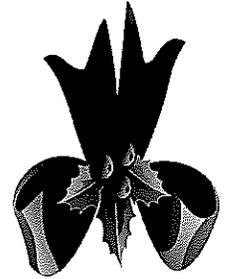


East Providence Senior

Activity Center

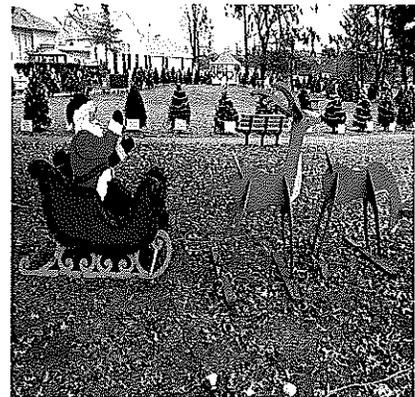


December 2016

610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax 401.435.7803
Dining Room 401-435-7800 Ext. 2
www.eastprovidence.com



**MERRY
CHRISTMAS**

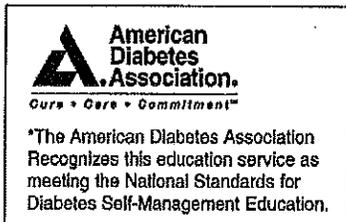


Sights from last years
Winterfest

HEALTH WATCH

Diabetes Outpatient 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, Dec. 6th 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, Dec. 7th 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.

Complimentary Blood Pressure Clinics

10:30am

Friday, December 2nd

Sponsored by **Orchard View Manor**

Wednesday, December 14th

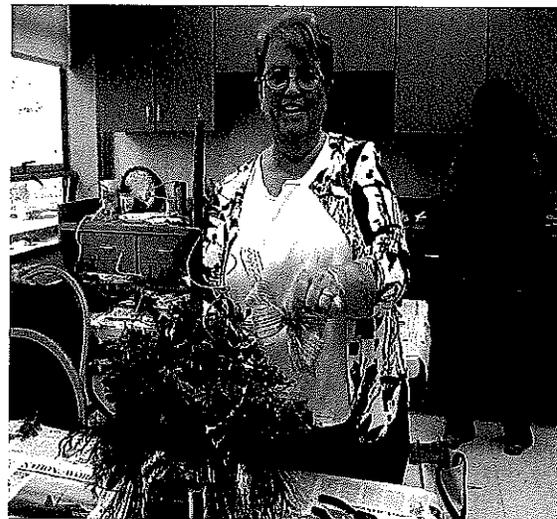
Sponsored by **Waterview Villa**

Thursday, December 15th

Sponsored by **Evergreen House**

Tuesday, December 27th

Sponsored by **Hattie Ide Chaffee**



Connie "Greening" with Mary Jane

Lowering Holiday Stress with Diabetes

All types of stress occasionally pop up, but holiday stress is the gift that keeps on giving year after year. "It's the most wonderful time of the year" can easily morph into "It's the most stressful time of the year," with shopping, wrapping and party planning. Stress is a major trigger for a multitude of health problems, especially for those living with diabetes.

With extra stress, hormones surge and cause a release of stored energy in the form of glucose. Insulin may have a hard time helping the glucose get into the cells and causing an increase in blood glucose levels. People with diabetes who experience holiday stress also might be prone to eating more and exercising less and might be so time crunched that they forget to check their blood glucose levels. This can make their blood sugar climb and they could have poor blood glucose control throughout the holidays.

Reducing your stress during the holidays is not always easy, but experts recommend that to find fun in your holidays, don't lose sight of your health and daily diabetes management. Here are some common ways to reduce stress.

Manage your time: It's important to prioritize your activities and plan ahead as much as possible so everything is not left to the last minute, which can be a major source of stress. Decide on a weekly-or even daily-schedule to manage your holiday to-do list.

Eat healthy: It's not always easy to avoid all the holiday cookies and desserts, but try to avoid processed foods and stick to whole grains, vegetables and fresh fruits. Talk to your dietician about how to follow a healthy meal plan despite all the holiday temptations.

Practice relaxation: Deep breathing and meditation are good ways to calm yourself during busy and stressful moments. Deep breathing helps your brain send oxygen to your muscles, making them relax.

Get some sleep: If you're finding it hard to fall asleep, stick to a routine with regular bedtimes and wake times to better manage stress. Create a sleep-conductive environment that is dark and noise free. Avoid watching T.V. or using a computer in your bedroom, as these activities can hinder your ability to fall asleep.

Set limits: You don't have to attend every party, cook everything from scratch or buy everyone a present. Say yes to things that will be fun and let go of your expectations to do everything perfectly. Do what you're able to do without causing unnecessary stress in your life.

Don't be hard on yourself: Everyone makes mistakes and planning ahead will help you to make fewer of them. Use them as a learning experience and use them to know what to avoid in the future.

Smile and laugh: The act of smiling and laughing can release endorphins from your brain which actually can make you feel better and lower your stress level.



Gift Shop

Stamps, both individual and books

Crackers, Candy, Chips

Jewelry, Note Pads & Pens, Knitted Items

Bottled Water, Pocket Kleenex

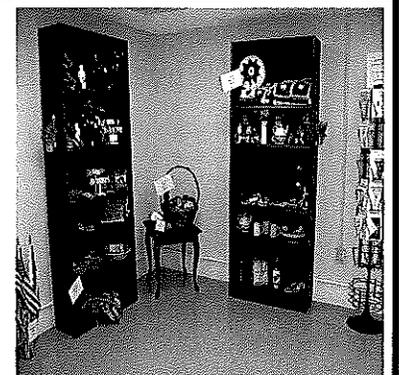
Greeting Cards, Picture Frames

Candles, Bag Caddies,

Assorted Christmas Items

Christmas is coming!!!!!!!

Open 9am 1pm Daily



The Greening of East Providence

December 12, 2016 in the Craft Room

Class # 1 9:00 -11:00 am

Or

Class # 2 1:30 – 3:30 pm

Create your own fresh Holiday Centerpiece



We will be making a live centerpiece that will bring the smell of fresh greens into your home

Cost \$7

Class size is limited so sign up in the administration office ASAP!

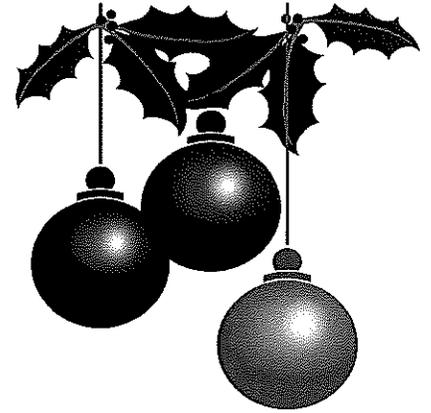
All live greens, containers and other materials will be provided

Please bring: a pair of garden clippers and one candle stick holder



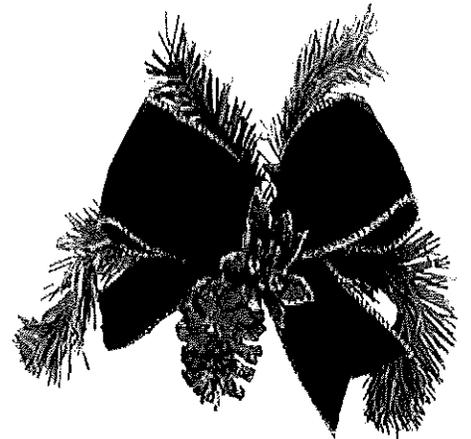
December Features

Thursday, Dec. 1st	SNAP ED	11:00am
Friday, Dec. 2nd	United Health	10:00am
	RIPTA Bus Passes	11:30am
	Blood Pressure Clinic	10:30am
Tuesday, Dec. 6th	Health Screening	9:00am
	Key Finder	10:30am
Wednesday, Dec. 7th	Clinical Lab	8:30am
	Blue Chip	9:00am
	Emergency Management	1:00pm
	Stroke Club	1:30pm
Thursday, Dec. 8th	Diabetes Ed Class	9:30am
Monday, Dec. 12th	Greening of EP	9:00am
Wednesday, Dec. 14th	Memory Screening	10:00am
	Blood Pressure Clinic	10:30am
Thursday, Dec. 15th	Blood Pressure Clinic	10:30am
	AARP Board Meeting	1:00pm
	Red Hatters	1:30pm
	INSight	12:45pm
Friday, Dec. 16th		
Monday, Dec. 19th	Caregiver's Support	10:30am
	Computer Assistance	2:00pm
Thursday, Dec. 22nd	Diabetes Support	1:00pm
Friday, Dec. 23rd	Closing at Noon	
Monday, Dec. 26th	CLOSED	
Tuesday, Dec. 27th	Blood Pressure Clinic	10:30am
Wednesday, Dec. 28th	RSVP Board Meeting	1:00pm
Friday, Dec. 30th	Closing at Noon	
MONDAY, Jan. 2nd	CLOSED	



"I sometimes think we expect too much of Christmas Day. We try to crowd into it the long arrears of kindness and humanity of the whole year. As for me, I like to take my Christmas a little at a time, all through the year. And thus I drift along into the holidays - let them overtake me unexpectedly - waking up some fine morning and suddenly saying to myself: 'Why, this is Christmas Day!'"

~David Grayson



" Christmas is a season not only rejoicing but reflection"
Winston Churchill

**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

Dean Kirkwood Facility Manager
Pat Thomas Receptionist
Connie Caetano Administration
Ed Daft Transportation
Steve Checralah 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, Dec. 7th
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, Dec. 16th
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, Dec. 19th
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, Dec. 22nd
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.

**“All men make mistakes, but married men find
out about them sooner”.**

Red Skelton

Looking For Information

Living Will Assisted Living Facilities
Housing Options Home Care Agencies
Nursing Homes Adult Day Care
Durable Power of Attorney for Health Care

Contact Elder Resource Specialist

Ellen Frazier in the Administration Office



Emergency Preparedness Seminar

Wednesday, December 7, 2016

1:00pm-3:00pm

The purpose is to learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations you can still protect and prepare yourself.

Stay informed

PRESENTED BY
THE RHODE ISLAND EMERGENCY
MANAGEMENT AGENCY

Host Agency

east bay community action program

THE BRIDGE TO SELF-RELIANCE



**As we say
good bye to 2016
let us not forget**

ELIZABETH BROSSEAU
IRENE PENHA
ELEANOR PAPARELLA
NORMAN BAIRD
SAM GEORGE
DOMENIC SAMMANTANO
MARTHA SANTOS
TIMOTHY PACHECO
INEZ MURRAY
MARY FRANCIS
ROSE AMARAL
JOHN LUKE
FRANCES DECKER
PETER BERTANI JR.
MARY ANN TETREULT
JAMES PAVAO
ROBERT STEVENSON
FRED BROWN
AUTILIA BENTO
LILLIAN ESTRELLA
JANICE AMARAL
ERNESTINE SOUZA
MICHAEL D'IPPOLITO
HELEN MAGNER
VIVIAN OUELLETTE
MARY CARVALHO
JOHN CARROLL, JR.
MARY MELLO

“Perhaps they are not stars
but rather
openings in Heaven
where the love of our lost
ones shines down to let
us know they are happy”

Eskimo Legend

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.

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, crackers and greeting cards to jewelry, stamps, handmade items.

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.

"The secret of staying young is to live honestly, eat slowly, and lie about your age".

Lucille Ball

Weekly/Monthly Programs

MONDAY

9:00am Tax Preparation (Feb. & March)
 9:00am Intermediate Yoga
 9:00am Walking Club
 10:30am Beginners Yoga
 10:30am Caregivers Support Group (3rd Mon)
 12:00pm 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 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)
 6:00pm Yoga

FRIDAY

9:00am Billiard League
 10:00am Scrabble
 10:00am Mah Jongg
 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

The trouble with weather forecasting is that it's right too often for us to ignore it and wrong too often for us to rely o it.

Patrick Young

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.

Mah Jongg

Friday 10:00am—Noon
 Enjoy playing a challenging game and forming a social group? Learn how to play. Mah Jongg is a tile game originally played only by Chinese royalty.

Card Games

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

Daily

8am—4pm	Fitness Center
8am—4pm	Library
9am-1pm	Gift Shop
9am-11am	Coffee An
11:45am	Lunch
2:00pm	Coffee Hour

Coffee An

Every afternoon

2pm - 3pm

Sponsored by

Brookdale Manor Retirement Living
 1440 Wampanoag Trail

Active Aging

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.

Meditation for You

Friday 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.

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 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 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



Memory Screening Wednesday Dec. 14th

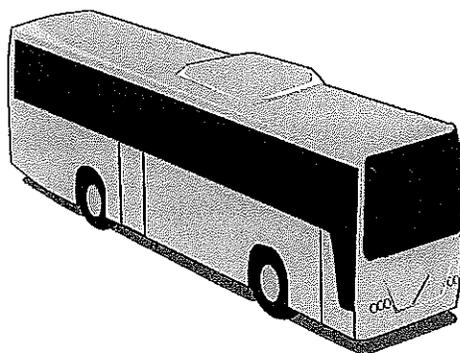
10am—Noon

Wingate on Blackstone's Director of Wellness Andrea Santo RN, will do a Mini Mental Screen on all those who sign up.

This is one of the most commonly used test for evaluating for memory or other mental abilities. You will get a copy and this is a good tool to share with your Doctor.

**Sponsored by Wingate
(Formerly Epoch)**

Sign up in the
Administration Office



RIPTA ID Bus Passes

Friday, December 2nd

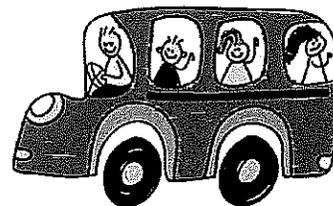
11:30am to 2pm

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.



TOWNIE Road Runners



April 23-30, 2017 Heart of the South - A Journey through New Orleans, Natchez and Lafayette 8 Days. Brochures with full details and prices available at the East Providence Senior Center. Trip will be leaving from T F Green Airport.

Sign up at the East Providence Senior Center in the office or call (401) 435-7800
Or call Eleanor Monteiro (401) 434-8194

A Kidnapping Scam Hits Rhode Island

Police said crooks are using social media and a victim's own voice to get money from loved ones.

The kidnapping scam starts with a phone call. Scammers will call the victim and ask specific questions, while secretly recording the victim's responses. Providence police Detective Capt. Michael Correia said the scammers ask generic questions to not raise suspicion.

"What they're trying to elicit from you is your voice, 'I'm OK.' That type of stuff. Reassuring, but yet a sense of urgency," said Correia, describing how the scammers lure the victims to speak while being recorded.

Then, the scammers call a family member or friend of the victim and make up an elaborate story about the victim being in a car accident.

They play clips of the victim's previously recorded voice on the call to make it appear like the car accident is real. "I think it's believable based on we've talked to victims after, and it's quite believable," said Correia. "They use your own voice, and I think it becomes quite believable because you hear a family members' voice."

After hearing the voice, scammers tell the family they won't release the victim from the car accident until money is wired, and they use information gained from the victim's social media account to make the details and situation seem real. Police said the scammers ask anywhere from \$1,000 to \$2,000.

"I think that's the common denominator," said Correia. "They have some information off the internet and they get the ball going. And before you know it, you're in too deep."

Police said in all cases where the scammers have been successful, the victims believed the hoax too soon.

"If you get a phone call that is suspicious and you don't know the phone number and it starts, 'We have somebody and there's been an accident.' Or, 'We have your loved one.' Slow down. Slow the process down. Call the police. Before you go to the bank or go home and get money and wire it, call the police," said Correia.

So far, about five victims in Rhode Island have lost hundreds or thousands of dollars. Police have traced the phone calls to Puerto Rico, but have no suspects yet in mind.

In the "how low can you go" category, scammers often target veterans, either in direct scams offering bogus services or in charity scams that closely mimic the names of legitimate organizations helping veterans and military families.

By George W. Reilly The Journal

In the "how low can you go" category, scammers often target veterans, either in direct scams offering bogus services or in charity scams that closely mimic the names of legitimate organizations helping veterans and military families.

Be on the lookout for these top scammer tricks. In bogus sales, a scammer claiming to be a deploying service member posts a large ticket item on a classified ad website that he needs to sell right away and at a steep discount. The scammer asks for upfront payment with a wire transfer or gift cards. In another scam the real estate rip-off scammer posts a fake rental property on a classified ad website offering military discounts and tells you to wire transfer a security deposit to the landlord. Bye-bye money.

The VA phishing caller claiming to be from the Department of Veterans Affairs calls to update your information and tries to obtain sensitive personal information from you. Fake charities use names that are close to the names of legitimate charities, often referencing the Armed Forces, veterans, or military families. A benefits buyout scammer will target veterans in need of money by offering cash in exchange for their future disability or pension payments. These buyouts are typically a fraction of the value of the benefit.

To avoid falling for scams like these, be suspicious anytime you are asked to pay for something by wire transfer or gift cards. Know that the VA will never call, text or email you to update your information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad of the Month will begin on Monday December 5 Grilled Chicken- Tomato Black Bean/Corn Mix Tortilla Strips Honey Lime Iceberg Lettuce Dressing	Reservations Or Cancellations 435-7800 Ext 2	SUGGESTED DONATION \$3.00	1 Kale and Bean Soup Veal Cacciatore Seasoned Shells Italian Blend Vegetables Pumpernickel Bread Italian Ice, (Italian Grinder)	2 Chicken Gumbo Soup Pot Roast with Gravy Red Bliss Mashed Potatoes Baby Whole Carrots 9-Grain Bread, Shortbread Cookie (Turkey/Cheese on 9-Grain)
5 Tomato and Brown Rice Soup Sweet and Sour Pork Loin Sweet Potato Apple Cider Cole Slaw Oatmeal Bread Tapioca Pudding (Tuna on Oatmeal Bread)	6 Venus Di Milo Soup Grilled Chicken Cucumbers/Mandarin Oranges Crispy noodles/Iceberg lettuce Ginger Sesame Dressing Rye bread /Granola bar Pastrami and cheese on rye	7 Cream of Broccoli Soup Liver and Onions w/ gravy Oven Roasted Potato Asparagus Tip, Pumpernickel Bread, Apple Pie (Seafood Salad/ Pumpernickel)	8 Lentil Soup Roasted Chicken Quarter Whipped Potato RI Grown Butternut Squash Wheat Dinner Roll Fresh Fruit (Meatball Sub)	9 Red Chowder Florentine Fish/Tartar Baked Potato Mixed Vegetable Marble Bread Hoodsie Cup (Ham and Cheese/Marble)
12 Juice Chicken A La King w/ Veg. Biscuit Tossed Salad w/ Dressing Apricot Half (Corned Beef on Wheat)	13 Chicken Vegetable Soup American Chop Suey w/ Whole Grain Elbow Pasta California Blend Vegetable Mixed Fruit Rye Bread (Tuna on Rye)	14 Split Pea Soup Baked Ham with Pineapple Sweet Potato Winter Blend Vegetable Dinner Roll Fresh Fruit (Turkey and Cheese w Roll)	15 Happy Birthday Minestrone Soup French Meat Pie / Ketchup Seasoned Spinach Oatmeal Bread Frosted Cupcake (Egg Salad on Oatmeal)	16 Christmas Party Pasta Fagioli Stuffed Chicken/ Gravy Red Bliss Mashed Potato Green Beans Almondine Wheat Bread Sour Cream Coffee Cake (Seafood Salad on Roll)
19 Tomato Vegetable Soup Shepard's Pie with Ketchup Tossed Salad w/ Dressing Garlic Roll Sliced Peaches (Chicken Salad on Bulky Roll)	20 Chicken Escarole Soup Low Sodium Hot Dog Baked Bean 3 Bean Salad Pumpernickel Bread, Pudding (Grilled Chicken /Pumpernickel)	21 Chili Soup Airline Chicken Seasoned Cut Potato Sliced Carrots Marble Bread, Angel Food Cake (Meatloaf on Marble)	22 Chicken Soup w/ Egg Flake BBQ Beef Seasoned Rice Mixed Vegetable Rye Bread, Fruit Cocktail (Tuna on Rye)	23 OJ Broccoli and Cheese Quiche Tomato half 3 Sausage Links Fruited Yogurt
26 	27 Bavarian Lentil Soup Roast Turkey with Low Sodium Gravy Mashed Potato/dinner roll RI Grown Butternut , Cookie (Salami and Cheese/Italian)	28 White bean & pasta Soup Meatballs w/Sauce Penne w/Sauce Tossed Salad w/ Dressing Sports Bar, Sliced Italian (Italian Tuna on Roll)	29Butternut Squash Soup Pork Loin w/gravy Rice Pilaf Scandinavian Blend Vegetable Spumoni, Pan roll (Marinated Hot grilled Chicken on roll)	30 Corn Chowder Seafood Casserole Seasoned Whole Grain Pasta Sliced Carrots Fresh Fruit, Rye Bread Ham Salad on Rye