



# Senior Center Newsletter

November, 2022

The latest news, views, and  
announcements



610 Sullivan Street  
Berlin, NH 03570  
603-752-2545

**WE ARE OPEN**



## NEW SERVICE AVAILABLE!

Access Senior Meals Menu on Line  
[www.tccap.org](http://www.tccap.org)

### Services

Senior Meals of Coos County/Berlin  
Senior Center

Try our **new** take out service for those 60+ which is available Monday thru Thursday. It's easy, just call 752-2545 by 10AM and give your name to pick up your meal between 11:45-Noon. Suggested donation per meal \$3.00. Take-out meals will not be available on November 17.



Crafting Tuesday @12:45PM  
Mahjong Tuesday @ 12:30PM  
Blood Pressure Wednesday @ 11AM  
Line Dancers Thursday @ 1PM  
Golden Age Club – 1st Wednesday  
Of the month Card Party @ 1PM  
Thanksgiving Party – 11/17/22  
(tickets needed)  
Gift Certificates available  
**Join our Team/Part-time  
Cook I**



**Do you like Fun? Do you like music? Join the BSC singers with Patti Berube. Practice one afternoon a week. FMI Patty or Leila**


**DAY TRIP-November 19, 2022:** 48<sup>th</sup> Annual DECA Holiday Craft Fair in South Paris, ME. Leave 8:30AM-Return 4PM. \$10.00 Non-refundable Transportation fee. FMI Leila@603-752-2545.





SENIOR MEALS OF COOS COUNTY  
 NUTRITION EVENTS COMMUNITY EDUCATION  
 TRI-COUNTY COMMUNITY ACTION, INC

## Menu November 2022

<p><b>Menu subject to change without notice</b></p>	<p style="text-align: right;">1</p> <p>Glazed Chicken Sweet Potato Broccoli Ice box cake</p>	<p style="text-align: right;">2</p> <p>Tortellini w/meat sauce Green Beans Gingerbread w/ cream</p>	<p style="text-align: right;">3</p> <p>Chicken Cordon Blue casserole Carrots Rice Pudding</p>	<p style="text-align: right;">4</p> <p>Baked stuffed fish Peas Fresh Fruit</p>
<p style="text-align: right;">7</p> <p>Beef Patty w/onions, peppers, Mushrooms gravy Mashed Potato Vegetable Blend Pineapple</p>	<p style="text-align: right;">8</p> <p>BBQ pulled pork Sweet Potato Fries Mixed Vegetable Mixed Berries w/ yogurt</p>	<p style="text-align: right;">9</p> <p>Stuffed Chicken Wild Rice Spinach Bread Pudding</p>	<p style="text-align: right;">10</p> <p>American Chop Suey Green Beans Molasses Cookie</p>	<p style="text-align: right;">11</p> <p><b><u>CLOSED</u></b> Veteran's Day Cook's Choice</p>
<p style="text-align: right;">14</p> <p>Chicken Bruschetta Vegetable Quinoa Mixed Vegetable Fresh Fruit</p>	<p style="text-align: right;">15</p> <p>Pork w/ gravy Sweet Potato Brussel sprouts Vanilla Pudding</p>	<p style="text-align: right;">16</p> <p>Beef Stew Green Beans Diced Pears</p>	<p style="text-align: right;">17</p> <p><u>Thanksgiving Party</u> Turkey, Stuffing &amp; Gravy Mashed potato Squash Cranberry Sauce Pie <b>(Tickets needed)</b></p>	<p style="text-align: right;">18</p> <p>Tuna Casserole Mixed Vegetable Vegetable Jell-O</p>
<p style="text-align: right;">21</p> <p>Chicken Parmesan Spaghetti Broccoli Fruit Cocktail</p>	<p style="text-align: right;">22</p> <p>Porcupine Meatballs Baked potato Carrots Fresh fruit</p>	<p style="text-align: right;">23</p> <p><b><u>Annual Road Toll</u></b> Fish &amp; Chips Normandy blend veg. Fruit Crisp</p>	<p style="text-align: right;">24</p> <p><b><u>CLOSED</u></b></p> 	<p style="text-align: right;">25</p> <p><b><u>Closed</u></b></p> <p><i>Thanksgiving Holiday</i></p>
<p style="text-align: right;">28</p> <p>Butternut Squash Chili w/cornbread Normandy blend veg. Applesauce</p>	<p style="text-align: right;">29</p> <p>Chicken Fingers Fries Vegetable Mousse</p>	<p style="text-align: right;">30</p> <p><b><u>Birthday Celebration</u></b> Lasagna Green beans Cake</p>	<p style="text-align: center;"><b>\$3.00 donation per meal is greatly appreciated</b></p>	<p style="text-align: center;"><b>Call by 10AM For Your Dine In or Take Out Reservation <u>752-2545</u></b></p>