DARTMOUTH SENIORS SERVICE CENTRE
WHERE OLD FRIENDS MEET NEW FRIENDS

45 Ochterloney St Dartmouth
(902) 465-5578
dartmouthseniors.ca

November 2026 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2**	**3**	**4**	**5**	**6**	**7 SPECIAL EVENT**
11am Super Bingo	12pm Lunch	9am Knit & Stitch 9:30am Mobile Food Market 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 12pm Lunch	10am Therapeutic Music 12pm Lunch 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 12pm Lunch	**2pm Remembrance Day Choir Concert**
8	**9**	**10**	**11**	**12**	**13**	**14**
11am Super Bingo	12pm Lunch	9am Knit & Stitch 9:30am Mobile Food Market 11:45am Lunch 1pm Member Bingo	**CLOSED HOLIDAY**	10am Therapeutic Music 12pm Lunch 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
15	**16 SPECIAL EVENT**	**17**	**18**	**19 SPECIAL EVENT**	**20**	**21 SPECIAL EVENT**
11am Super Bingo	12pm Lunch **1pm Craft Club**	9am Knit & Stitch 9:30am Mobile Food Market 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Therapeutic Music 12pm Lunch 1pm Choir **5pm Spaghetti Dinner**	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	**10am-2pm Christmas Market**
22	**23**	**24**	**25**	**26**	**27 SPECIAL EVENT**	**28 SPECIAL EVENT**
11am Super Bingo	12pm Lunch	9am Knit & Stitch 9:30am Mobile Food Market 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Therapeutic Music 12pm Lunch 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch **12pm Birthday Cake Day**	**11am Epic Bingo**
29	**30 SPECIAL EVENT**					
11am Super Bingo	12pm Lunch **1pm Tree Decorating**					

Special Events
Nov. 07 Remembrance Day Concert
Nov. 16 Craft Club
Nov. 19 Spaghetti Dinner
Nov. 21 Christmas Market
Nov. 28 Epic Bingo
Nov. 30 Tree Decorating

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November 2026 In House Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Spaghetti w/ Meat Sauce, Garlic Bread, Fruit Cocktail	Turkey a La King, Yellow Beans, Tea Biscuit, Chocolate Pudding	Pancakes, Scrambled Eggs, Sausage, Home Fries, Blueberry Turnover	Baked Ham, Scalloped Potatoes, Broccoli, Sugar Cookie	Breaded Fish & Hashbrowns, Coleslaw, Apple Sauce & Ginger Cookie	
8	9	10	11	12	13	14
	Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Pears	Cheese, Ham, & Bacon Quiche, Broccoli, Tea Biscuit, Jello Pudding Parfait	CLOSED HOLIDAY	Boiled Ham Dinner w/ Cabbage, Potato, Carrot & Turnip, Peaches	Salt Cod Fish Cakes, Baked Beans, Roll, Apple Turnover	
15	16	17	18	19	20	21
	Bangers & Mash, Onion Gravy, Peas, Pineapple Tidbits	Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding	Salisbury Steak & Gravy, Broccoli, Home Fries, Raspberry Turnover	Cold Plate with Ham & Roast Turkey, Potato Salad, Coleslaw, Roll, Cherry Cheesecake	Lemon Pepper Haddock w/ Cream Sauce, Rice, Green Beans, Oatmeal Cookies	
22	23	24	25	26	27 BIRTHDAY CAKE DAY	28
	Macaroni & Cheese, Steamed Vegetables, Roll, Peaches	Chilli, Roll, Cherry Turnover	Roast Beef w/ Gravy, Mashed Potato, Carrots, Jello w/ Cream	Pork & Veggie Stir-Fry with Chinese Noodles, Vanilla Coconut Cake	Chicken Parmigiana, Pasta, Broccoli, **Birthday Cake**	
29	30					
	Chicken Pot Pie, Broccoli, Yellow Beans, Vanilla Pudding					

November 2026

Meal Prices: Eat In: $10.50 Member / $11.50 Non-Member
Takeout: $11.00 Member / $12.00 Non-Member

Meal Times: Monday, Wednesday, Thursday, Friday 12pm. Your ticket must be bought before 12.
Tuesday 11:45am. Your ticket must be bought before 11:45am
Special Lunches - Must be purchased 5 days in advance. No tickets available day of event.