NORTH of the RIVER
NOR
Recreation & Park District
Join the Fun!

NOVEMBER

SENIOR MENU 2026

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

VOLUNTEERS NEEDED! Front sign in desks, servers, after lunch clean up, etc.
Please see office staff to inquire

Meals on Wheels - 392.2016

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatballs W/Gravy Peas & Carrots Honeydew WW Roll Steamed Rice Milk	**3** Kielbasa Sausage Roasted Sweet Potatoes Steamed Cabbage Fruit Salad WW Roll Milk	**4** Tuna Salad Sandwich Carrot Salad Coleslaw Milk	**5** Orange Chicken Broccoli Canned Peaches WW Roll Steamed Rice Milk	**6** Chili Beans Green Salad Orange Corn Bread Milk
9 Pasta w/Meat Sauce Italian Green Beans Steamed Carrots WW Roll Orange Milk	**10** Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Cantaloupe Milk	**11** CLOSED VETERAN'S DAY	**12** Baked Chicken Pinto Beans Whole Grain Salad WW Roll Spanish Rice Apple Juice Milk	**13** Baked Fish Orange Peas & Carrots WW Roll Milk
16 Beef Patty Roasted Potatoes Carrots WW Roll Fruit Salad Milk	**17** Chicken & Pasta Mixed Veggies Orange WW Roll Milk	***HAPPY BIRTHDAY!*** **18** Pork Loin Mashed Potatoes Broccoli WW Roll Birthday Cake Milk	**19** Egg Salad Sandwich Coleslaw Carrot Salad Watermelon Milk	**20** Clam Chowder Corn & Bean Salad Pineapple Saltines Pudding Milk
23 Scrambled Egg Sausage Link Roasted Potatoes Cantaloupe WW Roll Milk	**24** Chicken Fajitas Fajitas Vegetables Orange Corn Tortillas Steamed Rice Pinto Beans Milk	***FRIENDSGIVING!*** **25** Roast Turkey Mashed Potatoes Steamed Carrots WW Roll Pumpkin Pudding Milk	**26** CLOSED THANKSGIVING HOLIDAY	**27**
30 Beef Taco Salad Green Salad Corn Orange Black Beans Milk				

NORTH of the RIVER
NOR
Recreation & Park District
Join the Fun!

NOVEMBER

RASMUSSEN SENIOR CENTER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	**3** 9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga ($6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	**4** 9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch	**5** 9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music ($6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance ($6) 11:45: Intermediate Line Dance Class ($6) 12:00: Lunch 12:15: Karaoke	**6** 9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Nickel Bingo
9 9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	**10** 9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga ($6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	**11** CLOSED VETERAN'S DAY	**12** 9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music ($6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance ($6) 11:45: Intermediate Line Dance Class ($6) 12:00: Lunch 12:15: Karaoke	**13** 9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Nickel Bingo
16 9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	**17** 9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga ($6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	***HAPPY BIRTHDAY!* 18** 9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:00: Senior Marketplace 9:30: Turkey Bowl 10:00: Live Music & Dancing 12:00: Lunch	**19** 9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music ($6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance ($6) 11:45: Intermediate Line Dance Class ($6) 12:00: Lunch 12:15: Karaoke	**20** 9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 9:30: FREE Health Screening 10:00: Live Music & Dancing 12:00: Lunch 1:00: Nickel Bingo
23 9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	**24** 9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga ($6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	***FRIENDSGIVING!* 25** 9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	**26** CLOSED THANKSGIVING HOLIDAY	**27**
30 9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke				