



NOVEMBER BIRTHSTONE & ZODIAC

The birthstones for November are **topaz** and **citrine**, both glowing with warm hues that symbolize energy, abundance, and joy—perfect for a month that bridges autumn and winter.

November's zodiac signs are **Scorpio** (Oct 23–Nov 21) and **Sagittarius** (Nov 22–Dec 21). Scorpions bring passion, depth, and determination, while Sagittarians add optimism, adventure, and a love for learning—together creating a season of intensity and exploration.

NOVEMBER HOLIDAYS

We will be closed on the 27th & 28th in observance of Thanksgiving. November is a month of gratitude and reflection! From Veterans Day (Nov 11) to Thanksgiving (Nov 27), it's a time to honor service and celebrate togetherness. Food lovers can enjoy National Sandwich Day (Nov 3), National Fast Food Day (Nov 16), and National Cake Day (Nov 26). For bookworms and thinkers, National Novel Writing Month offers creative inspiration, while World Kindness Day (Nov 13) reminds us to spread positivity.

🚩 IMPORTANT NOTICE ABOUT GOVERNMENT SHUTDOWN 🚩

Meals on Wheels Wise County is delighted to let you know that we will continue to serve our beloved community even during the government shutdown. Thanks to our wonderful county officials and the generosity of our donors, we can keep nourishing our cherished seniors. Should there be any changes, rest assured you will be informed well in advance.

You can help by letting us know if you won't be home for your deliveries.

Client Satisfaction Survey/ Encuesta de satisfacción del cliente

Please fill out this survey and return it to a Meals-on-Wheels delivery driver. / Complete esta encuesta y devuélvela a un repartidor de Meals-on-Wheels

Name/Nombre: _____

1. We've been sending out bags of extra food whenever we can. What do you think about them? / Hemos estado enviando bolsas de comida extra siempre que podemos. ¿Qué piensas de ellos?

☐ I like them, please keep sending them! / Oh, me gustan, ¡sigue enviándolos!	☐ Don't send me <u>any</u> ! I don't use most of it, and I don't have room to store it. / <i>no me envíes cualquier! No uso la mayor parte y no tengo espacio para guardarlo.</i>
☐ Don't send me so much! Send me smaller bags or send them less frequently. / ¡No me envíes tanto! Envíame bolsas más pequeñas o envíasalas con menos frecuencia.	☐ I don't really have an opinion... it's fine either way! / <i>Realmente no tengo una opinión... ¡está bien de cualquier manera!</i>
2. Do the meals taste good? / ¿Las comidas saben bien?
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
3. Is there enough food in each meal? / ¿Hay suficiente comida en cada comida?
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
4. Is the temperature of the meal satisfactory? / ¿La temperatura de la comida es satisfactoria?
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
5. Are the meals delivered on time? / ¿Las comidas se entregan a tiempo?
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
6. Is the person who delivers the meals friendly? / ¿La persona que entrega las comidas es amigable?
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
7. Overall, are you satisfied with the home delivered meal service? / *En general, ¿está satisfecho con el servicio de comida a domicilio?*
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
8. Has anyone mentioned that you can make a donation toward the cost of the meals if you want? / ¿Alguien ha mencionado que puede hacer una donación para cubrir el costo de las comidas si lo desea?
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
9. As a result of getting the meals, have you been able to keep your independence? / *Como resultado de recibir las comidas, ¿ha podido mantener su independencia?*
☐ Yes / Si ☐ Sometimes/ A veces ☐ No ☐ Don't Know / no lo sé
10. What has been your favorite of the meals we've served you? / De las comidas que te hemos servido, ¿cuál ha sido tu favorita?

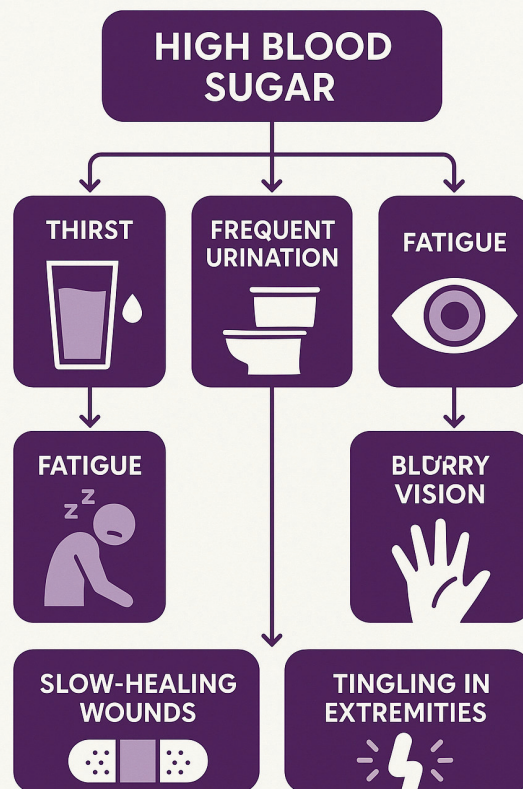
Comments:

Answer to this month's puzzle:

Solution:

1	S	2	A	3	U	4	C	5	E		6	A	7	V	8	I	9	V		10	B	11	A	12	R	13	B
14	A	E	S	O	P					15	R	O	D	E					16	E	M	I	R				
17	K	O	A	L	A					18	R	I	O	T					19	N	O	N	E				
20	I	N	F	O				21	O	O	D	L	E	22	S			23	U	S	A						
					24	N	W	B	W					26	R	O		27	A	R	E	D					
28	P	29	A	30	P	Y	R	I				31	L	A	S	S											
32	O	U	R			33	Y	E	34	O	35	M	A	N			36	S	37	N	O	38	W				
40	S	T	O	P					42	P	A	Y					43	N	E	A	R						
44	H	O	M	E					45	P	U	L	S	46	A	47	R		48	S	H	E					
					49	S	50	K	I	S				51	D	A	52	T	S	U	N						
53	R	E	C	O	I	L							56	P	A	T	H										
57	E	R	A			58	A	G	59	L	60	E	A	M			61	A	62	P	63	E	64	D			
65	A	R	I	A				67	R	O	D	S			68	S	N	O	R	E							
69	C	O	R	N				70	I	R	I	S			71	S	K	E	I	N							
72	T	R	O	Y				73	M	E	T	E			74	E	S	T	E	S							

RECOGNIZING DIABETES SYMPTOMS



ProMed DME
www.promed-dme.com



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Needs and questions



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BRIAN@MYINSUREDCHOICE.COM

grateful
thankful
blessed



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NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

03

Bingo w/Brian 9:30
Lunch/Almuerzo 11:30

04

Cards/Dominoes 9-11
Lunch/Almuerzo 11:30

05

Bingo w/Steve 9:30
Lunch/Almuerzo 11:30

06

Bingo w/Carla 9-11
Homestyle Lunch 11:30

07

Crafts & Cards
Glass Art w/Carol
Lunch/Almuerzo 11:30

10

Bingo w/Brian 9:30
Lunch/Almuerzo 11:30

11

Cards/Dominoes 9-11
Lunch/Almuerzo 11:30

12

Bingo w/Steve 9:30
Lunch/Almuerzo 11:30

13

Bingo 9-11
Homestyle Lunch 11:30

14

Bingo w/Christy
Lunch/Almuerzo 11:30

17

Bingo w/Brian 9:30
Lunch/Almuerzo 11:30

18

Cards 9-11
Lunch/Almuerzo 11:30

19

Bingo w/Steve 9:30
Friendsgiving Potluck

20

Breakfast & Movie 9-11
Homestyle Lunch 11:30

21

Cards/Dominoes 9-11
Lunch/Almuerzo 11:30

24

Bingo w/Brian 9:30
Lunch/Almuerzo 11:30

25

Craft 9-11
Lunch/Almuerzo 11:30

26

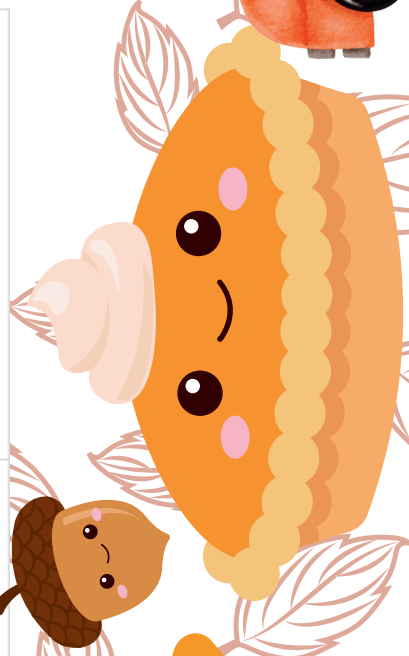
Bingo w/Steve 9:30
Lunch/Almuerzo 11:30

27

**THANKSGIVING
CLOSED**

28

**BLACK FRIDAY
CLOSED**



Menu is subject to change due to availability.
We apologize for any inconvenience.

Wise County Committee on Aging November 2025

MenuManager
by Don & Ruth Combs
Open 10:30am - 12:30pm
Th. Le # DT81090

All of our meals are
designated and approved
by a certified nutritionist.

Due to current financial restraints,
we do not have the budget to
customize individual meals.

Monday 11/3/2025	Tuesday 11/4/2025	Wednesday 11/5/2025	Thursday 11/6/2025	Friday 11/7/2025
Beef Marsala Rice Green Beans Bread Fruit	Yankee Pot Roast Brown Gravy Scalloped Potatoes Spinach Bread Fruit	Hawaiian Chicken Fried Rice Peas Roll Fruit	Smothered Pork Chop Macaroni & Cheese Normandy Vegetables Bread Orange Zephyr Whip	Sante Fe Chicken Potato Wedges Tomatoes Cookies
Monday 11/10/2025	Tuesday 11/11/2025	Wednesday 11/12/2025	Thursday 11/13/2025	Friday 11/14/2025
BBQ Chicken Breast Scalloped Potatoes Brussels Sprouts Bread Fruit Cobbler	Stuffed Bell Pepper Oven Fried Potatoes Mixed Vegetables Bread Cookie	White Chicken Chili Spinach with Onions Stewed Tomatoes Mandarin Orange Fluff	Turkey Meatloaf Mashed Potatoes Zucchini Cornbread Banana Pudding w/Wafers	Honey Garlic Meatballs Butter Beans Spicy Carrots Bread Espresso Cake
Monday 11/17/2025	Tuesday 11/18/2025	Wednesday 11/19/2025	Thursday 11/20/2025	Friday 11/21/2025
Chicken Parmesan Bowtie Pasta Brussel Sprouts Carrots Bread Cake	Santa Fe Pork Cubes Rice Green Beans w/Onions Squash Roll Cookie	Beefy Noodles Green Peas Roll Fruit	Salisbury Steak Red Roasted Potatoes Zucchini Roll Fruit	Salmon Pattie Cheese Grits Spinach Cornbread Fruit
Monday 11/24/2025	Tuesday 11/25/2025	Wednesday 11/26/2025	Thursday 11/27/2025	Friday 11/28/2025
Pork Tips w/Gravy Whipped Sweet Potato Spinach Roll Ambrosia Cup	Sweet & Sour Pork Oriental Vegetables Mexican Squash Fluffy Rice Pork Egg Roll Fruit Yogurt	Oven Roasted Turkey Sweet Potatoes Poultry Gravy Green Peas/Red Pepper Roll Angel Food Cake	Grilled Chicken Sandwich Oven Baked French Fries Blackeyed Peas Cookie CLOSED	Chicken Fajitas Tortilla Spanish Rice Southwest Baked Beans Fruit CLOSED

November

ACROSS

1. Liquid dressing or relish used to flavor food

6. Tel__

10. Hook part

14. Fable writer

15. Traveled by car

16. Native ruler in Africa

17. Australian marsupial

18. Rampage

19. Not any

20. Information

21. Tons

23. North American nation

24. Northwest by west

26. Made a menacing noise

28. Egyptian paper (plr.)

31. Female child

32. Possessive pronoun

33. Navy cleric

36. Frozen form of precipitation formed into flakes

40. Quit moving

42. Earnings

43. Not far

44. Family residence

45. Type of star or watch

48. Her

49. Snow gliders

51. Nissan's former name

53. Cringe

56. Trail

57. Time period

58. Gleaming

61. Imitated

65. Opera solo

67. Poles

68. What people do in their sleep

69. Tall cereal plants with ears

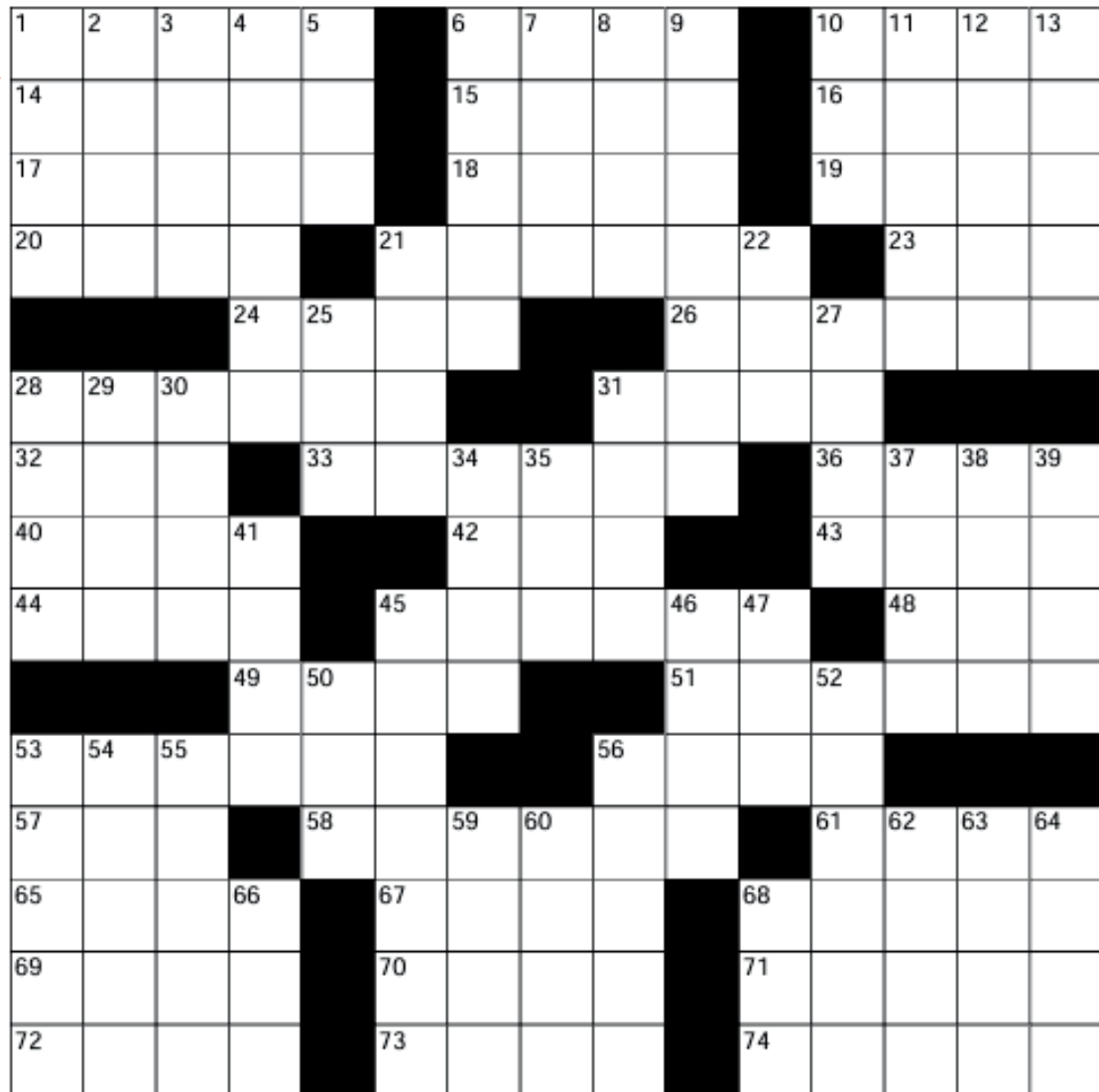
70. Bulb flower

71. Bundle of yarn

72. Helen of __

73. Dole out

74. Painter Richard



DOWN

1. Rice wine

2. Long time

3. U.S. Air Force

4. Distinct group of people living together

5. Environmental Protection Agency (abbr.)

6. Indian weapon

7. Invalidate

8. Teen hero

9. Former member of the armed forces

10. TV lawyer Matlock

11. 'love' (Italian)

12. Wash

13. Baked loaf made with flour

21. Off-Broadway award

22. Distress call

25. Sarcastic

27. Association (abbr.)

28. Ritzy

29. Motor vehicle

30. Cotillion

31. "You can't eat just one" brand

34. Musical composition

35. Bad (prefix)

37. Loch __ monster

38. Next to Kauai

39. Small bird

41. Mexican money

46. First man

47. Rodent

50. Killed in action

52. Expression of gratitude

53. Act in response to something

54. Mistake

55. Egyptian capital

56. Old-fashioned

59. Traditional knowledge

60. Modify

62. Bard

63. Canal

64. Fox holes

66. Some

68. South southeast



NOVEMBER





Wise County Committee on Aging

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Friendsgiving



POTLUCK



TIME
9AM-2PM

NOV
19

BINGO, MUSIC
FUN, & MORE

Come to the OWLS Activity Center for a day filled with delicious food, exciting games, and great company.



OWLS ACTIVITY CENTER
1200 N MILLER ST. DECATUR, TX 76234