Sedona Community Center
2615 Melody Lane
West Sedona
www.sccsedona.org
928-282-2834



NOVEMBER 2026

Daily in-house lunch guests 60 & over ~ $7 suggested contribution for NACOG Clients, $7 payment for non-NACOG, all others a $10 required payment. Reservations ***~ please call 928-282-2834 the day prior.*** Services funded by the Older Americans Act, SSBG funds, and the State of Arizona. Funding is allocated on a regional basis from AZDES. DAAS to NACOG Aging. Menu subject to change based on available food items.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shepherd's Pie Green Beans Dinner Roll House Salad Fruit	**3** ***ELECTION DAY*** Chicken Cordon Bleu Brown Rice Glazed Carrots House Salad Applesauce	**4** ***Will Rogers Day*** Spaghetti Bolognese Italian Blend Veggie Garlic Bread Caesar Salad Fruit	**5** Patty Melt on Rye Sweet Potato Tots Veggie House Salad Cookies	**6** Chicken White Bean Chili Sweet Skillet Cornbread Tortilla Chips House Salad Pudding
9 Chicken Alfredo Broccoli Breadstick House Salad Fruit Medley	**10** Roast Beef Red Potatoes Veggie Blend House Salad Brownies	**11** **CLOSED** 	**12** Orange Chicken Brown Rice Stir Fry Veggies House Salad Tropical Fruit	**13** Loaded Baked Potato Soup Veggie Herb Focaccia House Salad Fruit
16 Chicken Tortellini w/ Pesto Sauce Capri Blend Veggies Sauteed Spinach House Salad Fruit	**17** Chicken Enchiladas Brown Salsa Rice Black Beans Shredded Lettuce & Diced Tomatoes Birthday Cake	**18** Beef Burgandy Roasted Potatoes & Carrots Cauliflower House Salad Sliced Oranges	**19** **SCC Thanksgiving** Turkey w/ Gravy Mashed Potatoes Cornbread Stuffing Roasted Veggies Apple & Pumpkin Pie	**20** Herbed Baked Fish Rice Pilaf Butternut Squash House Salad Lemon Bars
23 Meatloaf Potato Cauliflower Mash Butternut Squash House Salad Fruit	**24** Stuffed Shells w/ Marinara Sauce Sauteed Broccolini Garlic Ciabatta House Salad Mixed Berries	**25** Baked Ham Scalloped Potatoes Roasted Carrots House Salad Pineapple	**26** **CLOSED** 	**27** **CLOSED** 
30 Turkey & Potato Casserole Herb Stuffing Biscuit House Salad Grapes	**11/3 – Sandwich Day** **11/7- Chocolate Almonds Day** **11/14 – National Pickle Day** **11/19 – Do Something Nice for the Elderly Day**		**November is:** **National Diabetes Month** **Lung Cancer Awareness Month**	

- **National Holiday Proclamation:** President Abraham Lincoln officially proclaimed Thanksgiving a national holiday in 1863 after a 17-year campaign by writer Sarah Josepha Hale (who also wrote "Mary Had a Little Lamb").
- **No Potatoes or Cranberry Sauce:** The first Thanksgiving in 1621 likely did not include mashed potatoes or cranberry sauce; the menu featured local items like venison, seafood, and corn porridge.
- **The Date Change:** President Franklin D. Roosevelt moved Thanksgiving up one week in 1939 to boost holiday shopping during the Great Depression, an unpopular move that led Congress to pass a 1941 law setting it permanently on the fourth Thursday of November
- **Thomas Jefferson's Objection:** Thomas Jefferson refused to issue Thanksgiving proclamations during his presidency, believing the holiday mixed church and state
- **Space Thanksgiving:** The first Thanksgiving in space happened in 1973 when Skylab astronauts ate a meal of irradiated turkey, shrimp cocktail, and cranberry sauce.
- **First Football Game:** The Thanksgiving football tradition started in 1876 with a college match between Yale and Princeton. The first NFL games were played in 1920.
- **Macy's Parade Animals:** The first Macy's Thanksgiving Day Parade in 1924 did not have giant balloons—it featured live animals borrowed from the Central Park Zoo.
- **Turkey Consumption:** Around 46 million turkeys are eaten in the U.S. every Thanksgiving.
- **Calorie Count:** The average American consumes about 4,500 calories during a Thanksgiving feast
- **Turkey Hotline:** The Butterball Turkey Hotline answers over 100,000 turkey-cooking questions every November and December.
- **TV Dinners:** Swanson created America's first frozen TV dinner in 1953 using a massive surplus of leftover Thanksgiving turkey



Meals on Wheels Clients ~ Please call us at **928-282-2834** if you know you are not going to be home for a meal delivery. We ask that you call us as soon as you know, or before 9:30am on the day you won't be home.

Name: _____ Date: _____

Diabetes Word Search

G W Q W S D K S A I I G U G N T R L W U Q E Y H
N V M X B V S I U I N S U L I N U K W F S D Y M
I V J N O I S U F N O C H B Y B S K N U S X M E
T M H Q U P N O I T A C I D E M U K T C A Q O I
A A Y L B V X M E I E H Q N H V H B P V C X D N
E O P F H I Y Y T I L I B A T I R R I N G B O H
W E O J F A S K I D N E Y W X X U P C F A P E O
S T G M I X E Y I B P N Z I S W P U G H M V E O
E K L G E W Q R N A M Q A E S U A N D R Z R L P
M Q Y M O M O A X C G H F M I O B P L V O M F J
H P C V C R J U U Q B K U W Q F D Q V P P T W T
F G E S A E R C N A P A W A A F G A D K T B Q W
A P M Y R C A R B O H Y D R A T E S S I E J G Y
B B I I J U I Y G E N P R G G N P H S Z I Q B H
W C A R P Q H E A R T M F H S X Y W E F D J G T
D D O E A I M E C Y L G R E P Y H C N M Z N E A
V P R I H G L O A M F C N T K T A N K N Q C H P
N X L S J H M U C E L I N D P T K F A M Q O C O
F T U Q W C U U V B Q E X E R C I S E K Z K A N
M U F A H K F P Y T K U V Q K W S N W O C M D I
M Y R G N U H T O U O Z H D K S Q W Z T M P A T
U J A A P J P B S L R R Y V B P V H V W W R E E
Q J V T A D W T A M T G E K D P F G O Z I B H R
C D L U M X F V W O E S O C U L G N M X T I V Y

Hyperglycemia	Carbohydrates	Irritability	Hypoglycemia
Retinopathy	Medication	Confusion	Weakness
Sweating	Pancreas	Headache	Exercise
Insulin	Glucose	Hungry	Nausea
Kidney	Heart	Diet	