

THANKSGIVING

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancellations: 913-758-6718

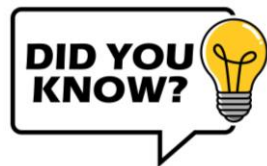
NOVEMBER 2025



COUNCIL ON AGING

711 Marshall Street, Suite 100
Leavenworth, KS 66048
Office: 913-684-0777

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.



AARP Safe Driving Course
Friday, November 7th 2025. 9:00AM-1:00PM.
Fee: \$20 AARP members, \$25 nonmembers. Bring your AARP card/membership number with you. Fee collected by instructor by cash or check at the beginning of class. Sign up at front desk.

Living Whole Health
Monday, November 24th 2025. 1:00PM.
Join Whole Health Coaches Billie Blenden and Laura Alexander for a tour of the *Circle of Health* to empower you to take control of your physical and mental well-being. No cost, sign up by November 17th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Kraut 3 Oven Brown Potatoes Beets Corn Bread Fruit	Philly Steak 4 Au Gratin Potatoes California Blend Veggie Fruit Cookie 	Stuffed Chicken 5 Mashed Pot. & Gravy Green Beans Roll Fruit	Chicken Burrito 6 Rice Beans Fruit Pudding	Brisket 7 Baked Potato Carrots Roll Fruit 
Hamburger 10 Tater Tots Mixed Veggie Lettuce, tomato, onion & pickle Fruit & Brownie	CLOSED 11 	Ham 12 Sweet Potatoes Peas Roll Fruit	Chili 13 Corn Cinnamon Apples Crackers Fruit Cheesecake	BBQ Chicken 14 Baked Beans Oven Brown Potatoes Corn Bread Fruit
Spaghetti-Meatballs 17 Broccoli Bread Stick Tossed Salad  Fruit	Country Chicken 18 Mashed Pot. & Gravy Green Beans Roll Fruit	Chicken Noodle Bake 19 Tomatoes Biscuit Broccoli Salad Fruit & Cookie	Meatloaf 20 Scallop Potatoes Peas & Carrots Roll Fruit	BBQ Ribs 21 Baked Beans Oven Brown Potatoes Roll Fruit Pie
Pork Tenderloin 24 Cheesy Potatoes Cauliflower Lettuce, tomato, onion & pickle Fruit	Beef Stew 25 Broccoli Biscuit Fruit Cookie	Turkey & Dressing 26 Mashed Pot. & Gravy Green Beans Roll  Fruit Pumpkin Dump Cake	CLOSED 27 	CLOSED 28
 To all those celebrating a birthday this month!	Senior Express Transportation We are able to assist with transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person. For current service status and to schedule your trip, call 913.684.0778.			Daylight Saving Time Ends November 2, 2025. 

Tips for a Diabetes-Friendly Turkey Fest

Eat before you go: Eating a small snack (e.g., raw veggies dipped in hummus or a small bowl of berries and yogurt) will help keep hunger at bay if meals are delayed; it will also give you additional willpower to stay away from those carb-heavy, high-calorie appetizers.

Choose appetizers wisely: Speaking of appetizers, instead of homing in on chips and dip or savory pastries, go for the vegetable tray with whole-wheat crackers; if there aren't many diabetes-friendly options to choose from, save yourself for the main meal.

Tune in on the turkey: Provided you don't drown it in gravy, turkey is a good, lean source of protein that's rich in minerals and vitamins. The leanest cut is from the breast as opposed to the leg or wing, and removing the skin will decrease calories and fat. Keep stuffing, often filled with fat- and calorie-dense ingredients, to a minimum.

Watch portion sizes: When it comes to carb-heavy favorites like mashed potatoes, candied yams or sweet potato casserole, choose quality over quantity, and focus on healthier options such as beans, green salads or less starchy vegetables. Remember that having a combination of carbs, protein and fat on your plate is important as it will prevent blood sugar from rising too quickly.

Stay hydrated: Be sure to drink enough water throughout the day and avoid or limit alcohol which will only dehydrate you and throw blood sugars off track.

Contemplate dessert: While you don't have to skip dessert at Thanksgiving, opt for less carb-heavy options such as fruit with a drizzle of chocolate instead of pies and cakes; if you're itching for that pumpkin pie, just keep servings sizes in check.

Keep moving: After the meal is over, consider rallying up other guests for a walk in the neighborhood to avoid more indulging—and to help reduce your post meal blood sugar levels.

Source: Diabetes Care Community, 2023



HAPPY THANKSGIVING

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

Word List

ABUNDANCE
APPRECIATION
AROMA
CARVE
COMMUNITY
CRANBERRY
FAMILY
FEAST
FESTIVE
FOOTBALL
GOBBLE
GRATEFUL
HOST
MEANINGFUL
OVEN
PIE
SQUASH
STUFFING
SWEET
TABLE
THANKS
TOGETHER
TURKEY
YAMS

UPCOMING EVENTS

Craft w/ Bling

Monday, November 3rd 2025. 10:30AM.

Feel like being crafty? Gather your friends to come make an adorable wooden winter door hanger. A sample of the project will be displayed in the COA's lobby. Cost: \$15 due at sign-up.

Class min. is 10, max. is 15.

Knowledge @ Noon: Scratch versus Box

Tuesday, November 4th 2025. 12:00PM.

In this session, we will taste-test recipes that we made from scratch versus boxed (pre-made ingredients). Learn to taste the difference. Tonganoxie Library; no fee. **Please note the date change because of the holiday.

Thanksgiving Lunch

Friday, November 21st 2025. 11:30AM.

Enjoy a catered lunch and celebrate with us all the things for which you are thankful. \$10 due at sign-up; deadline November 17th.

Santa Sack Stuffing

Tuesday, November 25th 2025. 8:15AM.

Get your "elf" on and sign up to volunteer to stuff Santa Sacks in an assembly line for Christmas delivery. Breakfast will be served. Space is limited.

Low Income Energy Assistance Program

The start date of the 2026 LIEAP season is contingent on approval of federal funding for the program. The Department for Children & Families (DCF) is awaiting updates from the federal government regarding the required financial support. If the federal funding becomes available, DCF will continue planning the 2026 LIEAP. Information regarding the next application period will be provided when it is available.