

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 9:30 Morning Stroll 10:15 Stretch and Strengthen: Lower-Body Focus 11:00 What Would You Do? 1:30 Afternoon Walk 2:00 It's a Wild World: Gibbon 2:30 Bingo 4:00 TV Quiz Show: Jeopardy! 6:30 Silly Sundays: Hail Caesar Daylight Saving Time Ends | 9:30 Morning Walk-and-Talk 10:15 Mobility Training 11:00 Jeopardy Challenge 2:00 Afternoon Stroll 2:30 An Outstanding Life: Alfred Nobel 3:00 Weekly Word Challenge 4:00 Comedy-Drama Series: Gilmore Girls 6:30 Documonday: My Octopus Teacher | 9:30 Morning Walk 10:15 Core Strength Workout 11:00 The Life & Music of Ella Fitzgerald 1:30 Midday Walking Club 2:00 How Does It Work? Planet Earth 2:30 Bingo 4:00 Nature Doc: Planet Earth 6:30 Show Tunes Tuesdays: 42nd Street | 9:30 Morning Stroll 10:15 Whole Body Aerobics 11:00 Style Battle: Menswear 2:00 Afternoon Walk 2:30 Wonders of the World: The Nasca Lines 3:00 Word Challenge 4:00 A&E Biography: Marilyn Monroe 6:30 Wooing Wednesday: My Week With Marilyn | 9:30 Walk the Block 10:15 Wake Up & Workout: Lower-Body Focus 11:00 Current Events 1:30 Step It Up! Midday Stroll 2:00 Jewish History 2:30 Bingo 4:00 American Sitcom: One Day at a Time 6:30 Throwback Thursday: Roman Holiday | 9:30 Morning Walk 10:15 Mindful Movement with David 11:00 Dear GoP: Advice Column 1:30 Afternoon Stroll 2:00 You Be The Judge 3:00 Shabbat Service 6:30 Fightin' Friday: The Good, The Bad, and the Ugly | 10:00 Shabbat Thoughts (Today's reading available at the concierge desk) 2:00 Shabbat Service 7:00 Saturday Night Show: Last Tango in Halifax |
| 9:30 Morning Stroll 10:15 Stretch and Strengthen: Upper-Body Focus 11:00 What Would You Do? 1:30 Afternoon Walk 2:00 It's a Wild World: Cuttlefish 2:30 Bingo 4:00 TV Quiz Show: Jeopardy! 6:30 Silly Sundays: Out to Sea | 9:30 Morning Walk-and-Talk 10:15 Mobility Training 11:00 Dear GoP: Advice Column 1:30 Nail Spa 3:00 Weekly Word Challenge 4:00 Comedy-Drama Series: Gilmore Girls 6:30 Documonday: Bathtubs Over Broadway | 9:30 Morning Walk 10:15 Core Strength Workout 11:00 The Life & Music of Franz Liszt 1:30 Midday Walking Club 2:00 Trivia w/Greg 3:00 Bingo 4:00 Nature Doc: Planet Earth 6:30 Show Tunes Tuesdays: Gentlemen Prefer Blondes | 9:30 Morning Stroll 10:15 Whole Body Aerobics 11:00 Style Battle: Gardens 2:00 Afternoon Walk 2:30 Wonders of the World: Cinque Terre 3:00 Word Challenge 4:00 A&E Biography: William Shakespear 6:30 Wooing Wednesday: Much Ado About Nothing (1993) Veterans Day Remembrance Day (Canada) | 9:30 Walk the Block 10:15 Wake Up & Workout: Upper-Body Focus 11:00 Current Events 1:30 Step It Up! Midday Stroll 2:00 Jewish History 2:30 Bingo 4:00 American Sitcom: One Day at a Time 6:30 Throwback Thursday: The Lady From Shanghai | 9:30 Morning Walk 10:15 Mindful Movement with David 11:00 Brain Teasers 1:30 Afternoon Stroll 2:00 You Be The Judge 3:00 Shabbat Service 6:30 Fightin' Friday: Ocean's 11 (2001) | 10:00 Shabbat Thoughts (Today's reading available at the concierge desk) 2:00 Shabbat Service 7:00 Saturday Night Show: Last Tango in Halifax |
| 9:30 Morning Stroll 10:15 Stretch and Strengthen: Lower-Body Focus 11:00 What Would You Do? 1:30 Afternoon Walk 2:00 It's a Wild World: Hippopotamus 2:30 Bingo 4:00 TV Quiz Show: Jeopardy! 6:30 Silly Sundays: Noises Off | 9:30 Morning Walk-and-Talk 10:15 Mobility Training 11:00 Jeopardy Challenge 2:00 Afternoon Stroll 2:30 An Outstanding Life: Jackie Robinson 3:00 Weekly Word Challenge 4:00 Comedy-Drama Series: Gilmore Girls 6:30 Documonday: 8 Days: To the Moon and Back | 9:30 Morning Walk 10:15 Core Strength Workout 11:00 The Chef's Corner 1:30 Midday Walking Club 2:00 How Does It Work? The Moon 2:30 Bingo 4:00 Nature Doc: Planet Earth 6:30 Show Tunes Tuesdays: Top Hat | 9:30 Morning Stroll 10:15 Whole Body Aerobics 11:00 Style Battle: Women's Hats 2:00 Afternoon Walk 2:30 Wonders of the World: Cave of the Crystals 3:00 Word Challenge 4:00 A&E Biography: Stephen Hawking 6:30 Wooing Wednesday: The Theory of Everything | 9:30 Walk the Block 10:15 Wake Up & Workout: Lower-Body Focus 11:00 Current Events 1:30 Step It Up! Midday Stroll 2:00 Jewish History 2:30 Bingo 4:00 American Sitcom: One Day at a Time 6:30 Throwback Thursday: Wife Vs. Secretary | 9:30 Morning Walk 10:15 Mindful Movement with David 11:00 Dear GoP: Advice Column 1:30 Afternoon Stroll 2:00 You Be The Judge 3:00 Shabbat Service 6:30 Fightin' Friday: Rush Hour | 10:00 Shabbat Thoughts (Today's reading available at the concierge desk) 2:00 Shabbat Service 7:00 Saturday Night Show: Last Tango in Halifax |
| 9:30 Morning Stroll 10:15 Stretch and Strengthen: Upper-Body Focus 11:00 What Would You Do? 1:30 Afternoon Walk 2:00 It's a Wild World: Pangolin 2:30 Bingo 4:00 TV Quiz Show: Jeopardy! 6:30 Silly Sundays: The Frisco Kid | 9:30 Morning Walk-and-Talk 10:15 Mobility Training 11:00 Dear GoP: Advice Column 2:00 Afternoon Stroll 2:30 An Outstanding Life: Shirley Temple 3:00 Weekly Word Challenge 4:00 Comedy-Drama Series: Gilmore Girls 6:30 Documonday: Fidler: Miracle of Miracles | 9:30 Morning Walk 10:15 Core Strength Workout 11:00 Resident Council Meeting 1:30 Midday Walking Club 2:00 Trivia w/Greg 3:00 Bingo 4:00 Nature Doc: Planet Earth 6:30 Show Tunes Tuesdays: Man of La Mancha | 9:30 Morning Stroll 10:15 Whole Body Aerobics 11:00 Style Battle: Wedding Cakes 2:00 October Auction 3:00 Word Challenge 4:00 A&E Biography: Galileo Galilei 6:30 Wooing Wednesday: You've Got mail | 9:30 Walk the Block 10:15 Wake Up & Workout: Upper-Body Focus 11:00 Current Events 2:00 Thanksgiving Discussion 2:30 Bingo 4:00 Thanksgiving Dinner & Piano Concert w/Ariel Louk 6:30 Throwback Thursday: The Thin Man Thanksgiving Day (US) | 9:30 Morning Walk 10:15 Mindful Movement with David 11:00 Brain Teasers 1:30 Afternoon Stroll 2:00 You Be The Judge 3:00 Shabbat Service 6:30 Fightin' Friday: The War Wagon | 10:00 Shabbat Thoughts (Today's reading available at the concierge desk) 2:00 Shabbat Service 7:00 Saturday Night Show: Last Tango in Halifax |
| 9:30 Morning Stroll 10:15 Stretch and Strengthen: Upper-Body Focus 11:00 What Would You Do? 1:30 Afternoon Walk 2:00 It's a Wild World: Beaver 2:30 Bingo 4:00 TV Quiz Show: Jeopardy! 6:30 Silly Sundays: Groundhog Day | 9:30 Morning Walk-and-Talk 10:15 Mobility Training 11:00 Jeopardy Challenge 2:00 Afternoon Stroll 2:30 An Outstanding Life: Mary Seacoal 3:00 Weekly Word Challenge 4:00 Comedy-Drama Series: Gilmore Girls 6:30 Documonday: Happy People: A Year in the Taiga | <h1>November 2020 AL Activities</h1> <h2>Happy Thanksgiving!</h2> | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Mushroom Onion Soup Baked Lemon Dill Tilapia, Rice, Sautéed Peppers & Onions Assorted Ice Cream DINNER Split Pea Beef Goulash Mashed Potatoes, Steamed Vegetables Chef's Cake Daylight Saving Time Ends | BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tomato Basil Soup Grilled Cheese Sandwich Garlic Fries Green Salad Chef's Dessert DINNER White Bean Soup Chicken Cacciatore, Roasted Yukon Potatoes Vegetables Oatmeal Raisin Cookies | BREAKFAST Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tortilla Soup Chicken Soft Tacos Spanish Rice, Beans, Salsa Ice Cream DINNER Minestrone Baked Salmon Orzo Rice Sautéed Mixed Vegetables Fruit Cups | BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Garden Vegetable Soup Cheese Blintz, Apple Sauce, Sour Cream Chocolate Cake DINNER Potato Leek Soup Chicken Curry Lemon Rice Sautéed Onion & Peppers Chef's Dessert | BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Barley Soup Beef Tacos Rice, Beans, Salsa Chef's Dessert DINNER Celery Cabbage Soup Baked Dill Tilapia Noodles Sautéed Peppers and Squash Fresh Fruit | BREAKFAST Waffle, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cream of Corn Tuna Melt on Rye Garden Salad Rice Pudding Peaches with Cream DINNER Matzo Ball Soup Potato Kugel, Gefilte Fish Schnitzel and Vegetables Honey Cake | BREAKFAST Lox & Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit LUNCH Borscht Cholent, Challah Potato Salad Moroccan Carrot Salad Cake DINNER Vegetable Soup Turkey Sandwich with Coleslaw Fruit Chef's Cookies |
| BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tomato Bisque Soft Fish Tacos Rice, Beans and Salsa Assorted Desserts DINNER Chef's Soup Braised Beef Brisket Mashed Garlic Potatoes Grilled Vegetables Ice Cream | BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cabbage Celery Soup Mushroom Quiche Marinated Three Beans Salad Orange Muffin Fruit DINNER Zucchini Cilantro Soup Roasted Lemon Chicken Steamed Rice and Vegetables Dessert | BREAKFAST Waffles, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cream of Carrot Soup Salmon Salad with Garlic Toast Quinoa Salad Chef's Dessert DINNER Chicken Rice Soup Marinara Meat Sauce Noodles Garlic Bread Assorted Cookies | BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Garden Vegetable Soup Hot Dogs/ Hamburgers Potato Salad, Coleslaw, Desserts DINNER Cabbage Celery BBQ Chicken Steamed Vegetables, Baked Sweet Potatoes Chef's Dessert Veterans Day | BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tomato Basil Soup Grilled Cheese Sandwich Blueberry Salad Muffin DINNER Zucchini Soup Classic Meatloaf Mashed Redskin Potatoes Peas & Carrots Chef's Dessert | BREAKFAST Waffle, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cream of Corn Soup Cheese & Blueberry Blintz Apple Sauce, Sour Cream Fruit Cups DINNER Matzo Ball Soup Gefilte Fish Potato Kugel Schnitzel, Rice, Vegetables Mandel Bread | BREAKFAST Lox & Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit LUNCH Borscht Cholent, Challah Three Bean Salad Tossed Tomato- Onion Salad Dessert DINNER Chef's Soup BBQ Chicken Potato Salad with Side Vegetables Chef's Cake |
| BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Curry Lentil Soup Baked Tilapia with Couscous Steamed Vegetables Chocolate Cake DINNER Chef's Soup Wine Braised Beef Brisket, Mashed Garlic Potatoes, Peas & Carrots Fresh Fruit | BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tomato Basil Soup Vegetable Pizza Side Salad Fruit Jello DINNER Chicken Noodle Soup BBQ Meatloaf Steamed Carrots, Mashed Potatoes Assorted Desserts | BREAKFAST Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Vegetable Rice Soup Greek Salad w/ Chicken Breast Dinner Roll Assorted (ND)Ice Cream DINNER Cabbage Celery Soup Pan Seared Atlantic Salmon Steamed Couscous Peppers & Onions Peach Cobbler | BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Cream of Cauliflower Soup Tuna Melt Garlic Fries Sautéed Zucchini sticks Coffee cake DINNER Chef's Soup Chicken Cacciatore Cranberry Rice, Peas & Carrots Baked Maple Apples | BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Bean Soup Baked Fish and Pasta Vegetable Casserole Banana Cake DINNER Cabbage Soup Stir Fry Broccoli & Beef Teriyaki Rice, Asian Style Vegetables Baked Cinnamon Apples Ice Cream | BREAKFAST Waffle, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Chef's Soup Potato Pancakes, Grilled Vegetables Sour Cream, Apple Sauce Cookies DINNER Garden Vegetable Soup Braised Brisket Potatoes Green Beans Casserole Honey Cake | BREAKFAST Lox & Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit LUNCH Borscht Cholent, Challah Potato Salad Corn & Eggplant Salad Chef's Cake DINNER Barley Mushroom Soup Turkey Sandwich with Cranberry Sauce, Vegetables Lemon-Marble Cake |
| BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Split Pea Soup Egg Salad Plate side of Bread Green Salad, Carrot Raisin Slaw Cake DINNER Chicken Noodle Soup Beef Stew Yukon Potatoes Five Mixed Vegetables Assorted Cookies | BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Garden Vegetable Soup Eggplant Parmesan Garlic Toast, Chef's Salad Chocolate Chip Cookies DINNER Mushroom Barley Soup Stuffed Baked Cabbage Sautéed Green Beans, Bread Chef's Dessert | BREAKFAST Waffles, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH French Onion Soup Salmon Salad & Mango Plate, Wheat Toast, Chef's Dessert DINNER Navy Bean Soup Baked Mediterranean Chicken with Olives Rice and Grilled Vegetables Fruit Cup Assorted Cookies | BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Tortilla Soup Cheese Enchiladas Rice, Beans, Salsa Peaches and Cream DINNER Minestrone Baked White Fish Baked Sweet Potatoes Mixed Vegetables Chef's Cake | BREAKFAST French Toast, Eggs any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Chef's Soup Vegetable Pizza, Side Salad Fruit and Ice Cream THANKSGIVING DINNER Butternut Squash Soup Baked Whole Turkey with Stuffing Sweet Potato Yams, Gravy, Green Beans Cranberry Sauce Chef's Dessert Thanksgiving Day (US) | BREAKFAST Waffle, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Split Pea Soup Potato Latkes Green Salad, Apple Sauce Orange Muffin DINNER Matzo Ball Soup Potato Kugel Baked Sun Dried Tomato Chicken Brown Rice With Vegetables Mandle Bread | BREAKFAST Lox & Bagel, Herring, Cream Cheese, Hard Boiled Egg, Cold Cereal, Fresh Fruit LUNCH Borscht Cholent, Challah Marinated Beet Onion Salad Ice Cream DINNER Chef's Soup Corned Beef Sandwich Cabbage Oatmeal Raisin Cookies |
| BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Onion Soup Baked Lemon Dill Tilapia, Rice, Sautéed Peppers & Onions Assorted Ice Cream DINNER Chef's Soup Beef Goulash Potatoes with Carrots Fruit Jell-O | BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit LUNCH Chef's Soup Hot Dogs and Hamburgers Carrot Slaw, Garlic Fries Apple Cobbler DINNER Potato Leek Soup Chicken Cacciatore, Roasted Yukon Potatoes with Vegetables, Oatmeal Raisin Cookies | <h1 style="color: #e67e22;">November 2020 Menu</h1> <h2 style="color: #e67e22;">Happy Thanksgiving!</h2> | | | | |