:30** Intermediate Mah Jongg **1:00** Karaoke **1:30** Water Aerobics	**12** Trip: Walmart **9:30** Silver Swans **10:00** Silver Swans Dance Class **10:00** Advanced Watercolor Class **10:30** Text and Traditions **10:30** Functional Movement **12:45** Group Chat w/Carmen **1:00** Chair Yoga	**13** **10:00** Spanish Language Current Events **10:00** Ping Pong **10:00** Workshop: Medicaid Eligibility **10:45** Meditation **11:00** Group Current Events **12:40** Friday Flicks: The Perfect Game (2010)
16 Trip: Wegmans **10:00** Improv with Frank **10:00** Advisory Council Meeting **10:00** Meditation **10:45** Open Chat w/Karl **12:30** Intermediate Mah Jongg **1:00** Bingo **2:00** Poetry Workshop	**17** NOVEMBER BIRTHDAY PARTY **9:00** Chair Aerobics **10:00** Advanced Mah Jongg (CANCELLED) **10:00** Painting Class **10:00** Tai Chi **10:30** Art Explorations CANCELLED) **10:00** Discussion: The New British Galleries at the MET **1:00** Knitting with Barbara **1:00** Brain Games **1:15** Birthday Entertainment: DJ LEXS	**18** **9:00** Manicures **9:00** Tech Class **10:00** Chair Aerobics **10:00** Ping Pong **10:30** Wellness Support Group **12:30** Intermediate Mah Jongg **12:00** Food Pantry **1:00** Karaoke **1:30** Water Aerobics	**19** Trip: Walmart and Jewelry Sale **9:30** Silver Swans Dance Class **10:00** Nutrition Lecture: Understanding Type 2 Diabetes **10:00** Advanced Watercolor Class **10:00** Singing with Seniors **10:30** Text and Traditions **10:30** Functional Movement **12:45** Group Chat w/Carmen **1:00** Chair Yoga **1:00** Book Club (V-Full)	**20** **10:00** Spanish Language Current Events **10:00** Ping Pong **10:00** Nutrition Lecture: Food Demo: Brussels Sprouts Salad **10:45** Meditation **11:00** Group Current Events **12:40** Friday Flicks: The Memory Keeper's Daughter (2008)
23 **10:00** Improv with Frank **10:00** Meditation **12:30** Intermediate Mah Jongg **1:00** Bingo **2:00** Poetry Workshop	**24** THANKSGIVING LUNCHEON **10:00** Advanced Mah Jongg (CANCELLED) **10:00** Painting Class **10:00** Tai Chi **10:00** Talent is Timeless Video Performance **10:30** Art Explorations (CANCELLED) **1:00** Knitting **1:00** Brain Games **1:30** Luncheon Entertainment: Isaac ben Ayala	**25** **9:00** Manicures **9:00** Tech Class **10:00** Chair Aerobics (CANCELLED) **10:00** Ping Pong **10:30** Wellness Support Group **12:30** Intermediate Mah Jongg **1:00** Karaoke **1:30** Water Aerobics	**26** **CLOSED FOR THANKSGIVING**	**27** **CLOSED FOR THANKSGIVING**
30 **10:00** Improv with Frank: Culminating Event **10:00** Meditation **12:30** Intermediate Mah Jongg **1:00** Bingo **2:00** Poetry Workshop		**OPEN SUNDAY**: Sunday, November 22nd, 2026 **9:00am** Welcome Brunch **10:00am** Movie and Discussion: Ingelore (2009) **10:00am** Sunday Karaoke **11:30am** Lunch **1:00pm** Movie Sunday: The Devil Wears Prada 2		**Lunch Daily at 11:45 a.m.** **Dining Room Seating Begins at 11:30 a.m.** **PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 p.m.**

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/2 **VEGETARIAN CHILI** Orzo Steamed Carrots Apple	**11/3** **BAKED FISH** Egg Barley California Blend Vegetables Strawberries	**11/4** **TURKEY BURGER** French Fries Salad Pineapple	**11/5** **BEEF STEW** Yellow Rice Steamed Spinach Watermelon	**11/6** **OVEN FRIED CHICKEN** Bake Potato Steamed Broccoli Grapes
11/9 **BAKED FISH** Macaroni Salad Steamed Spinach Pears	**11/10** **VEGAN SANCOCHO** Brown Rice Avocado Salad Apple Sauce	**11/11** **SPAGHETTI W/MEAT SAUCE** Garlic Bread Garden Salad Banana	**11/12** **FRITTATA** Roasted Potatoes Steamed Broccoli Tangerine	**11/13** **SPANISH STYLE BAKED CHICKEN** Noodle Kegel Steamed Spinach Canned Peaches
11/16 **CHILI CON CARNE** Brown Rice Baby Carrots Strawberries	**11/17** **BIRTHDAY LUNCH** **BAKED SALMON** Wide Noodles Roasted String Beans Tangerine	**11/18** **GENERAL TSO'S CHICKEN** Wild Rice Cabbage Banana	**11/19** **VEGGIE BURGER** Baked Fries Garden Salad Orange	**11/20** **BAKED CHICKEN** Baked Sweet Potato California Blend Vegetables Watermelon
11/23 **TUNA CAKES** Orzo Steamed Broccoli Watermelon	**11/24** **THANKSGIVING LUNCHEON** **TURKEY** Baked Sweet Potato Roasted Vegetables Stuffing Apple Pie	**11/25** **VEGETARIAN STUFFED CABBAGE** Brown Rice Steamed Yellow Squash Tangerine	**11/26** **CLOSED FOR THANKSGIVING**	**11/27** **CLOSED FOR THANKSGIVING**
11/30 **HAMBURGER** Sweet Potato Beet Salad Applesauce		**11/22 OPEN SUNDAY** **CAESAR SALAD W/GRILLED CHICKEN** Garlic Bread Oranges	**Kashrut Supervision is by Vaad of Riverdale.**	**Note:** We do our best to plan the menu in advance, but the meal selection may change without notice.