NAME:

NOVEMBER 2026 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10a=BRASS Paint $2 11a=BRASS Zumba 11a=Setback 12p=Sr Ctr Mtg: PAM Health, Clean Water, Mobile Hearing	**3** 9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo *No Health Worker*	**4** *9a-2p=Mystic Village=$5* 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=Drumming 11a=Brass Crochet	**5** 9:30a=Ukulele 10a=BRASS Quilting 10:30a=Chorus 11a=Poker 11:30a=Café Lunch *12:30p=Wisdom Keepers*	**6** 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing 11a=Computer Class 11a=Paint w/Silvia $2 11a=Spades
9 *9a-2p=Open Enrollment* 10a=BRASS Paint $2 11a=BRASS Zumba 11a=Setback	**10** 9:30a=Chair Yoga 1 9:30a=Health Worker 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch *10:30a=Avon Pop-Up* 11:30a=Chair Yoga 3 12:30p=Bingo	**11** 	**12** 9:30a=Ukulele 10a=BRASS Quilting 10:30a=Chorus 11a=Poker 11:30a=Café Lunch *12:30p=Mandy Dupont*	**13** 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing 11a=Computer Class 11a=Paint w/Silvia $2 11a=Spades *11a=City Mission*
16 10a=BRASS Paint $2 *10a=Mobile Hearing* 11a=BRASS Zumba 11a=Setback	**17** 9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 *11:30p=Reflexology* 12:30p=Bingo	**18** 9:30a=Stretch/Tone 10a=BCH Nutrition *10a-12p=Share Your Story* *10a=Dolce* 11a=Brass Crochet 11a=Drumming 12:30p-2p=Monitor My Health (25) *12p=Stained Glass*	**19** 9:30a=Ukulele 10a=BRASS Quilting 10:30a=Chorus 11a=Poker *11:30a-1;30p= Structural Heart* *12:30p=Senior Dine Sign-up*	**20** *9:30a=AARP Driver* 9:30a=BRASS Chair Strength 10a=Tech Help 10a=Vet Coffee Hour 11a=Sewing 11a=Computer Class 11a=Paint w/Silvia $2 11a=Spades 11:30a=Reiki
23 10a=BRASS Paint $2 11a=BRASS Zumba 11a=Setback	**24** *11:30a=Thanksgiving Lunch & Musical Bingo $5 non-refundable & pre-paid*	**25** 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 11a=Drumming	**26** 	**27** **Open, but No Activities** 
30 10a=BRASS Paint $2 11a=BRASS Zumba 11a=Setback *12:30p=Estevan Miranda - History of Diets*				



November 2026 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Café Lunch served 11:30a to 12:30p Tuesday & Thursday All menus are subject to change	**3** Potato crusted Pol-lock/tartar sauce Confetti brown rice Capri vegetables White bread Fresh seasonal fruit		**5** VETERAN'S DAY Chili dog w/bun Baked beans Coleslaw Fruit gelatin Fruit juice	Suggested Donation for Seniors $4.00
If you are on Meals on Wheels, you are not eligible for Café Lunch	**10** Meatloaf w/gravy Whipped potatoes Mixed vegetables WG wheat bread Fresh seasonal fruit		**12** Split pea soup w/crx Hamburg patty w/bun Corn O'Brien Fresh seasonal fruit	PLEASE NOTE Aids & Guests are asked to pay $10.30 for lunch. That is what the WSC pays New Opp for lunch
	17 Thai basil beef & turkey Brown rice Broccoli White bread Fresh seasonal fruit		**19** Structural Heart Lunch & Learn by UCONN Health Waterbury Hospital	
	24 Thanksgiving Lunch Roast turkey w/ gravy Stuffing Green beans Dinner roll Pumpkin pie Fruit juice		**26** 	
				