VILLAGE/TOWN OF MOUNT KISCO
SENIOR NUTRITION PROGRAM

FOR INDEPENDENT ADULTS 60+ 914-666-8931

November 2018

- ***MEDICARE FALL OPEN ENROLLMENT UNTIL DECEMBER 7TH. COUNSELORS WILL BE AT THE MOUNT KISCO LIBRARY EVERY WEDNESDAY 10:30 AM-1:30 PM TO PROVIDE EXPERT ASSISTANCE IN REVIEWING YOUR MEDICARE HEALTH INSURANCE AND PRESCRIPTION DRUG COVERAGE.***

- **CENTER CLOSED ON NOVEMBER 6th, NOVEMBER 12th, NOVEMBER 22ND AND 23RD.**

- **TRIP TO TJ MAXX/MRS. GREEN'S ON WEDNESDAY, NOVEMBER 7TH SIGN-UP SHEET AT DESK ON DAY OF TRIP.**

BLOOD PRESSURE WILL BE TAKEN BY GAIL STELL, RN ON WEDNESDAY, NOVEMBER 28TH FROM 9:30 AM-11:45AM.

- **DAYLIGHT SAVING TIME ENDS ON NOVEMBER 4TH REMEMBER TO TURN BACK YOUR CLOCK ONE HOUR.**

HAPPY THANKSGIVING!

NOVEMBER 2018

MOUNT KISCO SENIOR NUTRITION PROGRAM FOR ADULTS 60+

914-666-8931

Funded by Village of Mount Kisco, Westchester Co Dept of Senior Programs & Services, NYS Office for the Aging, US Dept of Health & Human Services

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH SERVED AT 12 NOON RESERVE 24HRS IN ADVANCE	SUGGESTED LUNCH CONTRIBUTION - $3.00	KERRI MONTANO, SITE MANAGER JEANNIE RALPH PROGRAM ASSISTANT	1 BBQ CHICKEN SHOP AT SHOPRITE	2 EGGPLANT PARMIGIANA SHOP AT TARGET/ STOP & SHOP
5 SOLE FLORENTINE SHOP AT SHOPRITE	6 **CENTER CLOSED** ***ELECTION DAY*** 	7 MANICOTTI ***VETERAN'S PRGM*** ***SHOP AT TJ MAXX / MRS. GREEN'S***	8 TURKEY A LA KING SHOP AT SHOPRITE	9 MEATLOAF SHOP AT TARGET/ STOP & SHOP
12 **CENTER CLOSED** 	13 MACARONI & CHEESE NO SHOPPING	14 POT ROAST NO SHOPPING	15 SALMON SHOP AT SHOPRITE	16 PESTO CHICKEN SHOP AT TARGET/ STOP & SHOP
19 KNOCKWURST SHOP AT SHOPRITE	20 TURKEY SHOP AT TARGET / STOP & SHOP	21 FRITTATA NO SHOPPING	22 ***HAPPY THANKSGIVING*** 	23 **CENTER CLOSED**
26 CRAB CAKES SHOP AT SHOPRITE	27 PORK NO SHOPPING	28 CHEESE LASAGNA ***BLOOD PRESSURE*** NO SHOPPING	29 SALISBURY STEAK SHOP AT SHOPRITE	30 CHICKEN CACCIATORE SHOP AT TARGET/ STOP & SHOP