

C.A.M.E.O. PROGRAM ACTIVITIES FOR:
November 2018

Monday	Tuesday	Wednesday	Thursday
			1 <ul style="list-style-type: none"> 12:00-12:45 Lunch 12:45 - 2:00 Movie Stuffed Cabbage, mash potato, mixed vegetables.
5 <ul style="list-style-type: none"> 10:30-10:45 Coffee, cake and Catching up. 10:45 –2:00 Weekend in Review Eggplant Parmigiana, salad and fruit	6 <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12:00 - 12:45 Lunch 12:45 - 2:00 Historical Sights in New Jersey Pizza, Cesar salad and fruit	7 <ul style="list-style-type: none"> 10:00-10:30 Coffee, cake. 10:30 –12:00 Hot Topics Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)	8 <ul style="list-style-type: none"> 12:00-12:45 Lunch 12:45-2:00 Angie from Medicare Baked Ziti, Cesar salad, fruit
12 <ul style="list-style-type: none"> 10:30-10:45 Coffee & cake and catching up 10:45-12:30 Weekend in Review Stromboli, Cesar salad, fruit.	13 <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12:00 - 12:45 Lunch 12:45 - 2:00 Childhood Memories of Your Neighborhood. Tuna and egg salad bagels, cucumber salad, coleslaw, fruit	14 <ul style="list-style-type: none"> 10:00 -10:15 Coffee & cake 10:15-12:00 Hot Topics Pizza, Cesar salad and fruit	15 <ul style="list-style-type: none"> 12:00-12:45 Lunch 12:45 - 2:00 Bingo, Rumi cube, games Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)
19 <ul style="list-style-type: none"> 10:30-10:45 Coffee & cake and catching up 10:45-12:30 Weekend in Review Tuna and egg salad bagels, cucumber salad, coleslaw, fruit	20 <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12-12:45 Lunch 12:45-2:00 Music from 40's & 50's Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce) 	21 <ul style="list-style-type: none"> 10:10-15 Coffee & cake. 10:15-12:00 Hot Topics Turkey and trimmings	22 
26 <ul style="list-style-type: none"> 10:30- 10:45 Coffee & cake and catching up 10:45-12:30 Weekend in Review Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)	27 <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12:00-12:45 Lunch 12:45 - 2:00 Fashion History Spaghetti and "meat sauce", salad and fruit. Garlic bread	28 <ul style="list-style-type: none"> 10:10-15 Coffee & cake. 10:15-12:00 Hot Topics Tuna and egg salad bagels, Cesar salad, fruit	29 <ul style="list-style-type: none"> 12:00-2:45 Lunch 12:45-2:00 Surprise Speaker Pizza, Cesar salad and fruit