











# NOVEMBER 2024



Sidney Albert  
Albany JCC

Reservation required: Menu Subject to change

SUN	MON	TUE	WED	THU	FRI	SAT
					1  No Lunch Identity Theft Prevention	2
3	4 <b>Baked Chicken</b> Inside the Middle East	5	6 <b>Turkey Meatloaf</b>  Eye on the World	7 Pendant Workshop Cooking Class @ HWFC	8 No Lunch	9
10	11 No Lunch	12 Senior Planet: TBD	13 <b>Stuff Cabbage</b>  B.I.N.G.O. with NNORC	14	15  No Lunch Nikolayev Concert	16
17	18 <b>BBQ Chicken</b>	19 Senior Planet: TBD Botanical Drawing	20 <b>Chicken Schnitzel</b>  Drumming Circle	21 NNORC Friendsgiving	22  <b>Roast Turkey</b>	23
24	25 <b>Baked Salmon</b>	26 Senior Planet: TBD	27   <b>Turkey Meal</b>	28 <b>Thanksgiving Day</b>	29 No Lunch Reservations must be made by 10:00am the day before the meal. Please register online using the Daxko app or call membership desk at 518-438-6651.	30

 = golden groove

 = diabetes prevention program