



## Culinary Unit Update

By J. Kolpak

PSSSST...PSSSST...Do you want to hear a secret? J.R. is back in the Culinary Unit and is ready to serve high end lunches at low prices to club members with great appetites. I am very happy to be back in the newly renovated kitchen. It looks great with all new stainless steel tables that replace our old outdated cabinets. We also got a new floor in the kitchen. The place looks great and we are ready to serve some great meals.

During the month of November we will be serving a Thanksgiving meal, tacos, chicken marsala, and pork shoulder just to name a few. Look in the back of the newsletter to get a full lunch menu. I would like to thank Eric Z., Anthony D., Gilbert G., and Debbie K. for all of their help in making my transition back to the kitchen as seamless as it has been.

If you are interested in coming in to make a special meal, please do not be shy. Come in or call the clubhouse to get your creative creation on next month's menu. If you are interested in learning how to cook or wish to help with the day to day activities of the kitchen, come on in and volunteer. I would love to have some company in the kitchen. For a ride to the social center call Monday through Friday before 8:30am @ (860) 343-5310. I live for the fall. Go football team!



## UNIT 31

Gail is the Staff that will be working with Unit 31 this year. The club is looking **GREAT**. We are always looking for new recruits. We want to maintain a clean club. We are looking for volunteers with sweeping, mopping, stairs.vacuuming, walls[washed], and windows[cleaned], etc. We want our club to look beautiful on the inside as well as the outside. The only way we can do the cleaning is accept as a team working together.

The colors for the months of October and November will be orange, yellow and brown tones. The end of September was the beginning of Autumn. I need volunteers to decorate the club. I know we have several good artists that could change the entire ambiance of the club upstairs and downstairs. We need to create a theme so others can give input. Come to the club to share your talent.

Gail Myers



## Business Unit

Welcome to Fall! We are looking forward to the change of seasons and the beautiful leaves as they turn different colors. It's a nice time to take pictures. The social club wishes everyone a Very Happy thanksgiving Holiday. It's a time to be grateful and the season. November is a festive month and we will be celebrate inf Veteran's Day and Thanks giving. Come on down and celebrate our Thanksgiving meal on November 18.. There will also be a meal on Thanksgiving Day. The club will be open on November 25.

The business unit is in the process of recruiting members to work in the business unit members need to be more active in participating in being creative.

Election Day is quickly approaching Tuesday November 8<sup>th</sup>. We want all registered voters to get out and vote. If you need a ride we will provide transportation. Starting after the first of New Year we will be going to the LOB in Hartford. The purpose is to be seen and heard by our newly elected representatives.

Thelma Cherry



# MENU

# November 2016

Sun      Mon      Tue      Wed      Thu      Fri      Sat



		<b>1</b> Spaghetti with sausage and garlic bread	<b>2</b> Sea-food Salad Sandwiches And Tomato	<b>3</b> French toast and Bacon w scrambled eggs	<b>4</b> Chef's Salad	<b>5</b>
<b>6</b>	<b>7</b> Chicken Marsala with green beans	<b>8</b> Beef Stir fry with egg roll	<b>9</b> Italian Grinders with Italian wedding soup	<b>10</b> Pork Loin w/ White potato Broccoli & gravy	<b>11</b> Hot dogs With baked beans	<b>12</b>
<b>13</b>	<b>14</b> Cod-fish Filets Tater tots	<b>15</b> <i>Holy-Smoke! We are having Tacos</i>	<b>16</b> Cold cut Grinders with chicken rice soup	<b>17</b> Pork Shoulder with rice and beans	<b>18</b> Thanksgiving Dinner at the Rehab Center	<b>19</b>
<b>20</b>	<b>21</b> Sloppy Joe's With mixed vegetables	<b>22</b> Chicken Pot Pie	<b>23</b> Ham Sandwiches with Lentil Soup	<b>24</b> Thanksgiving Holiday	<b>25</b> Sausage and penne with garlic bread	<b>26</b>
<b>27</b>	<b>28</b> Cheeseburger With Freedom Fries	<b>29</b> Sal's lemon Chicken with String beans & crescent rolls	<b>30</b> Tuna fish wrap/ New Eng Clam Chowder			



# Activities For November 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat



**1** Staff Meeting 2:30-4:00 PM

**2** Dollar Store 1:00 PM

**3** Savers 1:00 PM Women Group 10:30 AM

**4** Walmart 1:00 PM

**5**

**6**

**7** Marshall's 1:00 PM Men Group 10:00 AM

**8** Staff Meeting 2:30-4:00 PM

**9** Amazing Grace 1:00 PM

**10** Goodwill Store 1:00 PM Women Group 10:30 AM

**11** Holiday **12**

**13**

**14** Ocean State 1:00 PM Men Group 10:00 AM

**15** Staff Meeting 2:30-4:00 PM

**16** Big Lot 1:00 PM

**17** Target 1:00 PM Women Group 10:30 AM

**18** Walmart 1:00 PM **19**

**20**

**21** Kmart 1:00 PM Men Group 10:00 AM

**22** Staff Meeting 2:30-4:00 PM

**23** Dollar General 1:00 PM

**24** Holiday **25** Holiday

**26**

**27**

**28** Family Dollar 1:00 PM Men Group 10:00 AM

**29** Staff Meeting 2:30-4:00 PM

**30** Consignment Shop 1:00 PM

