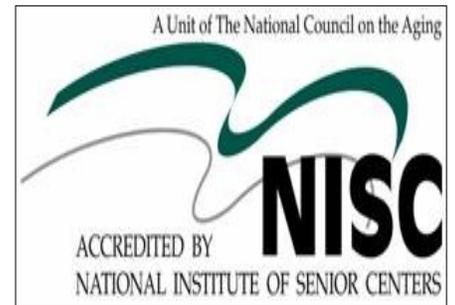


EAST PROVIDENCE

SENIOR ACTIVITY CENTER

"THE SENIOR VOICE"



610 Waterman Avenue
 East Providence, RI 02914
 401.435.7800
 Dining Room Ext 2
 Fax: 401.435.7803
 www.eastprovidence.com



2016

Staff

Robert Rock	Director	Ext. 5
Maureen Carroll	Admin. Assistant	Ext. 4
Ellen Frazier	Resource Specialist	Ext. 3
Mary Jane Milner	Registered Nurse	Ext. 7
Sue Doyle	Dining Coordinator	Ext. 2
Dean Kirkwood	Facility Manager	
Pat Thomas	Receptionist	
Connie Caetano	Administration Volunteer	
Ed Daft	Transportation	
Steve Checrallah	Transportation	
Lee Wilber	Transportation	
Dick Wood	Transportation	

Advisory Board

Jan Kinder	George Furtado
Ken Goucher	Mary Ann Leonardo
Elaine Robinson	Manny Larangeira
Ann Fagundes	Eleanor Monteiro
Angela Caldarone-Byrd	Don Senna

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General Services

Elder Resource Specialist: Our Elder Resource Specialist assists the elderly and their families in providing information /referral and assistance with accessing services and programs.

Nurse

Registered Nurse, Mary Jane Milner is available for appointments in the health office. She is a Certified Diabetes Educator who can help with any topic regarding diabetes, including: Blood glucose monitoring, medications, exercise and healthy eating. She is also available for any basic nursing questions you might have. To schedule a visit, call 435-7800 Ext. 7.

Nutrition Program: The center provides a nutritional meal to approximately 85 seniors per day.

Case Management / Senior Services

The center coordinates with East Bay Community Action Program Inc., for all casework and follow-ups. Protective Services Council, made up of city departments and mental health/social service agencies, meets monthly to discuss problems concerning the elderly.

Transportation

The center provides daily door-to-door transportation to and from the center. Staff calls all riders in the morning with a pickup time, cost is \$1 roundtrip. Please let us know at least one day in advance.

Notary

This service is available in the Administration Office at no charge.

Seminars

Monthly social, educational, and financial seminars on topics relating to seniors.



Stroke Club

1:30pm - 3:00pm

The Stroke Club meets on the first Wednesday of each month and provides entertainment, education, support, socialization, refreshments, and transportation for stroke survivors and their caregivers.

Caregiver's Support

10:30am - 11:30am

This support group is held the third Monday each month. The sessions offer support and sharing for those who are caring for others.

Diabetes Support

1:00pm - 2:30pm

Open meeting held monthly for people with diabetes to meet for mutual support. The group meets the fourth Thursday of each month.

In-Sight Support

12:45pm - 3:00pm

In-Sight offers programs and support in productive living for the visually impaired. The group meets the 3rd Friday of every month.

Membership

\$15 Residents
\$20 Non-Residents

Fitness Room

\$40 Single Resident
\$45 Non-Resident
\$70 Couple Resident
\$80 Couple Non-Resident

**Please scan in when entering the facility.
This is very important because our
funding depends on the use of the center.
The best way to produce data is through
the scan system.**

Dining Room

**YOU MUST ORDER AT LEAST ONE
DAY IN
ADVANCE FOR MEALS**

**We cannot guarantee a meal if a meal is
not ordered.**

Thank You Parks
Department employees
**Billy Abbood and
George Turner**
for a great job making our
grounds look beautiful.

Highlights

Friday, July 1st

Blood Pressure Clinic 10:30pm

Monday, July 4th

CLOSED

Tuesday, July 5th

Wellness Screenings 9:00am

Wednesday, July 6th

Clinical Lab 8:30am

Stroke Club 1:30pm

Thursday, July 7th

Podiatrist 8:00am

SNAP 11:00am

Tuesday, July 12th

Summit Commons 10:30am

Diabetes Ed 9:30am

Wednesday, July 13th

Blood Pressure Clinic 10:30am

Monday, July 18th

Hearing Screening 9:00am

Caregiver's Support 10:30am

Tuesday, July 19th

Diabetes Ed 9:30am

Thursday, July 21st

Blood Pressure Clinic 10:30am

Red Hats 1:30pm

Monday, July 25th

Blood Pressure Clinic 10:30am

Computer Assistance 2:00pm

Tuesday, July 26th

Diabetes Ed 9:30am

Blood Pressure Clinic 10:30am

Thursday, July 28th

Diabetes Support 1:00pm

" I want my children to have all the things I
couldn't afford.

Then I want to move in with them."

Phyllis Diller

Weekly/Monthly Programs

Monday

9:00am Intermediate Yoga
 9:00am Walking Club
 9:00am Tax Preparation (Feb. -March)
 10:30am Beginners Yoga
 10:30am Caregivers Support (3rd Mon)
 Noon Chair Yoga
 1:00pm Pokeno
 2:00pm Ballroom Dancing
 6:00pm Fit Mix

Daily

8am—4pm Fitness Center
 8am—4pm Library
 8am—4pm Computer Games
 9am-11am Coffee An
 9am-2pm Gift Shop
 11:45am Lunch
 2:15pm Coffee Bar

Tuesday

9:00am Bocce Ball (Weather Permitting)
 9:30am Aerobics Exercise
 9:30am Watercolor Class
 11:00am Tai Chi
 12:30pm Watercolor Class
 1:25pm BINGO

AARP Smart Driving Course

Monday, August 22nd



11:30-4pm

Wednesday

7:00am Intermediate Yoga
 8:30am East Side Lab (1st Wed)
 9:00am Blended Yoga
 10:00am Scrabble
 10:00am Adult Coloring
 10:45am Chair Exercise
 1:00pm Cribbage
 1:30pm Stroke Club (1st Wed)

The new curriculum contains the latest research & industry insights and exciting new topics. The new workbook contents are participant friendly and easy to follow. The associated program video has been re-formatted and includes interviews with experts.

Thursday

9:30am Aerobics Exercise
 12:30pm Bridge
 1:00pm Craft Class
 1:00pm Diabetes Support (4th Thurs)

The program fees are now \$15.00 for AARP members and \$20.00 for non-members.

NO TESTS!

If an insurance discount is one of your objectives, please inquire with your automobile insurer to determine if you qualify for a discount for completing this program. Please bring a lunch or snack especially if you have a medical condition.

To register, please sign up in the Administration Office.

Friday

8:00am Blended Yoga
 9:00am Billiard League
 10:00am Scrabble
 10:30am Fitness Advisor
 10:45am Chair Exercise
 11:00am Meditation Class
 12:45pm In-Sight Support Group (3rd Fri)
 1:20pm Hi Lo Jack League

Activities

Crafts Thursday 1:00pm
 Craft class makes dolls for Hasbro Children's Hospital and cancer pillows for Women & Infants Hospital. Other "make and take" crafts are demonstrated.

Watercolor Tuesday 9:30am & 12:30pm \$5
 Watercolor for all levels of talent. Some of the participants fantastic artwork is displayed throughout the center. Class size is limited.

Ballroom Dancing Monday 2pm \$3
 Learn or relearn all the old moves on the ballroom dance floor as well as some new ones. Singles are welcome.

Aerobics Tuesday & Thursday 9:30am \$2
 Instructor Karen Boyd gives members a great cardiovascular workout. Hand and ankle weights are used to tone and build your muscles.

Card Games

Pokeno	Monday	1:00pm
Cribbage	Wednesday	1:00pm
Bridge	Thursday	12:30pm
Hi Lo Jack	Friday	1:20pm

Fitness Center

Our fitness room is open Monday through Friday 8am to 4pm. The fitness room has treadmills, recumbent bikes, elliptical machines, hand weights, and six dual weight machines. Features include: a matted floor, mirrored walls, water cooler, stereo, and cable TV. You must have approval from your physician to participate in this program. Forms can be obtained in the Administration Office. The fee is \$40 for a one year membership, \$45 for non-residents.

Fitness Programs

Yoga and Blended Yoga \$3
Chair Yoga Free

Yoga classes come in four varieties: Beginner, Intermediate, Intermediate Blended with Bone Builders and chair. How do you know which class is right for you?

All classes involve a variety of gentle yoga poses: standing, seated in chairs, and doing poses on the yoga mat. All classes offer the benefits from yoga of enhancing your strength, flexibility, balance, breathing and relaxation. So how are they different?

Intermediate Yoga is appropriate for anyone who has some familiarity with yoga and is generally fit.

Beginner Yoga is an introductory class for those who wish to find out whether yoga is right for them. No prior experience is needed.

Yoga and Bone Builders Blend: a warm up with gentle yoga. Next we move into stretches and weight-lifting exercises specifically designed to enhance muscle strength, balance, and breathing. We then cool down with restorative yoga poses and ten minutes of Savasana (relaxation pose).

Chair Yoga combines movements with breathing and mindfulness. The breathing aspects of yoga can improve blood pressure as well as heart rate. Improve concentration and mind/body connection. Chair Yoga is sponsored by United Methodist Elder Care.

Monday	Intermediate	9am
Monday	Beginners	10:30am
Monday	Chair Yoga	Noon
Wednesday	Intermediate	7am
Wednesday	Blended	9am
Thursday	Intermediate	6pm
Friday	Blended	8am

Tai Chi Tuesday 11am \$3

This ancient art form of exercise has been proven to reduce stress as well as chronic pain. Tai Chi also reduces heart rate, and calms the mind and body.

Chair Exercise Wednesday/Friday 10:45am

A proper balance of exercise and rest can help relieve stiffness and maintain or improve your joint mobility and muscle strength. NO CHARGE

YOUR

HEALTH

Diabetes Outpatient Education Classes

Your Health Insurance will cover one complete 4 day session per year. Classes are taught by Certified Nurses, Dietitians, and Pharmacists. Learn the skills to successfully manage your diabetes and meet others with this disease. You are not alone!

Class size is limited. Pre-registration is required.

Dietitians

Ann Marie Sabula and Mary Proietta, Registered Dietitians are available for appointments in the health office. They will counsel you in private about your personal nutritional needs and insurance covers these visits. They are also certified diabetes educators. To schedule a visit, stop by the health office or call us at 435-7800 Ext. 1

Meditation for You

Fridays @ 11 am

Have you ever thought you would like to learn to meditate? Would you like more information on the health benefits of meditation? Ann Marie Sabula RD and Ellen Frazier lead a weekly meditation group at the senior center on Friday mornings @ 11 am. This program is free and open to all members.

Women and Infants Hospital

Tuesday, July 5th 9-11:00am.

Family Van Program is a community outreach program dedicated to preventative health screenings and health education. They will visit the center The screenings will consist of total cholesterol, blood sugar, and blood pressures. The screenings are free of charge and completely confidential.

Podiatrist

**Thursday, July 7th
8:00am**

Dr. Michael Reuter, Podiatrist, will be in the Health Office seeing patients. To schedule your appointment or if you have any questions call Dr. Reuter's office directly at: 228-7887 and speak with Diane. Dr. Reuter accepts most major insurance plans.

Blood Pressure Clinics

10:30am

Orchard View Manor Friday, July 1st
Waterview Villa Wednesday, July 13th
Evergreen House Thursday, July 21st
Country Gardens, Monday, July 25th
Hattie Ide Chaffee Home Tuesday, July 26th

Free Hearing Screening

Provided by Beltone Hearing Center

Monday, July 18th

9:00 - 11:30 am

Seminar Room

10 Warning Signs of Hearing Loss

- People seem to mumble more frequently.
- You experience ringing in your ears.
- You often ask people to repeat themselves.
- Your family complains that you play the radio or TV too loudly.
- You no longer hear normal household sounds, such as the dripping of a faucet or the ringing of a doorbell.
- You have difficulty understanding conversations when in a large crowd.
- You hear, but have trouble understanding all the words in a conversation.
- You find telephone conversations increasingly difficult.
- You have trouble hearing when your back is turned to the speaker.
- You have been told that you speak too loudly.

Why Walk?

Sure, if you power walk or include short bursts of running/jogging while you're out and about, you can increase your cardiovascular health—and that's a very good thing.

But are there other reasons to go for a walk, even a leisurely one? **Absolutely.**

Here are just a few:

1. It helps clear your mind—and we can all benefit from that from time to time.
2. If you're a prayer, it gives you a wonderful opportunity to pray for those things that have been weighing on your heart and mind—not to mention those who live and work along your walking route.
3. If you walk with a friend or family member, it gives you the opportunity to enjoy one another's company while doing something good for you.
4. If you're a photographer . . . If you are, I needn't say anything more.
5. Even at a slow pace, walking keeps you moving—and that's important for all of us. If you have a chronic physical condition, walking can often lessen the symptoms. (Check with your doctor if you have concerns—as should anyone whenever they begin or alter their level of physical activity.)
6. Walking outdoors reminds you that you're part of a real world. This is especially important for those of us who spend countless hours in front of our computer and other electronic devices. (Warning: Do not . . . I repeat . . . do not chat on your cell, text, or surf the Net [yeah, yeah . . . I know they don't say that much anymore] while you're out and about. You may want to have your phone with you in case of emergencies, but checking Facebook does not count as an emergency. Take it from someone who loves social networking.
7. Walking—even around your neighborhood—can be like a mini vacation. That's another reason I encourage you to leave the virtual world behind when you go for a walk.
8. While there are many reasons you may not be as active as you would like to be—busyness, illness, aging, etc.—getting out for a walk every day may encourage you to do more and will likely give you a sense of accomplishment even if it's all you can do any given day.
9. And speaking of doing more . . . why not set achievable goals for yourself? “Today I'll walk an extra block.” “I'll invite my spouse to join me.” “I won't stop at the coffee shop for a donut.”
10. If you take the time to truly look around, you may make amazing discoveries (i.e.: ideas for your garden, home improvement, writing, and yes, even picture-taking [just remember to check out the restrictions in your area on taking pictures of people or recognizable property]).
11. Slow paced walks can serve as training for more challenging physical activity.
12. When you return to work, you will be rejuvenated and ready to get back at it.



SENIOR HAPPENINGS

	MONDAY	TUESDAY	WEDNESDAY
		5 9:00 Wellness Screenings 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	6 7:00 8:30 9:00 9:00 10:00 10:40 1:00
	11 9:00 Yoga Class 9:00 Walking Club 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix	12 9:30 Diabetes Ed 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Summit Commons 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	13 7:00 9:00 9:00 10:00 10:30 10:40 1:00
	18 9:00 Yoga Class 9:00 Walking Club 9:00 Hearing Screening 10:30 Beginners Yoga 10:30 Caregivers Support 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix	19 9:30 Diabetes Ed 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Country Gardens 11:00 Tai Chi 12:30 Painting Class 1:00 Veteran's Seminar 1:25 Bingo	20 7:00 9:00 9:00 10:00 10:40 1:00 1:30
	25 9:00 Yoga Class 9:00 Walking Club 10:30 Beginners Yoga 10:30 Country Gardens Blood Pressures 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 2:00 Computer Assistance 6:00 Fit Mix	26 9:30 Diabetes Ed 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Hattie Ide Chaffee Blood Pressures 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	27 7:00 9:00 9:00 10:00 10:40 1:00

ENINGS CALENDAR

WEDNESDAY	THURSDAY	FRIDAY	
		1 8:00 Blended Yoga 9:00 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
0 Yoga 0 Clinical Lab 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage	7 8:00 Podiatrist 9:30 Aerobic Exercise 11:00 SNAP 12:30 Bridge 1:00 Craft Group 6:00 Yoga	8 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 0 Waterview Blood Pressures 5 Chair Exercise 0 Cribbage	14 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 6:00 Yoga	15 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage 0 RSVP Board	21 9:30 Aerobic Exercise 10:30 Evergreen House Blood Pressures 12:30 Bridge 1:00 Craft Group 1:30 Red Hats 6:00 Yoga	22 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage	28 9:30 Advisory Board 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support 6:00 Yoga	29 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	

Ads



10 Week Club

\$25

Winners

Jeanne Pannell
Pat Mahoney
Julia LaFlamme
Nancy Gomes
Diane Mello
Bonnie Oliver
Frank Moreira
Phyllis Moniz

**Grand Prizes
Will be drawn
Tuesday,
July 5th**

Chair Yoga

**Mondays
Noon—1pm**

By combining movements with breathing with mindfulness, individuals who participate regularly in yoga reap benefits including:

- ◆ Increased strength/muscle tone.
- ◆ Better sleep and increased energy during the day
- ◆ Relief from joint pain and stiffness
- ◆ Improve circulation as well as overall better health
- ◆ The breathing aspects of yoga can improve blood pressure as well as heart rate.
- ◆ Improve concentration and mind/body connection.

Chair Yoga is sponsored by



Coffee An

Every afternoon

2pm –3pm

Sponsored by

**Brookdale Manor Retirement Living
1440 Wampanoag Tl.
401.433.5000**



Veterans Spouses and Family Members



Tuesday, July 19th
1pm

Come in and cool off!

Please join us on Tuesday, July 19 for a presentation and explanation of benefits that you have earned, for which you may qualify. You will also be guided on how to apply for these benefits. This presentation is sponsored by the RI Vet Corps, come in, relax, and have some refreshments.

No reservation is necessary. If you have any questions, or would like to attend, please call Shelley or Linda at, 401-732-4666 ext 123.

Hope to see you there!



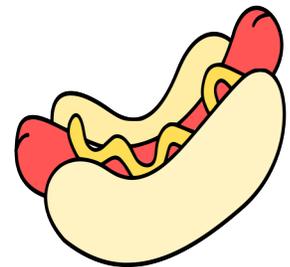
I bet you didn't know!!

July is:

the seventh [month](#) of the [year](#) and one of seven months with the length of 31 days. It was named by the Roman Senate in honor of the Roman general, [Julius Caesar](#), it being the month of his birth.

July is also

National Ice Cream Month
and
National Hot Dog Month





What is mail fraud?

Mail Fraud is a scheme to get money or something of value from you, by offering a product, service, or investment opportunity that does not live up to claims. Prosecutors must prove the claims were intentionally misrepresented and that the mail was used to carry out the scheme. Although most mail order companies are honest and stand behind their products and services, there are criminals who give direct mail advertisers a bad name. They cheat people by peddling worthless products, medical quackery, and get-rich-quick schemes. Some fly-by-night fraudsters take your money and send you nothing. Unscrupulous businesses don't mind taking advantage of unwary customers.

REMEMBER

You should never give out personal information to someone who calls you.

The Government will not and does not call for any personal information



Senior Center Gift Shop



Postage Stamps
Jewelry
Baby Items
Pocket Kleenex

Note Pads/Pen
Greeting Cards
Scarves
Seasonal Items

Snacks/Candy
Knitted items
Bottled Water
Note Cards

Adult Coloring Books/Pencils



**We are seeking volunteers for the Gift Shop.
A couple hours per week is all that is being asked.
If you can assist, please stop by the
Administration office.**

“If every American donated five hours a week.
It would equal the labor of 20 million full-time volunteers”
Whoopi Goldberg

Mah Jongg Free Instruction

Enjoy playing a challenging game and forming a social group? Learn how to play Mah Jongg. Mah Jongg is a tile game originally played only by Chinese royalty.

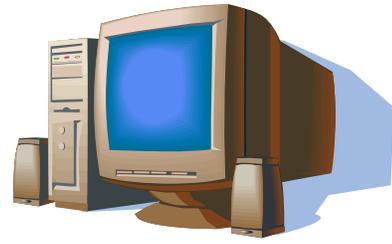
The American version has a set of 152 tiles marked with Chinese symbols, each set slightly different in appears from another set. Aside from the ritual of distributing tiles to players and passing these tiles in maneuvers known as Charlestons, the game is played in a similar fashion to the card game Gin Rummy. Though the game is played worldwide, it did not become popular in the U.S. until the 1920's. At that time, it was the most popular board game in the US exceeding even Monopoly.

In order to play the game you must learn the symbols on the tiles, the patterns of hands on a score card, the rules of the game, the protocols of play, and how the game is played. It is a challenging game to learn but once you master it, it is addicting and you will not want to stop playing it.

Instructor Carol Desforges is a retired high school teacher who loves to play and teach Mah Jongg. As an instructor of Mah Jongg, she has been teaching at senior centers since 2007. Mrs. Desforges will volunteer her time free of charge to teach Mah Jongg to groups of a minimum of 4 or more people. The maximum size of a beginner class is 10 participants.

Mrs. Desforges comes with Mah Jongg sets and the score cards to teach beginners.

**Sign up in the
Administration Office
Date and time will be determined
by interest.**



Computer/iPad Assistance

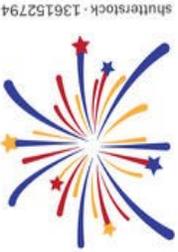
**Monday, July 25th
2pm to 4pm**

On the last Monday of every month, students from MTTI career training school will assist any member with computer questions. The students try to resolve your computer problems, and help you with a computer course you may be taking.

When I was younger,
I used to live in the fast lane.
Of course, back then,
the speed limit was only 25 mph.

DVD Collection

Our extensive collection has been moved to the library where the DVD's can be borrowed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p>  <p>shutterstock - 136152794</p> <p>11 Chicken Soup Beef Stroganoff Buttered Egg Noodles Mixed Vegetables Pudding Wheat Bread <i>(Grilled Chicken on Wheat)</i></p>	<p>Reservation Or Cancellations</p>	<p>Please call 435-7800 Ext. 2</p>	<p>1 Lemonade Fried Steak w/Country Gravy Potato Salad Cole Slaw, Jello Dinner Roll <i>(Hot Dog on a Roll)</i></p>	
<p>5 Vegetable Soup Pub Burger w/Gravy Mashed Potatoes Broccoli Cuts Diced Peaches, Wheat Bread <i>(Meatball Grinder)</i></p>	<p>6 BRUNCH Orange Juice Fruit Stuffed Pancakes w/Syrup Sausage Links Omelet w/ Tomato Slice Fruit Cup</p>	<p>7 Onion Soup w/CROUTONS American Chop Suey Elbow Pasta Green Beans, Shortbread Cookie 9-Grain Bread <i>(Italian Grinder)</i></p>	<p>8 Red Chowder Florentine Fish Crispy Potatoes Sliced Carrots Fresh Fruit, Rye Bread <i>(Corned Beef on Rye)</i></p>	
<p>12 Italian Wedding Soup Chicken Cacciatore Basil Rice Seasoned Summer Squash Fruit Cocktail Italian Bread <i>(Tuna on Italian)</i></p>	<p>13 Cream of Broccoli Soup Liver & Onions Mashed Potatoes Asparagus Cuts Fresh Fruit Oatmeal Bread <i>(Chicken Salad w/Cranberries & Walnuts on Oatmeal Bread)</i></p>	<p>14 Vegetable Soup Pork Chop w/Applesauce Roasted Potatoes Brussel Sprouts Chocolate Chip Cookie Wheat Bread</p>	<p>15 Corn Chowder Southwest Entrée Salad with Chicken Angel Cake Dinner Roll <i>(Egg Salad on a Roll With a Side Salad)</i></p>	
<p>18 Potato & Leek Soup Oven Roasted Turkey w/Gravy Whole Grain Stuffing Peas & Carrots Oatmeal Cookie White Bread <i>(Shrimp Salad on White)</i></p>	<p>19 Split Pea Soup Baked Ham w/Glaze Mashed Sweet Potatoes Vegetable Blend Lemon Pudding Multigrain Bread <i>(Pastrami w/Cheese /Multigrain)</i></p>	<p>20 Escarole & Bean Soup Chicken a la King Whole Grain Biscuit Garden Salad w/Dressing Seasonal Fresh Fruit <i>(Hamburger w/Side Salad)</i></p>	<p>21 HAPPY BIRTHDAY Tomato Soup Shepherds Pie California Blend Vegetables Frosted Cupcake Snowflake Roll <i>(Honey Ham & Cheese on Rye)</i></p>	
<p>25 Beef Barley Soup Roast Pork Loin w/Gravy Mashed Potatoes Green Beans Fresh Fruit Wheat Bread <i>(Turkey & Swiss on Wheat)</i></p>	<p>26 Chicken Escarole Soup Grilled Chicken Corkscrew Pasta Primavera Side Salad w/Dressing Diced Peaches Garlic Bread <i>(Salmon Salad on a Roll)</i></p>	<p>27 Vegetable Soup Swedish Meatballs Buttered Noodles Mixed Vegetables Cookie Snowflake Roll <i>(Italian Tuna on a Roll)</i></p>	<p>22 Low Sodium V8 Shrimp Jambalaya Collard Greens Corn Bread Diced Pears <i>(Sliced Chicken / Roll)</i></p>	
	<p>28 Egg Drop Soup Crispy Chicken Asian Salad w/Asian Dressing (Entrée) Coffee Cake <i>(Pulled Pork on a Roll w/Side Salad)</i></p>	<p>29 Lemonade BBQ Chicken Breast Baked Beans Tomato, Onion, Cucumber Salad Watermelon 9-Grain Bread <i>(Hot Dog on a Roll)</i></p>		