



SENIOR CENTER OF KEYSTONE HEIGHTS



125 N.E. Commercial Circle
Keystone Heights, FL
32656
(352) 473 - 7121

NOVEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>November is a time to show support and to honor our nation's vital caregivers during National Caregivers Month. Join us in acknowledging and honoring families who are often caregiving "around the clock". That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.</p>	
4 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	5 Knit/Crochet 9:00 Spades 9:00-11 Growing Bolder Series Introduction 10:00 - 10:30 Bingo 12:30	6 Card Games & Billiards 9:00-4:30 Bible History 10:00 Bingo 12:30	7 Knit/Crochet 9:00 Mexican Train 12:00 CHAIR VOLLEYBALL 2:00-3:30	1 Card Games & Billiards 9:00-4:30 Bingo-cize 10:00 Bingo 12:30
11 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00 	12 Knit/Crochet 9:00 Spades 9:00-11 Aetna Presentation w/Carlos Diaz 10:00 Bingo 12:30	13 Card Games & Billiards 9:00-4:30 Bible History 10:00 Bingo 12:30	14 Knit/Crochet 9:00 Community Hospice "Getting Support" w/Francie Paspalaris 10:30 Mexican Train 12:00 CHAIR VOLLEYBALL 2:00-3:30	8 Blood Pressure / Glucose Checks 8:30-10 Card Games & Billiards 9:00-4:30 Bingo 12:30
18 Commodities Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	19 Knit/Crochet 9:00 Spades 9:00-11 Aetna Presentation w/Carlos Diaz 10:00 Bingo 12:30	20 Card Games & Billiards 9:00-4:30 Bible History 10:00 Build Your Tech Skills w/Leah 9:30 CC Veteran Services w/Richard Carey 10:30 Bingo 12:30	21 Knit/Crochet 9:00 Mexican Train 12:00 CHAIR VOLLEYBALL 2:00-3:30	15 Card Games & Billiards 9:00-4:30 Bingo-cize 10:00 Bingo 12:30
25 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	26 Knit/Crochet 9:00 Spades 9:00-11 Aetna Presentation w/Carlos Diaz 10:00 Bingo 12:30	27 "The First Thanksgiving" Bible History 10:00 Healthy Foods w/Christine Snyder 11:30 Bingo 12:30	28 <p>CLOSED</p>	22 Blood Pressure / Glucose Checks 8:30-10 Card Games & Billiards 9:00-4:30 Bingo-cize 10:00 Bingo 12:30 Birthday Celebration!
29 Card Games & Billiards 9:00-4:30 North Florida Rehabilitation Hospital Presentation 9:30 Bingo-cize 10:00 Bingo 12:30	<p>*Haircuts By Donna / Set up Appointment with Donna!</p>			



**INTRODUCING...
GROWING BOLDER
STOP GROWING OLDER,
START GROWING BOLDER!**

OUR MISSION IS SIMPLE
TO BECOME THE WORLD'S MOST
INFLUENTIAL LIFESTYLE BRAND FOR
THE 50+ DEMOGRAPHIC BY INSPIRING
MEN AND WOMEN OF ALL AGES TO
BELIEVE THAT THE REST OF THEIR LIFE
CAN BE THE BEST OF THEIR LIFE

Now Showing in the Library. Check for date & times.
Many Topics Available!

Birthday's

- Gloria Branda
- Jackie Parrish
- Darlene Perry
- William Coffey
- Charlie Bell
- Nathan White
- Ron Reagan
- Christine Hankins
- Jane McSweeney
- Brian Biddle
- Sheila Bell
- Barbare Pierce

SENIOR CENTER OF KEYSTONE HEIGHTS



Lunch is Served: 11 am
Monday - Friday
Please Reserve Your Lunch
2 Days in Advance
(352) 473 - 7121



NOVEMBER MEAL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Swiss Steak Northern Beans Broccoli & Carrots Wheat Bread Fruit Milk
4 Salisbury Steak Parsiled Whipped Potatoes Summer Veggies Dinner Roll Fruit Cup Milk	5 Pork Sausage Blackeyed Peas Collard Greens Hot Dog Bun Fruit Cup Mustard Milk	6 Beef & Bean Chili Corn Green Beans Saltine Crackers Fruit Milk	7 Breaded Chicken Patty Peas Glazed Carrots Hamburger Bun Fruit Milk	8 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Taco Sauce Milk
11 Swedish Meatballs Egg Noodles California Veggies Dinner Roll Fruit Cup Milk	12 BBQ Rib Patty Northern Beans Cabbage Wheat Bread Fruit Cup Milk	13 Sloppy Joe Dilled Carrots Brussel Sprouts Hamburger Bun Fruit Milk	14 Mushroom Chicken Peas Corn Dinner Roll Fruit Milk	15 Hamburger Patty w/Bun Baked Pinto Beans Whipped Potatoes Fudge Creme Cookie Mustard/Ketchup Milk
18 Meatloaf/Brown Gravy Delmonico Potatoes Herbed Green Beans Dinner Roll Fruit Cup Milk	19 Chicken Taco Meat Mexican Corn Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Cup Milk	20 Pork Sausage Lima Beans Garden Veggies Hot Dog Bun Fruit Cup Mustard Milk	21 Italian Macaroni Orange Carrots Peas Dinner Roll Fruit Milk	22 Breaded Chicken Patty Baked Pinto Beans Cabbage Hamburger Bun Fruit Mustard Milk
25 Meatballs w/Gravy Garlic Whipped Potatoes Spring Veggies Wheat Bread Fruit Cup Milk	26 Chicken/Sausage Jambalaya Country Corn Green Beans Dinner Roll Fruit Cup Milk	27 Sliced Turkey/Gravy Cornbread Stuffing Cranberry Sauce Glazed Carrots Dinner Roll Oreo Cookie Milk		29 Swiss Steak Northern Beans Broccoli & Carrots Wheat Bread Fruit Milk

**Meals must be consumed on site and may contain or have been exposed to allergens such as: Dairy, Gluten, Soy, and Shellfish*

CONTACT US

CHRISTINE PAPPAS HANKINS
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Assistant Senior Center Supervisor
dmoore@agingtrue.org

Hours of Operation
Monday - Friday
8:30 AM till 4:30 PM
(352) 473 - 7121

agingtrue.org/clay-county
 facebook.com/agingtrue

OTHER LOCATIONS

Green Cove Springs
604 Walnut Street
Green Cove Springs, FL 32043
(904) 284 - 3134

Middleburg
3916 Section Street
Middleburg, FL. 32068
(904) 291 - 3520

Orange Park
414 Stowe Avenue
Orange Park, FL. 32073
(904) 269 - 4731

OTHER SERVICES

- Meals on Wheels
- Case Management
- Mental Wellness
- Long Term Care
- In-home Services
- Respite Care
- R.E.L.I.E.F. Program
- Adult Day Health Services
- Utility Assistance (EHEAP)