


# Menu

# November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Burrito Bowl 2 Flour Street Tacos Refried Beans Mexican Salad w/ Sour Cream Applesauce	4 <b>Congregate</b> Teriyaki Chicken Asian Vegetables Rice Pilaf Banana	5 <b>Congregate</b> Cheesy Potato Soup Ham/Veggie Wrap Pea Salad Fresh Fruit Salad	6 Chili Dog on a Bun Chop Chop Salad Buttered Corn Apricots	7 <b>Congregate</b> Herb Baked Chicken Steamed Carrots Twice Baked Potatoes Jell-O w/ Fruit
10 Chicken Cacciatore Cesar Salad w/ Dressing Cottage Cheese Peaches	11 <b>Congregate</b> Thank a Veteran! Roasted Pork Tenderloin Sauerkraut White Cheddar Mac & Cheese Grapes	12 <b>Congregate</b> Chicken Tenders Broccoli Supreme Baked Beans Warm Fruit Crisp	13 Shepards Pie Green Beans Stewed Tomatoes Halo Orange	14 <b>Congregate</b> Vegetable Beef Soup Coleslaw Cheese Cubes Wheat Crackers Sliced Pears
17 Sausage Biscuits & Gravy Sausage Links Mixed Vegetables Sweet Potatoes Banana	18 <b>Congregate</b> Roast Beef w/ Gravy Cheesy Cauliflower Parsley Potatoes Mandarin Oranges <b>BirthDay Bash Lunch!</b>	19 <b>Congregate</b> Cheeseburger on a Bun Four Bean Salad Ranch Pasta Pineapple Chunks	20 Salmon Patty w/ White Sauce Steamed Spinach Cheesy Corn Bake Strawberries	21 <b>Congregate</b> Chicken Parmesan California Mix Spaghetti Noodles Fruit Cocktail
24 Sour Cream Beef Stroganoff Seven Layer Salad Soft Roll Ambrosia Salad	25 <b>Congregate</b> Roasted Turkey Green Bean Casserole Mashed Potatoes w/ Gravy Cranberry Apple Salad	26 <b>No Congregate Today</b> Macomb Tuna Salad On Hawaiian Roll Cauliflower Salad Feta Bowtie Grapes	27 Senior Center Closed 	28 <b>YMCA Senior Center Closed</b>
The first Thanksgiving was celebrated in 1621 over a three-day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.	Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).	More than 54 million Americans are expected to travel during the Thanksgiving holiday this year. That's up 4.8% from last year.	<b>Bushnell Meal Site:</b> 309-255-7176 Please call by <b>noon the day before</b> to make or cancel your reservation for a meal. Congregate Lunch daily at 11:15am. <b>Suggested donation: \$4</b>	<b>Macomb Meal Site</b> Call 309-837-5733 or 1-844-508-7961. Please call by <b>1pm the day before</b> to make or cancel your reservation for a meal.

Senior Center meals are a suggested donation of \$5.00/dine-in and \$5.00/home delivered for qualified individuals (60+). No one will be denied participation in the meal program if they are unable to contribute. Each meal comes with 2% milk and a bun, biscuit, roll, toast or bread. Funding for programs and services at the YMCA Senior Center is provided through Western Illinois Area Agency on Aging (WIAAA). The congregate meal cost for a guest under the age of 60 is \$7.50. The menu is subject to change.



# NOVEMBER BIRTHDAYS

Please contact the office if you would like your birthday included or removed from the birthday list.  
Please call 309-837-5733 if you know of someone who has passed away.

Gloria Caspall	2	Errol Toland	10	Allan Patch	24
Alice Davenport	2	Patricia Hainline	11	Linda Pickett	24
Arletha Dowacter	2	Cindy Keeten	11	Nancy Pieper	24
Helen Gutting	2	Donna Marlowe	11	George Butterfield	24
Donna Hyde	2	Natalie Taylor	11	Charolette Megginson	25
Jeannie Lindsay	2	Betty Haffner	12	Ann White	25
Brenda Smith	3	Alice Mattsen	12	Paula Brown	25
Sandra Grisham	4	William T.Creasy	13	Sally Egler	26
Jill Sutton	4	Karen Moore	13	Joyce Ginn	26
Carol Wear	4	Marita Rochelle	13	Lois Schrodtt	26
Clyde Copeland	5	Robert Wetzell	13	Mary Anderson	27
Jean Crossman	5	Steve Greuel	15	Beverly Camp	27
James Frick	5	Marion Thomas	17	Steve Dobbs	27
Debra Grant	5	Diana DeHaven	18	Greg Smith	27
Dennis Skripps	5	Fran Hedblade	18	Donna Thompson	27
Elizabeth Murphy	6	Gretchen Thurman	18	Lila Wilkes	27
Susan Shoemaker	6	Connie Fisher	19	Donald Wynn	28
Siyoung Park	7	Louise Greer	19	Marilyn Callahan	29
Nancy Colvin	8	Terry Jordine	20	Kazuko Howell	29
Larry Rawlins	8	Sandra Collier	21	Randy Killip	29
Sherry Amos	9	Patricia Bloomfield	22	Larry Moore	29
Jack LaFary	9	Richard Foster	22	Stan Sellers	30
Patricia Young	9	Earl Lindsey	22	Mardell Wagy	30
Joan Chandler	10	Rooney Dively	22		
Deanna Crawford	10	Marilyn Kreps	23	<b>Anniversaries</b>	
Wayne Stewart	10	Arlistene Patrick	23	Lyle & Lana Huffman	21

## NOVEMBER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:15 Sit and Get Fit 1:00 Rock Steady 2:00 <b>Caring Hearts Support Group</b>	4 8:00 Master Builders 11:30 Lunch 12:30 Canasta 2:00 Mah Jongg 2:30 Kneedlers	5 10:15 Sit Get Fit 11:30 Lunch	6 8:00 Master Builders 10:15 <b>Yoga-Fluidity and Movement</b> 1:00 Rock Steady 1:00 Line Dancing-Beginners 1:30 Line Dancing	7 10:15 Sit Get Fit 11:30 Lunch 11:30-1:00 <b>Senior Expo Help at Home</b>
10 10:15 Sit Get Fit 1:00 Rock Steady	11 8:00 Master Builders 11:30 Lunch 12:30 Mexican Train 2:00 Mah Jongg 2:30 Kneedlers	12 10:15 Sit Get Fit 11:30 Lunch <b>12:30 Wits Fitness</b> With Tessa! <b>4:00 Canadian Maritimes Travel Program</b>	13 8:00 Master Builders 10:15 <b>Yoga-Function, Form and Movement</b> 1:00 Rock Steady 1:30 Line Dancing	14 10:15 Sit Get Fit 11:30 Lunch
17 10:15 Sit Get Fit 1:00 Rock Steady 2:00 <b>Stressbusters Support Group</b>	18 8:00 Master Builders 11:30 Lunch 12:30 Canasta 2:00 Mah Jongg 2:30 Kneedlers	19 9:00 <b>Book Club Reunion in Carmel</b> 10:15 Sit Get Fit 11:30 Congregate Lunch	20 8:00 Master Builders 1:00 Rock Steady 1:00 Line Dancing-Beginners 1:30 Line Dancing 4:00-6:30 <b>Open Enrollment Event</b>	21 10:15 Sit Get Fit 11:30 Lunch 12:30 <b>BINGO</b>
24	25 11:30 Lunch 12:30 Mexican Train 2:00 Mah Jongg 2:30 Kneedlers	26 <b>No Congregate Lunch Today</b>	27 Happy Thanksgiving	28 <b>Senior Center Closed</b>