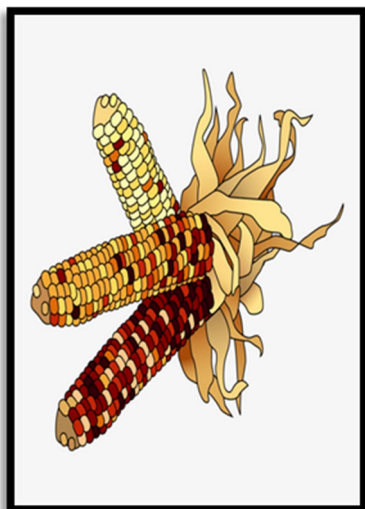


2024



Gordon Behrents Senior Center
2015 Windish Dr.
Galesburg, IL 61401



Gordon Behrents Senior Center
| 2015 Windish Dr.
Galesburg, IL 61401 309-344-2520

Don't forget to "Like" us
and follow us on
Facebook 



Barb D.—11/15
Pat T.—11/22

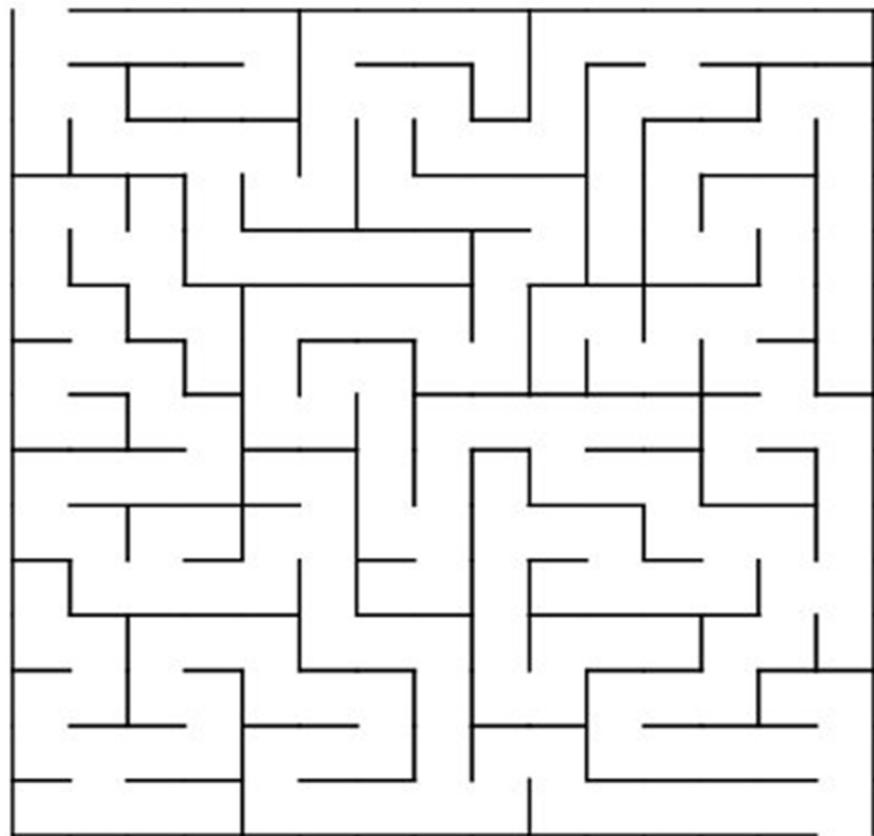
Your Staff
Jackie Jennings
Director/RN
Amber Senner Assistant
Director/LPN
Sherrell Wallace
Program Aide/Driver
Teresa Parrish
Program Aide/Driver
Ellen Gass
Program Aide/Driver
Leslie Collopy
Program Aide/Driver



Pumpkin Pie Maze



START



FINISH



November Word Search

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















Words to
Find

- Autumn
- Fall
- Family
- Feast
- Leaves
- Native
(Americans)
- November
- Pilgrims
- Turkey
- Veterans
- Voting
- Windy





I SPY Fall Favorites

	6		19		6		11		7		10		8
	7		11		10		5		4		9		4

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Pumpkin Bread

3 1/2 c flour

1 1/2 tsp salt

3 c sugar

1 c oil

4 eggs

3/4 c water

2 tsp baking soda

1 T. cinnamon

1 5oz. can of pumpkin

• Stir flour, baking soda, salt and cinnamon and sugar together.

• Add oil, eggs, water and pumpkin.

• Bake at 180°C for 35-40 min.

November

By Kathleen Pedersen

Leaves are falling,
Winter's calling,
We are thankful
For our friends.
NOVE - M - BER
It's November once again.



Name: _____



Veterans Day

WORD SEARCH



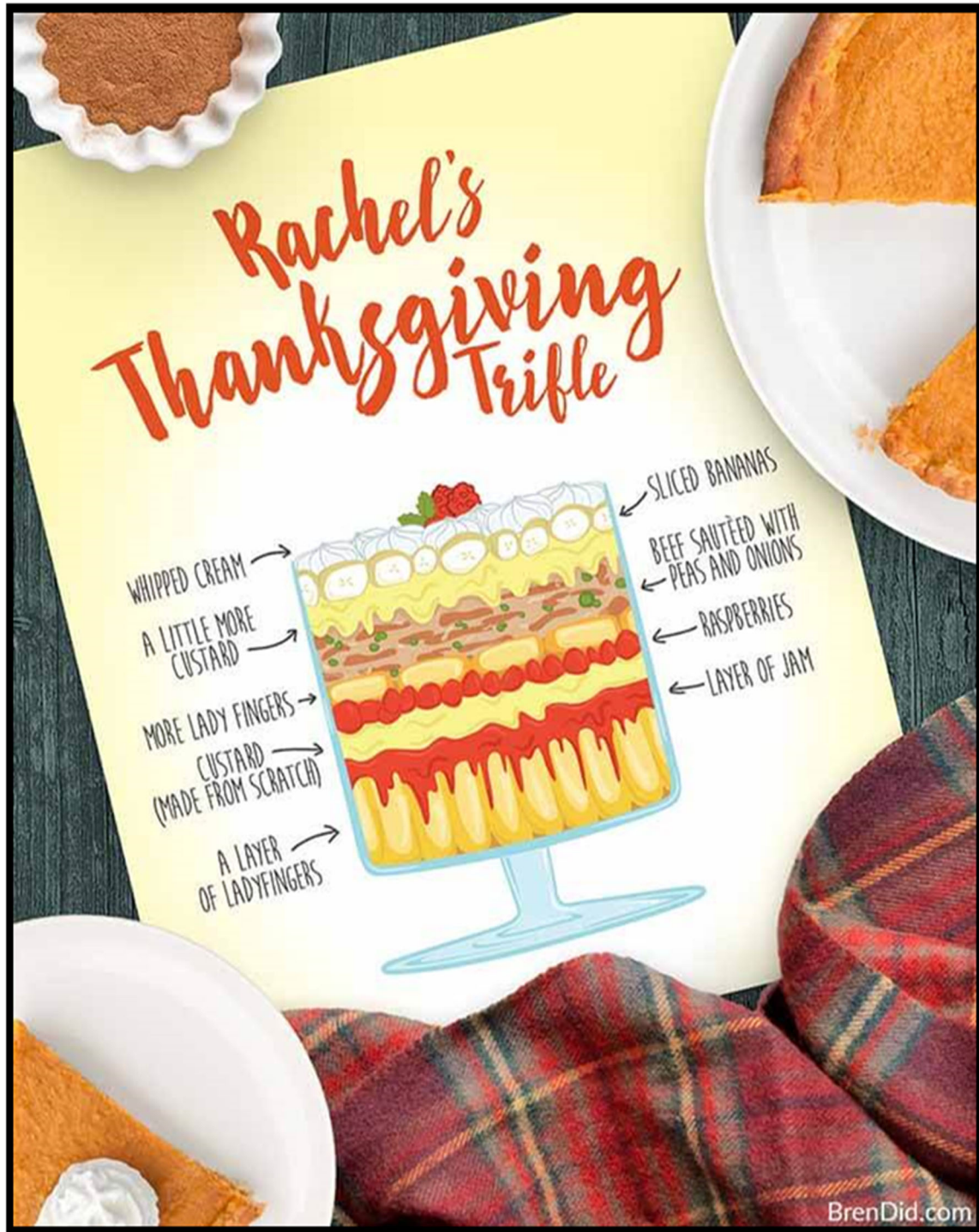
A	W	R	T	H	N	M	J	U	I	O	M	L	K	H	F	S
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S	L	D	T	B	O	E	R	C	V	G	H	J	K	U	O	E
P	L	K	V	O	N	R	T	E	C	P	R	D	F	V	S	M
B	N	K	E	F	U	R	E	V	Y	M	X	H	W	Q	I	E
H	E	R	T	O	M	S	T	A	L	R	T	E	V	I	K	M
R	T	M	E	B	E	M	C	H	R	W	O	R	U	C	Y	B
S	U	L	R	I	N	O	E	M	R	I	L	O	R	P	R	E
B	L	R	A	V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

VETERAN - SOLDIER - BRAVERY - COURAGE

HEROES - MEMORIAL - PROTECT - REMEMBER

SALUTE - FREEDOM - MONUMENT - HONOR





5-Ingredient Soup

BROCCOLI CHEESE

Soup

- 4 cups broccoli
- 1 cup heavy cream
- 3.5 cups chicken broth
- 3 cups cheddar
- 1 tbsp minced garlic



Tips to help older people stay warm and safe in winter

Abbeyfield
Making time for older people



1. Keep active



2. Get a flu jab



3. Keep warm (layers of clothing, hot water bottle, close curtains at night)



4. Keep medication up to date and in order



5. Plan for an emergency (torches, emergency contacts, keep mobile phone charged)



6. Stay up to date with weather forecasts



7. Be extra careful when driving



Spot 15 differences






November 2024 Activities

Daily Exercises



Mon	Tue	Wed	Thu	Fri
				1 Family Feud Ladder Ball
4 5 Second Rule Golf	5 Bingo Leslie's Program	6 Pictionary Bozo ball	7 Pastoral Services Bags	8 Trivia Washers
11 Getting to know you Bingo	12 Ladder Ball Amy here	13 Teresa's program Basket ball	14 Pastoral Service Tic tac toe	15 People's Choice Day!!!!
18 Trivia Target Practice	19 Social circle Bags	20 Guesstures Bingo	21 Pastoral Service Washers	22 Sherrell's Program Bozo ball
25 Ellen's program Basketball	26 Headbands Tic tac toe	27 Bags Bingo	28 	29 Closed

GBSC NOVEMBER 2024 MENU

<p style="text-align: center;">Offered vs served is an option for seniors at lunch time.</p>		<p style="text-align: center;">An AM snack is served daily upon arrival. The snack menu is posted at the center.</p>		<p style="text-align: center;">1</p> <p>Hot Turkey Sand– 2-3oz On W/W bread 2 oz Mashed Potatoes 1/2 c. & gravy Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>
<p>4</p> <p>Fish (3 oz) Breaded Patty w/cheese On a bun (2oz) w/tartar sauce W/W Macaroni (2oz) & Cheese Baked Beans 1/2 c. Canned Pears 1/2 c. Skim Milk - 8 oz</p>	<p>5</p> <p>Grilled Ham (2-3oz) & Cheese on W/W Bread 2 oz Cr. Of Potato (1/2 c.) Soup (1 c.) Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>6</p> <p>Sloppy Joe's - 3oz beef On a bun (2oz) w/pickles & onions Baked Beans 1/2 c. Fruit Cocktail 1/2 c. Skim Milk - 8 oz</p>	<p>7</p> <p>W/W Spaghetti (2oz) w/ meat sauce (3oz beef) Canned Green Beans 1/2 c. Garlic Breadstick 2 oz. Peaches & Cream 1/2 c. Skim Milk - 8 oz</p>	<p>8</p> <p>Chicken (2-3 oz) Enchilada Casserole w/Sour Cream Fiesta Corn 1/2 c. Chef's Choice Fruit 1/2 c. WG Tortilla- 2 oz Skim Milk - 8 oz</p>
<p>11</p> <p>Pancakes - 2 oz Sausage Patty 3 oz Breakfast Hash browns 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>12</p> <p>Chicken Nuggets 3-4oz Creamy Potato Salad 1/2 c. Sliced Peaches 1/2 c. W/W Bread/Roll - 2 oz Skim Milk - 8 oz</p>	<p>13</p> <p>Homemade Meatloaf- 3-4oz Mashed Potatoes 1/2 c. & Gravy Canned Pears 1/2 c. W/W Bread/Roll - 2 oz Skim Milk - 8 oz</p>	<p>14</p> <p>Broccoli Chicken (3-4 oz) Divan Stewed Tomatoes 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Roll - 2 oz Skim Milk - 8 oz</p>	<p>15</p> <p>Tuna Noodle Casserole– 2-3oz Tuna Peas & Carrots 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread/Roll 2 oz. Skim Milk - 8 oz</p>
<p>18</p> <p>Hamburger/Cheeseburger- 3oz On a bun (2oz) w/pickles & onions Oven Baked Tater Tots 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>19</p> <p>Creamed Chicken 3-4oz On a Biscuit 2 oz Cooked Carrots 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>20</p> <p>W/W Spaghetti (2oz) w/ meat sauce (3oz beef) Canned Green Beans 1/2 c. Garlic Breadstick 2 oz. Peaches & Cream 1/2 c. Skim Milk - 8 oz</p>	<p>21</p> <p>Beef (3oz) Bean & Cheese Burrito Diced Tomatoes & Onions 1/2 c. Spanish Rice 1/2 c. Strawberries & Cream 1/2 c. Skim Milk - 8 oz</p>	<p>22</p> <p>Grilled Ham (2-3oz) & Cheese on W/W Bread 2 oz Cr. Of Potato (1/2 c.) Soup (1 c.) Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>
<p>25</p> <p>Sloppy Joe's - 3oz beef On a bun (2oz) w/pickles & onions Baked Beans 1/2 c. Fruit Cocktail 1/2 c. Skim Milk - 8 oz</p>	<p>26</p> <p>Chili-Beef (2 oz) & Bean 1 c. Creamy Potato Salad 1/2 c. Chef's Choice Fruit 1/2 c. Corn Bread Muffin 2 oz Skim Milk - 8 oz</p>	<p>27</p> <p>Scrambled Eggs (3-4 oz) w/peppers & onions 1/2 c. W/W Biscuit (2 oz) & Gravy Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p>28</p> 	<p>29</p> <p style="text-align: center; color: orange; font-weight: bold;">CLOSED FOR THANKSGIVING</p>