EP Senior

Activity Center

March 2016

A Unit of The National Council on the Aging

NISC

ACCREDITED BY NATIONAL INSTITUTE OF SENIOR CENTERS

610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Dining Room 401-435-7800 Ext. 2
www.eastprovidence.com

See what's going on in March

HEALTH WATCH

Diabetes Outpatient Education

American Diabetes Association.
Cure • Care • Commitment℠

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

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! Please contact the center's health office at 435-7800, Ext. 6 with any questions and to register.

Class size is limited. Pre-registration is required.

Dieticians

Registered Dieticians, Ann Marie Sabula and Mary Proietta are available for appointments in the health office. They will counsel you, in private about your personal 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.

Women and Infants Hospital

Tuesday, March 1st 9-11:00am.

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

Clinical Lab

Wednesday, March 2nd 8:30-11am

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

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.

Blood Pressure Clinics

10:30am

Friday, March 4th
Sponsored by Orchard View Manor

Wednesday, March 9th
Sponsored by Waterview Villa

Thursday, March 17th
Sponsored by Evergreen House

Tuesday, March 22nd
Sponsored by Hattie Ide Chaffee

March is National Nutrition Month

A whopping 29.1 million children and adults in the U.S. are living with diabetes, and many Americans are unaware they have an increased risk for developing Type 2 diabetes. While these numbers may seem staggering, the good news is diabetes is manageable and, with a few lifestyle changes, you can even prevent or delay the onset of Type 2 diabetes. Diabetes affects the body's ability to make or properly use insulin. This leads to high blood glucose, or sugar, levels in the blood. The most common form, Type 2 diabetes is associated with certain risk factors that place some individuals at a higher risk than others for developing the disease.

Are You at Risk?

Type 2 diabetes is associated with certain risk factors, including older age, obesity, family history of diabetes, history of gestational diabetes, physical inactivity and race/ethnicity. African-Americans, Hispanic/Latino-Americans, American Indians, and some Asian-Americans and Native-Hawaiians or other Pacific Islanders are at particularly high risk for Type 2 diabetes and its complications. Research has demonstrated that Type 2 diabetes can be prevented or delayed by weight loss through moderate diet changes and physical activity. When you take steps to prevent diabetes, you will also lower your risk for possible complications of diabetes such as heart disease, stroke, kidney disease, blindness, nerve damage and other health problems. That's a big reward for you and your family and friends. An RD (registered dietitian) who is also a CDE (certified diabetes educator) is one of your best teammates when making these lifestyle changes.

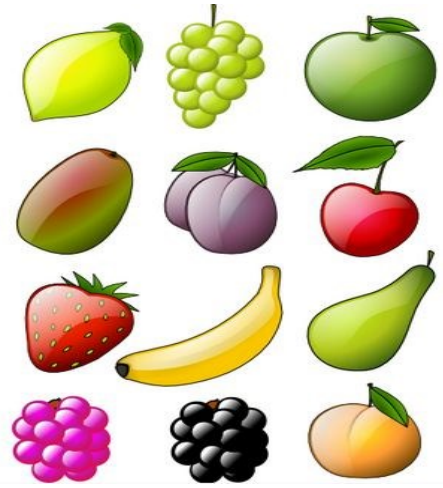
Managing Your Diabetes

For many people with diabetes, smart eating, weight loss, exercising and possibly a medication or two are enough to control their blood sugar level and prevent the complications of the disease. General healthy eating tips to help manage diabetes include:

- Limit foods that are high in added sugar.
- Eat smaller portions, spread out over the day.
- Make your carbs count by choosing whole grains, fruit and vegetables over sugary drinks and refined, processed foods.
- Eat a variety of whole-grain foods, fruits and vegetables every day.
- Eat less saturated fat and focus on healthy fat sources such as avocados, olive and canola oil, and nuts.
- Limit your consumption of alcohol.

Use less salt.

If you have been diagnosed with diabetes, an RD, CDE can create a simple eating plan tailored just for you, taking into account your weight, medicines, lifestyle and other health problems. The **expert advice of an RD, CDE** can help you manage your diabetes while ensuring you get the nutrients your body needs. Stop by the Health Office if you have any questions about healthy eating and speak with one of our Health Office **RD, CDE's** who will help you understand all your questions on the Nutrition that is best for you this month and every month.



Roger Williams University Law Pro Bono Collaborative

"Mini-Legal Clinic"

Elder Law/Health Care Directives

A pro bono attorney and an RWU law student will provide a 45 minute presentation on end of life planning issues, geared toward low-income seniors with limited assets.

Topics include:

RI Probate

Simple wills

Health Care Directives

After the presentation, the pro bono attorney and law student can assist individuals in completing the RI statutory health care directives form and/or discuss any questions or concerns individuals have related to the presentation. The pro bono attorney can execute the health care directive, on site. For any individuals who would like to execute the health care directives but need additional time to review the form and the choices that he or she will need to make, the attorney and law student will be available to return to the community organization for a follow -up session.

If interested in this program, Sign up in Administration Office

Remember

" The Shadow " and " Dragnet " ?

They are part of " Radio's Greatest Moments " presentation.

Return with Richard King , Radio Historian ",
and relive

" those thrilling days of yesteryear ".

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

Interested ? Sign up at the office for your trip to this exciting and memorable presentation.

Richard King...Radio Historian

If we have enough interest we will have Richard present at the center

March Features

Tuesday, March 1st	Health Screening	9:00am
Wednesday, March 2nd	Clinical Lab	8:30am
	Stroke Club	1:30pm
Thursday, March 3rd	Podiatrist	8:00am
	SNAP Ed	11:00am
Friday, March 4th	Blood Pressure Clinic	10:30am
Monday, March 7th	Tax Preparations	9am—Noon
	Diabetes Ed	9:30am
Wednesday, March 9th	Blood Pressure Clinic	10:30am
Monday, March 14th	Tax Preparations	9am—Noon
	Diabetes Ed	9:30am
Tuesday, March 15th	AAA Older & Wiser	10:30am
Thursday, March 17th	Blood Pressure Clinic	10:30am
	AARP Board Meeting	1:00pm
	Red Hatters	1:30pm
Friday, March 18th	INSight	12:45pm
Monday, March 21st	Tax Preparations	9am—Noon
	Caregiver's Support	10:30am
	Blood Pressure Clinic	10:30am
Tuesday, March 22nd	Blood Pressure Clinic	10:30am
	Key Finder	10:30am
Wednesday, March 23rd	RSVP Board Meeting	1:00pm
Thursday, March 24th	Diabetes Support	1:00pm
Friday, March 25th	Good Friday	CLOSING @ 11:30AM
Monday, March 28th	Tax Preparations	9am—Noon
	Computer Assistance	2:00pm
Thursday, March 31st	Advisory Board	9:30am

" Sometimes the strongest among us are the ones who smile, through silent pain, cry behind closed doors, and fight battles nobody knows about"

Lessons Learned

"Show respect even to people who don't deserve it, not as a reflection of their character, but as a reflection of yours"

Dave Welles

March 13th

Daylight Saving

When local standard time is about to reach Sunday, March 13th **2:00 AM** clocks are turned **forward** 1 hour to Sunday, March 13th **3:00 AM**

WE SERVE

OUR MISSION

"IS TO ASSIST, INFORM AND ENRICH THE LIVES OF ALL PERSONS 55 YEARS OF AGE AND OLDER OR DISABLED PERSONS IN THE EAST PROVIDENCE AREA"

Staff

Robert Rock, Director Ext. 5
brock@cityofeastprov.com

Maureen Carroll, Admin. Assistant Ext. 4
mcarroll@cityofeastprov.com

Ellen Frazier, Resource Specialist Ext. 3
efrazier@cityofeastprov.com

Mary Jane Milner, RN, CDE, CDOE Ext. 7
mmilner@cityofeastprov.com

Sue Doyle, Dining Room Ext. 2

Jose Pinheiro Facility Manager
Pat Thomas Receptionist
Connie Caetano Administration
Ed Daft Transportation
Steve Checrallah Transportation
Lee Wilber Transportation
Dick Wood Transportation

Advisory Board

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

Senior Center Support Groups

Stroke Club

Wednesday, March 3rd
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.

In-Sight Support

Friday, March 18th
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.

Caregiver's Support

Monday, March 21st
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

Thursday, March 24th
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.

"Lines don't make beautiful women less beautiful"
Isabel Wolff

Tuesday in our Lobby

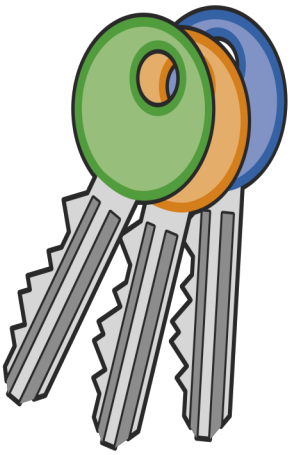
March 15th

Older & Wiser Driver

The Older and Wiser Driver, presents practical information on how seniors can compensate for the physical changes that affect their ability to drive. The presentation focuses on vision, cognition, physical fitness, and the side-effects of common medications on driving.

Key Finder

March 22nd



One of the most common and well-recognized everyday annoyances is the difficulty in finding objects in a women's handbag. In particular, the constant fumbling to find keys is a bigger frustration because they are a frequently used item.

The *KeyFinder* eliminates the constant, everyday searching for keys in a handbag. They are constructed of decorative beads with a clasp at both ends. One end is attached to the handbag (primarily the zipper) and to the other end is attached to a set of keys. So never, search for your keys again!

Precriptions

Permanent disposal unit is now located

in the lobby of the

East Providence

Police Department

There is a new way to dispose of unwanted, unused and/or expired prescription drugs if you are an East Providence resident.
A permanent disposal unit is now located in the lobby of the East Providence Police Department.

The following items are accepted in this disposal unit: prescriptions, prescription patches, prescription medications, prescription ointments, over the counter medications, vitamins, samples and pet medications.

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.

Senior Happenings Calendar

	Monday	Tuesday	Wednesd
		1 **9:00 Wellness Screenings** 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**2** 7:00 Yoga **8:30 Clinical La** 9:00 Blended Yo 9:30 Scrabble 10:45 Chair Exer 1:00 Cribbage 1:30 **Stroke Clu**
	7 9:00 Tax Preparations 9:00 Yoga 9:30 Diabetes Ed 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**8** 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**9** 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble **10:30 Waterview Villa Blood Pres** 10:45 Chair Exer 1:00 Cribbage
	14 9:00 Tax Preparations 9:00 Yoga 9:30 Diabetes Ed 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**15** 9:30 Painting Class 9:30 Aerobic Exercise **10:30 AAA** 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**16** 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble 10:45 Chair Exer 1:00 Cribbage
	21 9:00 Tax Preparations 9:00 Yoga 10:30 Beginners Yoga 10:30 **Country Gardens Blood Pressures** **10:30 Caregivers Support** 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**22** 9:30 Aerobic Exercise 9:30 Painting Class **10:30 Hattie Ide Blood Pressures** **10:30 Key Finder** 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**23** 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble 10:45 Chair Exer **1:00 RSVP Boa** 1:00 Cribbage
	28 9:00 Tax Preparations 9:00 Yoga 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance 6:00 Fit Mix	**29** 9:30 Aerobic Exercise 9:30 Painting Class 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**30** 7:00 Yoga 9:00 Blended Yo 9:30 Scrabble 10:45 Chair Exer 1:00 Cribbage

AY	THURSDAY	FRIDAY	
b oga cise b	**3** 8:00 **Podiatrist** 9:30 Aerobic Exercise **11:00 SNAP ED** 12:30 Bridge 1:00 Craft Group	**4** 9:30 Scrabble **10:30 Orchard View Blood Pressures** 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
oga w ssures rcise	**10** 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group	**11** 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
oga cise	**17** 9:30 Aerobic Exercise **10:30 Evergreen Blood Pressures** 12:30 Bridge 1:00 Craft Group **1:00 AARP Board** **1:30 Red Hats**	**18** 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation **12:45 InSight** 1:20 Hi Lo Jack	
oga cise rd	**24** 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group **1:00 Diabetes Support** **1:20** Hi Lo Jack	**25** **Closed At 11:30am**	
ga cise	**31** 9:30 **Advisory Board** 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group		

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.

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.

Nutrition Program

The center provides a nutritional meal to approximately 100 seniors per day. The Cranston Senior Center provides the meals.

Transportation

The center has two buses that are used daily for door-to-door transportation to and from the center.

Notary

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

Gift Shop

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

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them".

John Fitzgerald Kennedy

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 Participants

YOU MUST ORDER AT LEAST ONE DAY IN ADVANCE FOR MEALS

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

The monthly meal schedule is always on the last page of our newsletter. Everyone has ample opportunity to reserve a meal in advance. You will only be served without reservation if there is a cancellation.
It is also important to cancel a meal if you are unable to attend.

This policy will be strictly enforced because we do not want to waste meals.

Weekly/Monthly Programs

MONDAY

9:00am Tax Preparation (Feb. & March)
9:00am Intermediate Yoga
10:30am Beginners Yoga
10:30am Caregivers Support Group (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 Walking Club (May-Oct)
9:00am Blended Yoga
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 Group (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
9am-11am Coffee An
11:45am Lunch
2:00pm Coffee Hour

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.

Card Games

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

Gift Shop

The gift shop, located near the dining room, has many different items for the convenience of the seniors. Small items from candy, crackers, greeting cards to jewelry, handmade items and crafts. Proceeds benefit both the center and RSVP.

"But if we are truly happy inside, then age brings with it a maturity, a depth, and a power that only magnifies our radiance."

David Deida

Wellness Spotlight

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.

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.

Ballroom Dancing

Monday 2:00pm $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.

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

Fitness Consultant

Fitness Consultant in the fitness room every Friday from 10:30-11:30am.

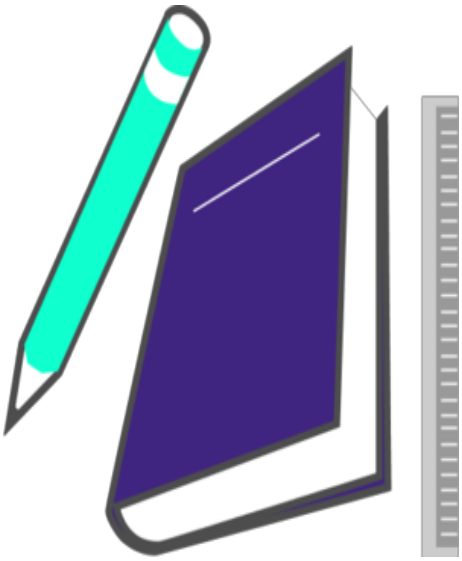
If you have any questions about your workout or the equipment see Mike.

Sponsored by Evergreen Health Center

NEW

Adult Coloring Club

Wednesdays
10-11:30am



Coloring is just for kids, right? Not anymore.

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

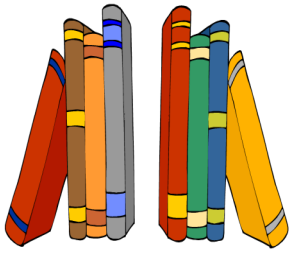
The health benefits go beyond relaxation, and include exercising fine motor skills and training the brain to focus.

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.

Wednesday's 10-11:30am



Library News

Recent to our Library

The Crossing
by Connelly
Guilty
by David Baldacci
Cross Justice
NYPD Red
by James Patterson
All Dressed in White
by Mary Higgins Clarke
Precious Gifts
by Danielle Steele
Blue
by Danielle Steele
Scandalous Behavior
by Stuart Woods
Find Her
by Lisa Gardner

DVD Collection

We have an extensive collection in our library where the DVD's can be borrowed

TAX ID THEFT

What is it?

Your personal information is stolen for a fraudulent refund. More specifically, tax identity theft can involve:

- filing a tax return using another person's Social Security number,
- claiming someone else's children as dependents, or
- claiming a tax refund using a deceased taxpayer's information.

Your personal information can be stolen in a number of ways, including theft of mail or tax returns, corrupt tax preparation services, or phony emails from imposters. Con artists can quickly learn a lot about you in order to take your money while also defrauding the government.

What to do?

To avoid tax identity theft:

- Do mail tax returns as early in the tax season as possible before the cons beat you to it.
- Don't give out personal information unless you know who's asking for it and why they need it.
- Do shred personal and financial documents.
- Do know your tax preparer.

Do check the status of your refund after filing at irs.gov/Refunds
For help, contact the IRS Identity Protection Specialized Unit at 800-908-4490 and visit **irs.gov/identitytheft**.

IRS IMPOSTER SCAM

What is it?

An intimidating and sophisticated phone scam, callers claim to be IRS employees, and say you owe taxes. They might also:

- threaten to arrest or deport you if you don't pay,
- know all or part of your Social Security number,
- rig caller ID to make it look like the call is from the IRS, or

tell you to put the money on a prepaid debit card and tell them the card number.

Know that the IRS does NOT:

- call to demand immediate payment about taxes owed without first sending you a notification by mail,
- ask for credit or debit card numbers over the phone,
- threaten to bring in local police or other law enforcement to arrest you for nonpayment.

If you have any doubts, call the IRS directly at 800-829-1040.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.	**1** Turkey Rice Soup **Veal Parmesan** Seasoned Pasta Italian Blend Vegetables Fresh Fruit Sliced Italian Bread *(Meatloaf w/ketchup on Italian)*	**2** Beef Barley Soup **Chicken Leg Quarter** Oven Roasted Potatoes Wax Beans w/Pimentos Butterscotch Pudding Marble Bread *(Seafood Salad on Marble)*	**3** Tomato & Rice Soup **Shepherd's Pie w/Ketchup** Mixed Vegetables Garlic Bread Diced Peaches *(Chicken Salad on a Roll)*	**4** Vegetable Soup **Crab Cake w/Tartar Sauce** Seasoned Rice Broccoli Slaw Chocolate Chip Cookies Wheat Dinner Roll *(Ham Salad on a Roll)*
8 Chili Soup **Knockwurst w/Mustard** Boiled Potatoes Asparagus Grinder Roll Mandarin Oranges *(Chicken Loaf w/Mayo on Roll)*	**8** Chicken Soup w/Anci di Pepe **Pork Loin w/Gravy** Stuffing Mixed Vegetables Lemon Pudding Multi Grain Bread *(Egg Salad on Multi Grain)*	**9** Venus de Milo Soup **Marinated Grilled Chicken** Peppers & Onions Mashed Potatoes Ice Cream Rye Bread *(Tuna on Rye)*	**10** Chicken Rice Soup **French Meat Turnover w/Ketchup** Brussel Sprouts Baked Lays Chips Fresh Fruit Oatmeal Bread *(Turkey & Cheese on Oatmeal)*	**11** White Chowder **Tuna on Croissant** Pasta Salad Marinated Beets & Onions Tapioca Pudding *(Honey Ham & Cheese on Crois-sant)*
14 Chicken Noodle Soup **Sloppy Joe on Wheat Hamburg Roll** Potato Log Mixed Vegetables Pear Half *(Shrimp Salad on a Roll)*	**15** Lentil Soup **Chicken Cordon Bleu w/Gravy** Zucchini Rice Pilaf Pudding Wheat Bread *(Bologna & Cheese on Wheat)*	**16** Beef Vegetable Soup **Unbreaded Veal w/Mushroom Gravy** Seasoned Spinach Fresh Fruit Pumpernickel Bread *(Chicken Salad on Pumpernickel)*	17 **St. Patrick's Day** Split Pea Soup **Corned Beef w/Mustard** Seasoned Boiled potatoes Cabbage & Carrot Medley Frosted Cupcake Rye Bread *(Tuna on Rye)*	18 **St. Joseph's Day** Pasta Fagioli **Italian Sausage on a Roll** Seasoned Shells Peppers & Onions Spumoni Ice Cream *(Egg Salad on a Roll)*
21 Onion Soup w/Croutons **Salisbury Steak w/Gravy** Mashed Potatoes California Blend Vegetables Peanut Butter Cookies Wheat Bread *(Creamy Chicken Salad)*	**22** Beef Gumbo Soup **Italian Style Chicken Cutlet** Macaroni & Cheese 3-Bean Salad Fruit Cocktail, White Bread *(Hot Dog on Bun w/Condiments)*	**23** Egg Drop Soup **Pulled Pork on a Roll** Baked Beans Cole Slaw Apple Sauce *(Turkey & Cheese on a Roll)*	**24** Chicken Soup w/Egg Flakes **Turkey w/Gravy** Apple Cornbread Stuffing Sliced Carrots Hoodsie Cup Marble Bread *(Ham & Cheese on Marble)*	**25** Cream of Broccoli Soup **10 Grain Breaded Baked Fish** Red Bliss Mashed Potatoes Capri Blend Vegetables Fresh Fruit Wheat Bread *(Meatloaf w/Ketchup on Wheat)*
28 Lentil Soup **Baked Ham w/Pineapple/Cherry Glaze**, Sweet Potatoes Green Beans, Coffee Cake Dinner Roll *(Roast Beef on a Bulky Roll)*	**29** Tossed Salad w/Dressing **Beef Stroganoff** Buttered Noodles Sliced Carrots, Fresh Fruit Rye Bread *(Italian Tuna on Rye)*	**30** Minestrone Soup **Stuffed Chicken w/Broccoli/Cheese/Gravy** Rice Pilaf Mixed Vegetables Lemon Pudding Pumpernickel Bread *(Seafood Salad on Pumpernickel)*	**31** Chicken Soup w/egg barley **Low Sodium Hot Dog on a Bun w/condiments Cole Slaw** BBQ Baked Beans, Apricot Half *(Hamburger on a Roll w/condiments)*	***Please call 435-7800 Ext. 2 For reservations***