

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

NEW

Adult Coloring Club

Wednesdays
 10-11:30am

Chair Yoga

Mondays
 Noon—1pm
 (Details on page 11)

Blended Yoga

Fridays 8am
 (Details on page 5)

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

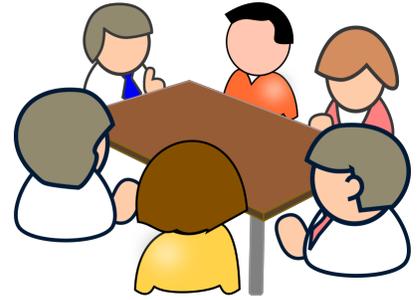
This service is available in the Administration Office at no charge.

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.**

Presentation

" Radio's Greatest Moments "

Tuesday, April 12th

10:30am

Sem-

inar Room

Remember

" The Shadow " and " Dragnet " ?

Richard will take you on a trip to the past
with sounds and images of the Golden
years of radio.

Richard King...Radio Historian

Friday, April 1st

Blood Pressure Clinic 10:30pm

Tuesday, April 5th

Wellness Screenings 9:00am

White Cross Pharmacy 10:30am

Wednesday, April 6th

Clinical Lab 8:30am

Smart Driving Course 11:30am

Stroke Club 1:30pm

Thursday, April 7th

SNAP 11:00am

Tuesday, April 12th

Radio's Greatest Moments 10:30am

Life Insurance Expenses 10:30am

Wednesday, April 13th

Diabetes Ed Class 9:30am

Blood Pressure Clinic 10:30am

Friday, April 15th

InSight Support 12:45pm

Sunday, April, 17th

Pancake Breakfast & Craft Fair 7:30—Noon

Monday, April 18th

Caregiver's Support 10:30am

Blood Pressure Clinic 10:30am

Tuesday, April 19th

Clear Captions 10:30am

Wednesday, April 20th

Diabetes Ed Class 9:30am

Thursday, April 21st

Fused Glass Class 10:00am

Blood Pressure Clinic 10:30am

Red Hats 1:30pm

Monday, April 25th

Computer Assistance 2:00pm

Tuesday, April 26th

Blood Pressure Clinic 10:30am

Wednesday, April 27th

Diabetes Ed Class 9:30am

Thursday, April 28th

Advisory Board 9:30am

Diabetes Support 1:00pm

Weekly/Monthly Programs

Monday

9:00am Intermediate Yoga
 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

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
 10:00am Adult Coloring
 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

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

Daily

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

AARP Smart Driving Course

Wednesday, April 6th
11:30-4pm



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.

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.

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
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, April 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.



Cure • Care • Commitment™

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

Blood Pressure Clinics

10:30am

Orchard View Manor Friday, April 1st
Waterview Villa Wednesday, April 13th
Country Gardens, Monday April 18th
Evergreen House Thursday, April 21st
Hattie Ide Chaffee Home Tuesday, April 26th

Blood Pressures provided by local Health, Nursing and Rehabilitation Centers



Clinical Lab

Wednesday, April 6th 8:30am

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.



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.

Anyone who is unable to go to the police station may drop off their medications in the Administration Office.

Medications will be placed in a secured container to be transported to the station.

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY
	4 9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair 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 10:30 White Cross Pharmacy 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	6 7:00 8:30 9:00 9:00 10:00 10:00 11 1:00 1:30
	11 9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix	12 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Financial Planning 10:30 Radio's Greatest Moments 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	13 7:00 9:00 9:00 9:30 10:00 10 10:00 1:00
	18 9:00 Yoga Class 10:30 Beginners Yoga 10:30 Caregivers Support 10:30 Country Gardens Blood Pressures 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix	19 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Clear Captions 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	20 7:00 9:00 9:00 9:30 10:00 10:00 1:00 1:30
	25 9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 2:00 Computer Assistance 6:00 Fit Mix	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	27 7:00 9:00 9:00 9:30 10:00 10:00 1:00 1:00

W E D N E S D A Y

T H U R S D A Y

F R I D A Y



APRIL FOOLS' DAY

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

00 Yoga
30 **Clinical Lab**
00 Blended Yoga
00 Scrabble
:00 Coloring Class
:45 Chair Exercise
:30 **AAPR Smart
Driving Course**
00 Cribbage
30 **Stroke Club**

7
9:30 Aerobic Exercise
11:00 SNAP
12:30 Bridge
1:00 Craft Group

8
8:00 Blended Yoga
9:00 Scrabble
10:30 Fitness
Advisor
10:45 Chair Exercise
11:00 Meditation
1:20 Hi Lo Jack

00 Yoga
00 Blended Yoga
00 Scrabble
30 **DOE Class**
:00 Coloring Class
:30 **Waterview
Blood Pressures**
:45 Chair Exercise
00 Cribbage

14
9:30 Aerobic Exercise
12:30 Bridge
1:00 Craft Group

15
8:00 Blended Yoga
9:00 Scrabble
10:30 Fitness
Advisor
10:45 Chair Exercise
11:00 Meditation
12:45 InSight
1:20 Hi Lo Jack

00 Yoga
00 Blended Yoga
00 Scrabble
30 **DOE Class**
:00 Coloring Class
:45 Chair Exercise
00 Cribbage
30 **RSVP Board**

21
9:30 Aerobic Exercise
10:00 Fused Glass
**10:30 Evergreen House
Blood Pressures**
12:30 Bridge
1:00 Craft Group
**1:00 AARP Board
Meeting**
1:30 **Red Hats**

22
8:00 Blended Yoga
9:00 Scrabble
10:30 Fitness
Advisor
10:45 Chair Exercise
11:00 Meditation
1:20 Hi Lo Jack

00 Yoga
00 Blended Yoga
00 Scrabble
30 **DOE Class**
:00 Coloring Class
:45 Chair Exercise
00 Cribbage
00 **RSVP**

28
9:30 Advisory Board
9:30 Aerobic Exercise
12:30 Bridge
1:00 Craft Group
1:00 Diabetes Support

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

NEW

Adult Coloring Club Wednesdays 10-11:30am

Recently, adults across the country have picked up coloring books as a way to relax and unwind.

The health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus.

The fact that coloring is structured activates the logic part of the brain, and generates a creative mindset, said New York-based clinical psychologist Dr. Ben Michaelis.

The trend has spread nationwide as adult coloring books are popping up on bestseller lists, and major publishers are producing the books in droves, with titles like The Mindfulness Coloring Book, Splendid Cities, The Time Garden, and Color Me Calm.

Join us for adult coloring, the new craze which helps adults relax, de-stress and go back to that carefree feeling of not having a care in the world. Must bring your own supplies.

Supplies are available at Michael's Arts & Crafts.

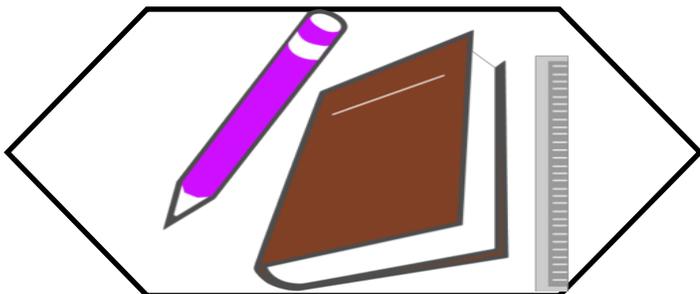


Chair Yoga Mondays Noon—1pm

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



WHAT ITEMS CAN BE RECYCLED?

www.RecycleTogetherRI.org



PLASTIC CONTAINERS

- jars - peanut butter, mayo
- jugs - milk, juice, detergent
- tubs - ice cream, margarine
- bottles - soda, shampoo
- plastic take out containers
- iced coffee cups
- yogurt containers
- plastic egg cartons

GLASS CONTAINERS

- jars - sauce, jelly, baby food
- bottles - soda, wine, beer

METAL CANS & FOIL

- aluminum - cans, foil
- empty aerosol cans - hairspray, air freshener
- tin cans - soup, pet food

PAPER & CARDBOARD

- newspaper
- phonebooks
- envelopes
- flattened boxes
- junk mail
- office paper
- spiral notebooks
- paperback books
- wrapping + tissue paper
- paper bags + gift bags
- magazines
- paper towel tubes

CARTONS

- milk + juice
- soy milk
- soup + broth
- juice boxes

SOME RECYCLING DON'Ts

- plastic bags
- cold + frozen food boxes
- containers over 5 gallons
- scrap metal, appliances
- hangers, chains, pipes
- Styrofoam



Items listed in these categories are only examples. Please recycle items similar to those listed. For all recycling don'ts see your brochure or visit www.RecycleTogetherRI.org.

SCAMS

TARGET YOU

PROTECT YOURSELF

TELEPHONE SCAMS

Every year, thousands of people lose their money and personal information to telephone scams. Typically, phone scammers will try to sell you something you hadn't planned to buy and will pressure you to give up personal information, like your credit card details or Social Security number.

Common Phone Scams

In telemarketing fraud, phone scammers will often use exaggerated—or even fake—prizes, products, and services as bait. Some may call you, but others will use mail, text, or ads to get you to call them for more details. Types of phone scams include:

Travel packages - "Free" or "low-cost" vacations can end up costing a fortune in hidden costs.

Credit and loans - Popular schemes include [advance fee loans](#), [payday loans](#), and [credit card loss protection](#).

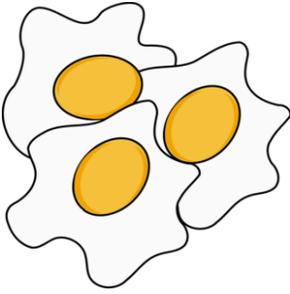
Fake business and investment opportunities - As business and investing can be complicated, scammers take advantage of people not researching the investment.

Charitable causes - Many phone scams involve urgent requests for recent disaster relief efforts.

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



Pancake Breakfast And Craft Fair



Sunday, April 17th

7:30am—Noon

Pancakes, Eggs, Sausage, Beans, Hash Browns
Muffins, Coffee and Tea.

Adults \$7.00 Children \$4.00

Sponsored by East Providence Lions Club

Tickets purchased at the door

10 WEEK CLUB

\$25.00 drawing will be made
each week for ten weeks

Grand Prizes

1st Prize \$250

2nd Prize \$150

3rd Prize \$100

Tickets can be purchased in the
Administration Office

Final Expense Life Insurance

What to LOOK for...

Funding, Planning, Assisting the Family

Tuesday, April 12th

10:30am

Funding your funeral and final expenses. Cash Benefit paid within 24 hours of claim approval. No medical exam to apply. For as little as pennies a day, get up to \$20,000 ready for loved ones to take care of your arrangements.

Free membership to the Funeral Consumer Guardian Society, who will assist your family when needed, and save money for them.

What to WATCH OUT FOR. There are different types of final expense Insurances.

Join Agent Scott Grande from Lincoln Heritage

\$10 Gift Card Raffle for attendees

Donuts will be served



Difficulties hearing people on the phone?

April 19th

10:30am

Meredith Kirby a ClearCaptions representative. will be in the lobby to explain this federally funded program that provides amplified volume and caption phone service to anyone with a mild to moderate hearing loss at no cost.

Coffee An

Every afternoon

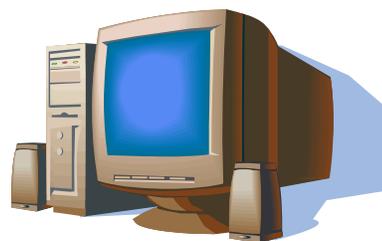
2pm -3pm

Sponsored by

Brookdale Manor Retirement Living

1440 Wampanoag Trl.

401.433.5000



Computer/iPad Assistance

Monday, April 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.

Learn,
Make Friends
Keep your Brain and
Body Active
Help us
Create the Future
National Council
On Aging

DVD Collection

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</p>	<p>Reservations Or Cancellations</p>	<p>Please call 435-7800 Ext. 2</p> <p>At least one day in advance</p>		<p>1 Red Chowder Grilled Chicken Caesar Salad w/CROUTONS & Parmesan Cheese Lorna Doone Cookies Garlic Bread <i>(Bologna & Cheese on Wheat)</i></p>
<p>4 Italian Wedding Soup Stuffed Cabbage w/ Sauce California Blend Vegetables Butterscotch Pudding Wheat Bread, <i>(Smoked Turkey w/Cheddar on Wheat)</i></p>	<p>5 Brunch OJ Scrambled Eggs w/Sliced Tomato Baked Virginia Ham Croissant Fresh Fruit Cup</p>	<p>6 Chicken Soup w/Anci de Pepe Meatball Sub on a Roll Garden Salad w/Dressing Baked Chips Chocolate Chip Cookies <i>(Egg Salad on a Roll)</i></p>	<p>7 Beef Noodle Soup Chicken Marsala Seasoned Rice Brussel Sprouts Sherbet, 9-Grain Bread <i>(Ham Salad on 9-Grain)</i></p>	<p>8 Turkey Chili Fish Cake w/Tartar Mashed Potatoes Broccoli Slaw Fresh Fruit, Wheat Bread <i>(Chicken Salad on Wheat)</i></p>
<p>11 Lemonade Low Sodium Hot Dog w/Condiments BBQ Baked Beans, Carrot Raisin Salad, Vanilla Pudding <i>(Hamburger on a Roll w/Condiments)</i></p>	<p>12 Chicken Soup Balsamic Glazed Boneless Chicken Rice Pilaf Wax Beans w/Pimientos Sliced Peaches, Oatmeal Bread <i>(Tuna Salad on Oatmeal)</i></p>	<p>13 Lentil Soup Italian Sausage on a Roll Peppers & Onions Cole Slaw Ice Cream <i>(Turkey on Swiss on a Roll)</i></p>	<p>14 Kale & Bean Soup Meatloaf w/Onion Gravy Mashed Potatoes Peas & Mushrooms Cantaloupe Slice, Whole Wheat Bread <i>(Shrimp Salad on Roll)</i></p>	<p>15 Beef Barley Soup Rosemary Chicken Leg Roasted Potatoes Broccoli, Fruit Cocktail Pumpernickel Bread <i>(Meatloaf w/Ketchup on Pumpernickel)</i></p>
<p>18 Venus de Milo Soup French Meat Pie w/Ketchup Brussel Sprouts Sun Chips Sliced Pears Wheat Bread <i>(Italian Tuna on Wheat)</i></p>	<p>19 Chicken Escarole Soup Veal Parmesan Seasoned Ziti Tossed Salad w/Dressing Pudding Dinner Roll <i>(Turkey & Swiss on a Roll)</i></p>	<p>20 Beef & Rice Soup Chicken Cordon Bleu w/Gravy Wild Rice Winter Blend Vegetables Fresh Fruit White Bread <i>(Seafood Salad on White)</i></p>	<p>21 <u>HAPPY BIRTHDAY</u> Onion Soup w/CROUTONS Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Frosted Cupcake, Marble Bread <i>(Egg Salad on Marble)</i></p>	<p>22 Shrimp & Corn Bisque Tuna Salad 3-Bean Salad Corn Relish Apple Pie Dinner Roll <i>(Italian Grinder)</i></p>
<p>25 Pasta & Bean Soup Chicken Fried Steak w/Gravy Mashed Sweet Potatoes Green Beans, Mandarin Oranges Italian Bread <i>(Honey Ham & Cheese on Italian)</i></p>	<p>26 Tomato Soup Stuffed Pork Chop w/Apple Sauce Mixed Vegetables Butterscotch Pudding, Roll <i>(Turkey w/Stuffing & Cranberry on a Roll)</i></p>	<p>27 Chicken Gumbo Soup Beef Wellington w/Ketchup Au Gratin Potatoes California Blend Vegetables Pound Cake, Wheat Bread <i>(Tuna on Wheat)</i></p>	<p>28 Vegetable Soup Kielbasa w/Mustard Lyonnaise Potatoes Zucchini, Fresh Fruit, Rye Bread <i>(Sliced Chicken w/Cheese on Rye)</i></p>	<p>29 Clear Chowder Florentine Fish Rice Pilaf, Sliced Carrots, Ice Cream Oatmeal Bread <i>(Corned Beef w/Cheese on Oatmeal)</i></p>