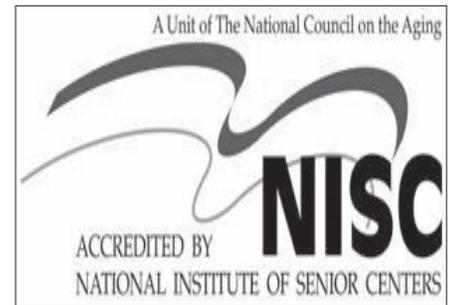


EAST PROVIDENCE SENIOR ACTIVITY CENTER

"THE SENIOR VOICE"



January 2016

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



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
Jose Pinheiro	Facility Manager	
Pat Thomas	Receptionist	
Connie Caetano	Administration Volunteer	
Ed Daft	Transportation	
Steve Checraallah	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

To one and all

A very
Happy & Safe
New Year

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.

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.

Gift Shop

The gift shop has many different items for the convenience of our members. Small items from candy and greeting cards to jewelry, Boyd's Bears, handmade items and crafts.

Support Groups

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.**



Alice building a centerpiece
in Nurse Mary Jane's class

REMEMBER

Tuesday, Jan. 5th	Wellness Screenings	9:00am
Wednesday, Jan. 6th	Clinical Lab	8:30am
	Stroke Club	1:30pm
Friday, Jan. 8th	Blood Pressure Clinic	10:30pm
Monday, Jan. 11th	Caregiver's Support	10:30am
Wednesday, Jan. 13th	Blood Pressure Clinic	10:30am
Thursday, Jan. 14th	Blood Pressure Clinic	10:30am
Friday, Jan. 15th	RIPTA	10-11:30am
	InSight	12:45pm
Monday, Jan. 18th	Martin Luther King	CLOSED
Tuesday, Jan. 21st	Red Hats	1:30pm
Monday, Jan. 25th	Computer Assistance	2:00pm
Tuesday, Jan. 26th	Blood Pressure Clinic	10:30am
	Diabetes Support	1:00pm
Thursday, Jan. 28th	Advisory Board	9:30am

Don't look now
but winter is
upon us

Weekly/Monthly Programs

Monday

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

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

Wednesday

7:00am Intermediate Yoga
 8:30am East Side Lab (1st Wed)
 9:00am Blended Yoga
 9:00am Walking Club (May-Oct.)
 10:00am Scrabble
 10:45am Chair Exercise
 1:00pm Cribbage
 1:30pm Stroke Club (1st Wed)

Thursday

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

Friday

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

Daily

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



EP Career & Technical School

Offering to all seniors computer programs
 free of charge this January.

Internet Basics, Computer Basics, Desktop Publishing

Tuesdays
 4:00 p.m. - 6:00 p.m.

Please pick up an application in
 the senior center Administration Office.

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 Class \$3

Yoga classes come in three varieties: Beginner, Intermediate, and Intermediate Blended with Bone Builders. 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).

Monday	Intermediate	9am
Monday	Beginners	10:30am
Wednesday	Intermediate	7am
Wednesday	Blended	9am

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.



***The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.**

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

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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.

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Women and Infants Hospital

Tuesday, January 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.

Clinical Lab

Wednesday, Jan. 6th 8:30am

East Side Clinical Lab draws blood work here the first Wednesday of the month. There is no pre-registration, just come in with the lab slip.

Blood Pressure Clinics

10:30am

Orchard View Friday, Jan. 8th
Waterview Villa Wednesday, Jan. 13th
Evergreen House Thursday, Jan. 21st
Hattie Ide Chaffee Tuesday, Jan. 26th

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Podiatrist

Thursday, March 3rd 8am

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.

**"The time is always right
to do what is right"**

Martin Luther King

Martin Luther King Day

Monday, January 18th

Martin Luther King Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transport and for racial equality in the United States.

Martin Luther King Day is a relatively new federal holiday and there are few long standing traditions. It is seen as a day to promote equal rights for all Americans, regardless of their background. Some educational establishments mark the day by teaching their pupils or students about the work of Martin Luther King and the struggle against racial segregation and racism. In recent years, federal legislation has encouraged Americans to give some of their time on this day as volunteers in citizen action groups



Martin Luther King was an important civil rights activist. He was a leader in the movement to end racial segregation in the United States. His most famous address was the "I Have A Dream" speech. He was an advocate of non-violent protest and became the youngest man to be awarded the Nobel Peace Prize. He was assassinated in 1968.

In 1968, shortly after Martin Luther King died, a campaign was started for his birthday to become a holiday to honor him. After the first bill was introduced, trade unions lead the campaign for the federal holiday. It was endorsed in 1976. Following support from the musician Stevie Wonder with his single "Happy Birthday" and a petition with six million signatures, the bill became law in 1983. Martin Luther King Day was first observed in 1986, although it was not observed in all states until the year 2000. In 1990, the Wyoming legislature designated Martin Luther King Jr/Wyoming Equality Day as a legal holiday.

**Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.**

Martin Luther King, Jr.

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 HAPPY NEW YEAR
4	9:00 Yoga Class 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix	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 Yoga 8:30 Clinical Lab 9:00 Blended Yoga 9:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club	7 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group	8 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
11		12	13	14	15

<p>11 9:00 Yoga Class 10:30 Beginners Yoga 10:30 Caregivers Support 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix</p>	<p>12 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	<p>13 7:00 Yoga 9:00 Blended Yoga 9:00 Scrabble 10:30 Waterview Blood Pressures 10:45 Chair Exercise 1:00 Cribbage</p>	<p>14 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group</p>	<p>15 9:00 Scrabble 10:00 RIPTA Bus Passes 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 12:45 InSight 1:20 Hi Lo Jack</p>
<p>18 Martin Luther King Day</p>	<p>19 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 RI Relay 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	<p>20 7:00 Yoga 9:00 Blended Yoga 9:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 RSVP Board</p>	<p>21 9:30 Aerobic Exercise 10:30 Evergreen Blood Pressures 12:30 Bridge 1:00 Craft Group 1:30 Red Hats</p>	<p>22 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack</p>
<p>25 9:00 Yoga Class 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dancing 2:00 Computer Assistance 6:00 Fit Mix</p>	<p>26 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</p>	<p>27 7:00 Yoga 9:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:00 RSVP</p>	<p>28 9:30 Advisory Board 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support</p>	<p>29 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack</p>

Ads

Online Exchange Area

The East Providence Police Department is now offering a secure zone for citizens to conduct exchanges of items bought and sold over the Internet via sites like craigslist and eBay.

The parking lot in front of the East Providence Police Station 750 Waterman Avenue, East Providence as well as the Police Station lobby are now designated as Online Exchange Areas.

People who buy or sell items over the Internet can use these areas as a neutral meeting place to conduct exchanges.

As an added precaution, if exchanges are conducted during normal business hours, employees of the

East Providence Police Department can run a check on the serial number to verify whether the item has been reported stolen.

“Let no man pull you low enough to hate him”
Martin Luther King

Hoping everyone
Had a great Holiday



Thank You

Thank you to the following for your support of the center. For different reasons you all assist us in making this center an active and enjoyable environment for our membership. Without your support we would not be the envy of all senior centers.

Ann & Bud Fagundes	Hope & Faith Food Drive	Shirley & George Furtado
Sen. Danial Daponte	Rep. Greg Amore	Panera Bread
Chestnut Terrace	Evergreen House	Orchard View Manor
Hattie Ide Chaffee	Waterview Villa	Women & Infants
Eastside Lab	Dr. Michael Reuter	East Commerce Solutions
MTTI School	Lifespan	Stop & Shop
URI Senior Nutrition Program	Epoch Senior Living	Visiting Angels
Healy Physical Therapy	Dunkin Donuts	Brookdale East Bay
Attorney Gregory Dias	Ann Marie Sabula	Mary Proitta
	Det. Sgt. Diego Mello	EPPD & EPPD
	Our endless list of wonderful volunteers	East Bay Community Action Program

Lets us never forget those who left us in 2015

NANCY SANTOS	ROBERT BURKE	HOPE CAPARCO	MILTON FRENCH
DOMINICA DETORA	JOSE PACHECO	ANNA HATZPANIAN	BOB GRIFFIN
ROBERT AUBIN	DOTTI CASEY	PRISCILLA FRATANTUONO	ALEX NELSON
FERNANDO CARVALHO	SHIRLEY PICKETT	JAMES MONIZ	YOLANDA CARUSO
CECE DOURADO	JOAO PINA	HELEN BODAY	BRENDA MEDEIROS
GENEVIEVE SEARS	MARIA FURTADO	MARIE HOLLOWAY	CHESTER LEMA
TONI FERLAND	MARION CARDI		

May they Rest in Eternal Peace

Scrabble

Wednesdays and Fridays

10am

There are lots of good reasons why people play Scrabble: making friends, building a vocabulary or just plain competition.

Why play Scrabble? There are many different reasons to play Scrabble. Scrabble is not only a mental exercise, but it's also a social game. Scrabble lets people discuss the language while competing.

Scrabble is a generally sober past time. Scrabble lends itself to calm study of the board, so Scrabble is a game for people with level heads. When you play Scrabble, you work through challenges in a calm and reasoned fashion. I find that Scrabble is relaxing, because it forces me to forget my everyday concerns and concentrate on problem solving. Scrabble is a mental stimulant, but a pleasant one.

Clinical Lab

The First Wednesday of every month @ 8:30am

East Side Clinical Lab draws blood work here the first Wednesday of the month.

There is no pre-registration, just come in with the lab slip.

East Side Clinical Laboratory is a full service laboratory with state of the art equipment, information systems and a variety of reporting options. Testing is completed in the most expeditious time frame possible and results delivered to our clients in an efficient and timely manner.

East Side Clinical Laboratory's mission is to maintain the highest standards of quality while providing our clients with unsurpassed personalized service.

REMEMBER

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

The Government will not and does not call for this or any other personal information

What NOT to keep in your Wallet

That overstuffed wallet of yours can't be comfortable to sit on. It's probably even too clunky to lug around in a purse, too.

And with every new bank slip that bulges from the seams, your personal information is getting less and less safe. With just your name and Social Security number, identity thieves can open new credit accounts and make costly purchases in your name. If they can get their hands on (and doctor) a government-issued photo ID, they can do even more damage, such as opening new bank accounts. These days, con artists are even profiting from tax-return fraud and health-care fraud, all with stolen IDs.

We talked with consumer-protection advocates to identify the eight things you should purge from your wallet *immediately* to limit your risk in case your wallet is lost or stolen.

1. Your Social Security Card...

Your nine-digit Social Security number is all a savvy ID thief needs to open new credit card accounts or loans in your name. ID-theft experts say your Social Security card is the absolute worst item to carry around.

Retirees, pull out your Medicare card, too, because it has your SSN on it. **Instead:** Photocopy your Medicare card (front and back), black out the last four digits of your SSN on the copy, and carry it with you instead of your real card.

2. Password Cheat Sheet

Instead: If you have to keep passwords jotted down somewhere, keep them in a locked box in your house. Or consider an encrypted mobile app, such as SplashID (\$9.95; Android, Blackberry, iPad, iPhone), Password Safe Pro (free, Android only) or Pocket (free, Android only).

3. Spare Keys

Instead: Keep your spare keys with a trusted relative or friend. If you're ever locked out, it may take a little bit longer to retrieve your backup key, but that's a relatively minor inconvenience.

4. Checks

Instead: Only carry paper checks when you will absolutely need them. And leave the checkbook at home, bringing only the exact amount of checks you anticipate needing that day.

5. Passport

Instead: Carry only your driver's license or other personal ID while traveling inside the United States. When you're overseas, photocopy your passport and leave the original in a hotel lockbox.

6. Multiple Credit Cards

Although you shouldn't ditch credit cards altogether, consider a lighter load. After all, the more cards you carry, the more you'll have to cancel if your wallet is lost or stolen. We recommend carrying a single card for unplanned or emergency purchases, plus perhaps an additional rewards card on days when you expect to buy gas or groceries.

Also: Maintain a list, someplace other than your wallet, with all the cancellation numbers for your credit cards. They are typically listed on the back of your cards, but that won't do you much good when your wallet is nowhere to be found.

7. Birth Certificate

The birth certificate itself won't get ID thieves very far. However, "birth certificates could be used in correlation with other types of fraudulent IDs," Junker says. "Once you have those components, you can do the same things you could with a passport or a Social Security card."

8. A Stack of Receipts

Instead: Clear those receipts out each night, shredding the ones you don't need. But for receipts you save, keep them safe by going digital. Apps such as [Lemon](#) and [Shoe boxed](#) create and categorize digital copies of your receipts and business cards.



RIPTA Bus Passes

Friday, January 15th
10am-11:30am
Seminar Room

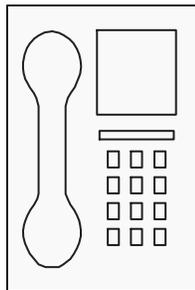
Photo identification bus passes are available to seniors and other qualified individuals with valid documentation. Identification cards for people with disabilities and senior passes will cost \$25.00 (cash only) and are valid for 5 years.

In order to obtain a replacement bus card you are required to return the damaged card. In the event a card is lost or stolen, a replacement card will be reissued upon notification to RIPTA. Bus card replacement fees for seniors and people with disabilities will be: \$10 the first replacement, \$15 the second replacement, and \$20 the third replacement and thereafter.

Rhode Island Caption Telephone (Captel)

Tuesday, Jan. 19th
10:30–Noon

Rhode Island Relay
Lobby



If you ever missed out on what was said during a telephone call, you no longer need to. Now you can see word-for-word what is said to you throughout your phone conversation. It's called Captel or Caption Telephone. Find out if a caption telephone is right for you and how you can take advantage of the free caption telephone service.

Computer/iPad Assistance

Monday, Jan. 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.

Unwanted & unused prescription drugs

It is easier than ever to safely dispose of unwanted and/or unused prescription medications.

There is a 24 hours a day, 7 days a week, permanent drop box available in the lobby of the East Providence Police station where you can drop off unused and unwanted prescription drugs/patches/medications/ointments/vitamins/ samples/pet medications.

DVD Collection

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i></p>		<p>PLEASE CALL 435-7800 EXT.2</p>	<p>RESERVATIONS OR CANCELLATIONS</p>	<p>HAPPY NEW YEAR</p>
<p>4 Beef Barley Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Chocolate Pudding, Rye Bread <i>(Honey Ham w/Cheese on Rye)</i></p>	<p>5 Pasta & Bean Soup Chicken Leg Quarter RI Grown Baked Potato w/Sour California Blend Vegetables Diced Peaches, Oatmeal Bread <i>(Egg Salad on Oatmeal)</i></p>	<p>6 Chicken Escarole Soup French Meat Pie w/Ketchup Potato Puffs Sliced Carrots Fresh Fruit, Wheat Bread <i>(Turkey & Swiss on Wheat)</i></p>	<p>7 Split Pea Soup Baked Ham w/Pineapple Glaze Mashed Sweet Potatoes, Roll Green Beans, Oatmeal Cookies, <i>(Chicken Salad on a Roll)</i></p>	<p>8 Clear Chowder Seafood Newburg Seasoned White Rice Capri Blend Vegetables Ice Cream, Wheat Dinner Roll <i>(Pastrami & Swiss on a Roll)</i></p>
<p>11 Chicken Soup w/Anci de pepe Kielbasa w/Mustard Boiled Potatoes Cabbage & Carrots Coffee Cake Grinder Roll <i>(Seafood Salad on a Roll)</i></p>	<p>12 White Chowder Crab Cake w/Tartar Sauce Crispy Potatoes Cole Slaw Ice Cream, Hamburg Bun <i>(Grilled Chicken on a Bun)</i></p>	<p>13 Kale & Bean Soup American Chop Suey Elbow Pasta Tossed Salad w/Dressing Vanilla Pudding Italian Bread <i>(Italian Tuna on Italian Bread)</i></p>	<p>14 Cranberry Juice Pot Roast w/Gravy Garlic Mashed potato Winter Blend Vegetables Biscotti Multi Grain <i>(Turkey Salad on Multi Grain)</i></p>	<p>15 Chicken Barley Soup Chicken Marsala Seasoned Shells Vegetable Medley Pear Slices Rye Bread <i>(Corned Beef on Rye w/Mustard)</i></p>
<p>18 CLOSED Martin Luther King, Jr. Day</p>	<p>19 Orange Juice Fruit Stuffed Pancakes (2) w/Syrup Sausage Tomato Slice Fresh Fruit Cup</p>	<p>20 Tomato Soup Hamburger on a Bun w/Condiments RI Grown Potato Salad 3-Bean Salad, Sports Bar <i>(Hot Dog on a Bun w/Condiments)</i></p>	<p>21 HAPPY BIRTHDAY Red Chowder Airline Chicken Mashed Potatoes, Broccoli Cuts Frosted Cupcakes Wheat Bread, <i>(Tuna on Wheat)</i></p>	<p>22 Vegetable Soup Florentine Fish Wild Rice Sliced Carrots, Fresh Fruit 12-Grain Bread <i>(Meatloaf on 12-Grain Bread)</i></p>
<p>25 Minestrone Soup Grilled Chicken Caesar Salad w/CROUTONS/Parmesan Cheese Pineapple Chunks Garlic Bread <i>(Bologna & Cheese on Wheat)</i></p>	<p>26 Lentil Soup Stuffed Pork Chop w/Apple Sauce Ratatouille (diced eggplant w/tomato), Mandarin Oranges Dinner Roll <i>(Shrimp Salad on a Roll)</i></p>	<p>27 Chicken Soup Liver and Onions Oven Roasted Potatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread <i>(Chicken Salad on Pumpernickel)</i></p>	<p>28 Venus de Milo Soup Meatballs w/Sauce Penne w/Sauce Asparagus Spumoni Italian Bread <i>(Italian Grinder)</i></p>	<p>29 Chili Soup Turkey w/Gravy Mashed Potatoes Butternut Squash Vanilla Pudding Wheat Bread <i>(Honey Ham on Wheat)</i></p>