

Looking for fun stuff to do but don't want to leave your home? We got you! Check out some fun & FREE virtual events. Please note, these are not PSC hosted events, these are simply suggestions.

Double-click on the photo & that will bring you to the link to sign-up. Enjoy!

November Free Virtual Events

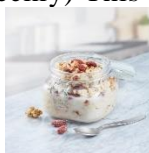
Top Turkey Roasting Tips

Wed, November 10, 8:30 PM – 9:30 PM EST



Good For Your Soul: A Cooking Show

Wednesday, November 10 @ 6pm EST (weekly) This week- overnight oats



Holiday Instant Pot Series

Wed, Nov 10, 12:00 PM – Fri, Nov 19, 2021, 2:00 PM EST



Virtual Cooking Class: Creamy Tuscan Soup

Wed, November 10, 2021 12:30 PM – 1:00 PM EST



How to Make Delicious One Pot Chicken Saag

Wed, November 10, 2021 6:30 PM – 7:30 PM EST



5 Wine & Food Pairing Mistakes: Natalie MacLean World's Best Drinks Writer

Wed, November 10, 2021 12:30 PM – 1:30 PM EST



Virtual Cooking Class: Pumpkin Cheesecake Demo

Fri, November 12, 2021 12:30 PM – 1:00 PM EST



Harvest Side Dishes

Sat, November 13, 2021 11:00 AM – 12:30 PM EST



Holiday Bubbles!

Sun, November 14, 2021 7:00 PM – 8:30 PM EST



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Virtual Cooking Class: Fancy Thanksgiving Sides

Tue, November 16, 2021 12:30 PM – 1:00 PM EST



Everything But the Turkey: 3 Delicious Sides

Tue, Nov 16, 2021, 6:30 PM EST



Deep-Dish Toffee Apple Pie Cooking Class

Tue, November 16, 2021 7:00 PM – 8:00 PM EST



Virtual Cooking Class: Stuffing and Cranberry Sauce

Wed, November 17, 2021 12:30 PM – 1:00 PM EST



Nutrition and Lifestyle Change for Pre-diabetes (Webinar)

Wed, November 17, 2021 11:00 AM – 12:00 PM EST



Virtual Cooking Class: Turkey Talk and Gravy Demo

Thu, November 18, 12:30 PM – 1:00 PM EST



Free Virtual Cooking Class: Holiday Appetizers and Sides

Thu, November 18, 8:00 PM – 10:00 PM EST



IMAGINATION WORKSHOP: Holiday Bake-Along with The Baked Lab

Thu, November 18, 7:00 PM – 8:30 PM EST



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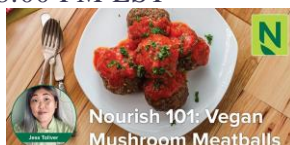
Virtual Cooking Class: Chocolate Peanut Butter Parfait

Mon, November 22, 2021 12:30 PM – 1:00 PM EST



Nourish 101: Vegan Mushroom Meatballs

Tue, November 23, 2021 7:00 PM – 8:00 PM EST



Virtual Cooking Class: Baked Pears

Wed, November 24, 2021 12:30 PM – 1:00 PM EST



The Ultimate Thanksgiving Leftovers Sandwich: A FREE Virtual Cooking Class

Fri, November 26, 2021 7:00 PM – 8:00 PM EST



Virtual Cooking Class: Leftover Turkey Pot Pie

Fri, November 26, 2021 12:30 PM – 1:00 PM EST



In the Kitchen with Bricoleur - Portobello Mushroom Steak

Sun, Nov 28, 2021, 8:00 PM EST



MUSIC:

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Fall Virtual Choir

Thursday, November 11th from 5-6 PM PST



Fri, November 12, 6:00 PM – 9:30 PM EST



PRAYER FOR PEACE – Virtual Organ Music Concert

Sun, November 28, 11:00 AM – 12:30 PM EST



HEALTH & WELLNESS

Melrose-Wakefield Healthcare's Aging in Balance Programs for November- Virtual

Sunny Side Up- Learn How to Begin Your Day in a Positive Way!

Wednesdays 10-11:30am – November 3, 10, 17, 24 This free four-session program will teach you how to wake up on the right side of the bed and how to develop a more positive attitude, which can be beneficial to your health and well-being.

In each session, you will learn techniques to assist in more positive thinking and in managing stress. Music, singing, sharing positive experiences, and learning deep breathing for relaxation are included in the program to help you develop a more positive attitude.

Holiday Cheers and Holiday Fears

Tuesday, November 9, 10am The holidays can be a joyous time and they can also be a difficult time. Join Joya Pezzuto, RN, as she leads a discussion about caring for ourselves during the holidays, including ideas and exercises for coping and relaxing.

Aging in Balance Programs are being offered by Zoom or phone. To register, please contact Stephanie Ramy at 781-338-7559 or email AgingInBalance@melrosewakefield.org