
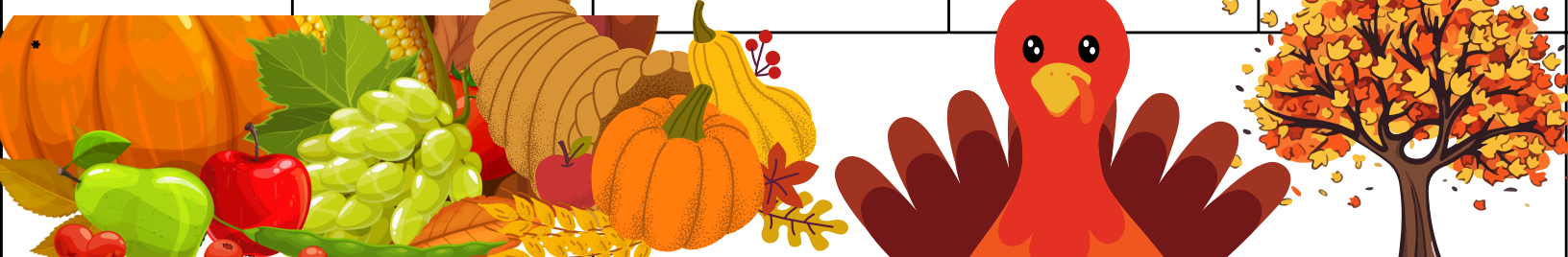


# Happy THANKSGIVING

SENIOR CENTER OF AGING TRUE MIDDLEBURG  
Community Senior Services  
Clay County

## November ACTIVITY CALENDAR

|  |  |  |  |   |
|--|--|--|--|---|
|  |  |  |  | Friday  |
|  |  |  |  | 1<br>Rummikub- 10AM<br>Line dance- 10:45AM<br>Pinochle- 12:30PM<br>Bingo- 1PM   |
| 4<br>Bingo- 10AM<br>Rummikub- 12:30PM                                  | 5<br>Exercise Class- 9:15AM<br>Line Dance Int. 9:30AM<br>Beg. 10:30AM<br>Pokeno 1PM<br>Arts/Crafts 1PM | 6<br>Bingo 10AM<br>Rummikub 12:30PM<br>Knit/Crochet By Appt<br>930 Community Hospice<br>Presentation     | 7<br>Exercise Class- 9:15AM<br>Karaoke 10AM<br>Line dance 1PM<br>Bible Study 10:30AM   | 8<br>Rummikub- 10AM<br>Line dance- 10:45AM<br>Bingo- 1PM<br>Pinochle- 12:30PM   |
| 11<br>Bingo- 10AM<br>Rummikub- 12:30PM                                 | 12<br>Exercise Class- 9:15AM<br>Line Dance . 9:30AM<br>Beg. 10:30AM<br>Pokeno 1PM<br>Arts/Crafts 1PM   | 13<br>Bingo 10AM<br>Rummikub 12:30PM<br>Knit/Crochet By Appt<br>930 Tech Help<br>10am Aetna Presentation | 14<br>Exercise Class- 9:15AM<br>Bible Study- 10:30AM<br>Line dance 1PM   | 15<br>Line Dance 1045AM<br>Rummikub 12:30PM<br>Knit/Crochet By Appt<br>Bingo 1PM<br>1130am Veteran<br>Service/ Presentation |
| 18<br>Bingo- 10AM<br>Rummikub- 12:30PM                                 | 19<br>Exercise Class 9:15AM<br>Line Dance Int. 9:30AM<br>Beg. 10:30AM<br>Pokeno 1PM<br>Arts/Crafts 1PM | 20<br>Bingo 10AM<br>Rummikub 12:30PM<br>Knit/Crochet By Appt   | 21<br>Exercise Class- 9:15AM<br>Line dance 1PM<br>Bible Study 10:30AM<br>10am Hair Cuts<br>10am Tatted Remnats<br>Musical Band | 22<br>Rummikub- 10AM<br>Line dance- 10:45AM<br>Bingo- 1PM<br>Pinochle- 12:30PM  |
| 25<br>Bingo- 10AM<br>Rummikub- 12:30PM<br>930 The Way/<br>Presentation | 26<br>Exercise Class- 9:15AM<br>Line dance 930AM   | 27<br>Bingo 10AM<br>Rummikub 12:30PM<br>Knit/Crochet By Appt   | 28<br>                                     | 29*<br>Rummikub- 10AM<br>Line dance- 10:45AM<br>Pinochle- 12:30PM<br>Bingo- 1PM   |



### Special Events

- November 6th 930 Community Hospice Presentation
- November 13th 930 Tech Help/ 10am Aetna Presentation
- November 15th 1130 Veteran/Service Presentation
- November 25th 930 The Way Presentation
- November 21st 10am Hair Cuts/ 10am Tatted Remnats Mudcal Band

### REMINDER

Meals are served from 12:00 PM - 1:00 PM, Monday - Friday and require a 2-day advance reservation. To reserve a meal, please call or stop by your local center to sign up. Meals must be consumed on site and may contain or have been exposed to allergens such as Dairy, Gluten, Soy, and Shellfish

HAPPY BIRTHDAY

### MANAGEMENT

Ishtar Jorden  
Senior Center Supervisor  
(904) 291 - 3520  
ijorden@agingtrue.org

FOR ADDITIONAL ASSISTANCE  
ISHTAR JORDEN AND  
HECTOR JIMENEZ  
ARE AVAILABLE

T H A N K F U L

SENIOR CENTER OF AGING TRUE MIDDLEBURG  
Community Senior Services  
Clay County

# November LUNCH MENU

|   |  | Thursday  |  | Friday   |  |
|---|--|---|--|--|--|
|   |  |   |  | 1 Swiss Steak<br>Northern Beans<br>Broccoli/Carrots<br>Wheat Bread<br>Fresh Fruit<br>Milk  |  |
| 4 Salsbury Steak<br>Parslied Whipped Potatoes<br>Summer Vegetable Blend<br>Dinner Roll<br>Fruit Cup<br>Milk | 5 Pork Sausage<br>Blackeyed Peas<br>Collard Greens<br>Hot Dog Bun<br>Fresh Fruit<br>Milk<br>Mustard                                  | 6 Beef and Bean Chill<br>Whole Kernel Corn<br>Green Beans<br>Saltine Crackers<br>Fresh Fruit<br>Milk                    | 7 Breaded Chicken Patty<br>Green Peas<br>Glazed Carrots<br>Hamburger Bun<br>Fresh Fruit<br>Milk<br>Mustard | 8 Taco Meat<br>Pinto Beans<br>Mexican rice<br>Lettuce/Tomato<br>Shredded Cheese<br>Flour Tortilla<br>Fresh Fruit<br>Milk<br>Taco Sauce |  |
| 11 Swedish Meatballs<br>Egg Noodles<br>California Vegetable Blend<br>Dinner Roll<br>Fruit Cup/Milk          | 12 BBQ Rib Patty<br>Northern Beans<br>Cabbage<br>Wheat Bread<br>Fruit Cup<br>Milk  | 13 Sloppy Joe<br>Dilled Carrots<br>Brussels Sprouts<br>Hamburgers<br>Fresh Friut<br>Milk                                | 14 Mushroom Chicken<br>Green Peas<br>Whole Kernel Corn<br>Dinner Roll<br>Fresh Fruit<br>Milk               | 15 Hamburger Patty<br>Baked Pinto Beans<br>Whipped Potatoes<br>Hamburgers Buns<br>Fudge Creme Cookie<br>Milk<br>Mustard/Ketchup        |  |
| 18 Meatloaf/Brown Gravy<br>Delmonico Potatoes<br>Herbed Green Beans<br>Dinner Roll<br>Fruit Cups<br>Milk    | 19 Chicken Taco Meat<br>Mexican Rice/Corn<br>Shredded Cheese<br>Flour Tortilla<br>Fruit Cup<br>Milk<br>Taco Sauce Lettuce/<br>Tomato | 20 Pork Sausage<br>Lima Beans<br>Garden Vegetable<br>Hot Dog Bun<br>Fresh Fruit<br>Milk<br>Mustard                      | 21 Italian Macaroni<br>Orange Carrots<br>Green Peas<br>Dinner Roll<br>Fresh Fruit<br>Milk                  | 22 Breaded Chicken Patty<br>Baked Pinto Beans<br>Cabbage<br>Hamburger Bun<br>Fresh Fruit<br>Milk<br>Mustard                            |  |
| 25 Meatloaf w/Gravy<br>Delmonico Potatoes<br>Spring Vegetable Blend<br>Wheat Bread<br>Fruit Cups<br>Milk    | 26 Chicken/ Sausage<br>Jambalays<br>Country Corn<br>Green Beans<br>Dinner Roll<br>Fruit Cup<br>Milk                                  | 27 Sliced Turkey/Gravy<br>Cornbread Dressing<br>Glazed Carrots<br>Dinner Roll<br>Oreo Cookie<br>Milk<br>Cranberry Sauce | 28 <b>CLOSED</b>   | 29 Hamburger Patty<br>Baked Pinto Beans<br>Country Potatoes<br>Hamburgers<br>Oatmeal Creme Pie<br>Milk<br>Mustard/Ketchup              |  |

Happy Thanksgiving

CONTACT US

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

**Hours of Operations**  
**Monday - Friday**  
9:00 AM till 4:30 PM  
**Saturday - Sunday**  
Office Closed

 [agingtrue.org/clay-county/](http://agingtrue.org/clay-county/)  
 [facebook.com/agingtrue](https://facebook.com/agingtrue)

OTHER LOCATIONS

**Keystone Heights**  
125 N.E. Commercial Circle  
Keystone Heights, FL. 32656  
(352) 473 - 7121  
**Green Cove Springs**  
604 Walnut Street  
Green Cove Springs, FL. 32043  
(904) 284 - 3134  
**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)