

GRAPEVINE

Claire W. Teague Senior Center

917 South Main Street * Great Barrington * MA, 01230 * 413.528.1881



Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Dining Room: 528-4118 Transportation: 528-4773

COMMUNITY ENTERPRISES

Helps you Stay at Home...

in their newly expanded **Adult Foster Care Program**. Project Aim will send a representative to present a program for home sharing on **Monday, April 13th @ 2:00 PM**. If you are an elderly and/or Disabled Person at home and being cared for by a family member or friend, you may be eligible for Adult Foster Care (AFC). If you need assistance with daily living skills, and have Masshealth, Or are Masshealth eligible, the AFC program may be right for you. If found eligible, you will receive Nursing and Social Work support, training, and your Care Giver will receive a *monthly stipend of \$1200 or more* so they can continue to provide you with support and care in the comfort of your own home.

Wednesday, April 22nd Earth Day ...



Spring Fling cook-out and covered dish event. Willie Nininger will be entertaining us beginning at 11 AM on April 22nd. Rain or no

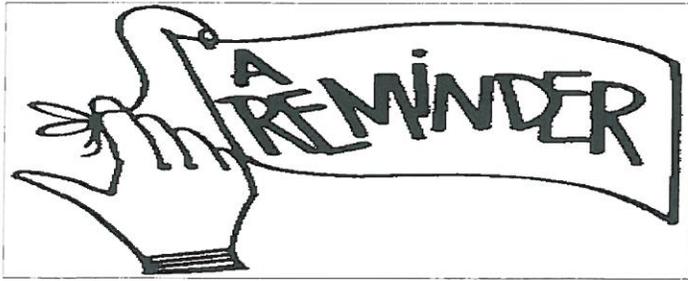


rain. Please sign up on the sign up sheet in the dining room and list what dish or item you will be bringing.

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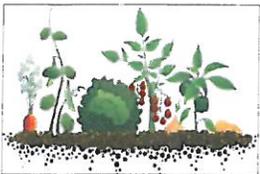


TAP DANCE—FREE for one month! Learn basic tap steps and an easy routine. Tap shoes available to borrow or buy, or

come in hard soled shoes. Classes for beginners and those with rusty experience: Fridays at 1:30 to 2:30. After the free month, the fee will be \$5 for adults and \$3 for seniors. Carolyn Calandro, Instructor.



Continuing the search for more **SETBACK CARD PLAYERS.** Tue. and Wed. from 12 to 3:30 PM. Sign-up sheet in Dining Room.



Garden Plots will be available at the end of May—we are now taking reservations

so first come , first serve! You must be the caretaker of your individual plot.

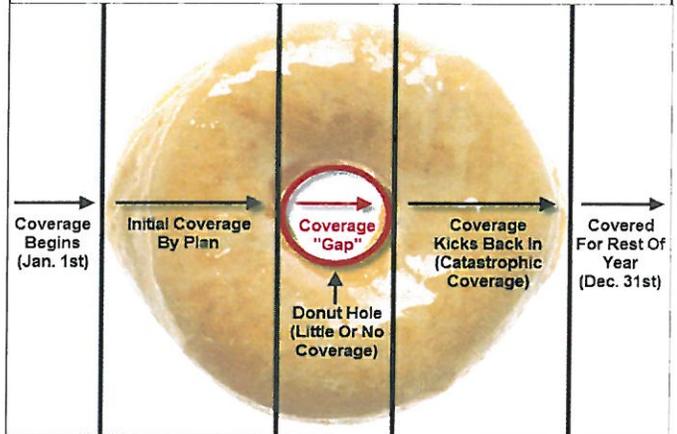


The Bocce court will be getting a face lift as soon as the artic winter is over and the snow melts. We'll plan

on Thursdays in May from 10:00-11:30 AM.

** To view the Grapevine online/in color go to: www.townofgb.org

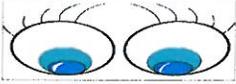
Were You in the Donut Hole last year?



If so... chances are you could reach it again! If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means... a \$300 brand name drug will now cost you \$135! This is where Prescription Advantage can help. **Prescription Advantage, the Massachusetts prescription drug assistance program,** can help pay for your prescription drugs when you reach the “donut hole.”

To find out how to lower your drug costs, call Prescription Advantage at 1-800-243-4636 or call Claire Teague Senior Center at 413-528-1881—applications are available.

On Thursday April 16th, 10:00 AM Kathy Devine will be giving a presentation on Prescription Advantage and answering questions that you may have. *The money you save can be your own!*

LOOKING  **AHEAD...**

Charlie Dutell, Birder, will present a slide show for us Thursday April 9th from 10:00-11:00. Drawing to win \$10 bird house making class in May!!

~ **Project Aim presenting on home sharing/ Adult Foster Care**— Monday April 13th @ 2:00 PM.

~ **Lunch Bunch**—Monday April 13th at Four Brothers

~ **Gizmo/Gadget**— Tuesday, April 14th from 1:30-2:30 PM.

~ **Shopping Trip**, Tuesday April 14th to TJ Maxx, Home Goods and the Berkshire Mall, lunch at the Country Buffet. Cost is \$5.00 plus your lunch. Can accommodate 13 people. Please sign up by Friday, April 10th. Leaving Senior Center @ 9:30 AM.

~ **Polly is on vacation April 15th-21st**

~ **Kathy Devine** presenting on **Prescription Advantage**, Thursday April 16th, 10:00 AM

~ **Berkshire Hill and Dale Spinners Guild** demonstration, April 16th from 11:00-12:30.

~ **Barbara's and Virginia's Breakfast** Tuesday, April 21st at 8:30. See sign-up flyer in dining room.

~ **Earth Day Spring Fling** - Wednesday, April 22nd cook-out and covered dish event. Willie Ninger will be entertaining us starting at 11:00 AM. Rain or no rain.

~ **Monthly dinner Gad Abouts**—dinner will be Thursday April 23rd 5:00pm at the Hillsdale Diner. Please sign up for reservations and if you need a ride.

~ **Friday April 24th FREE Dream Catcher making class.** See sign up sheet for information.



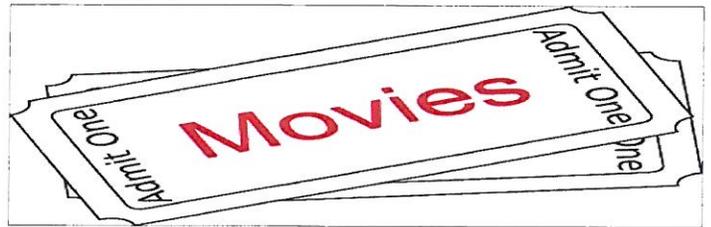
~ **Ron Baker** performing during lunch on Friday, April 24th at 11:30 AM.

~ **Monday Night Community Supper** at Berkshire South- **Monday, April 27th.**

~ **Bingo and Ice Cream** w/ Gt. Barrington Rehab. calling **Monday, April 27th @ 12:30**

~ **The Democratic Committee** will host their candidates forum **Tuesday April 28th from 6:30 -9:00p**

~ **Monday May 4th at 6 PM, Great Barrington Town Meeting** will be held at Monument Mountain. If you need transportation for this event, SBEC will provide it, but please call them to make your reservation at 528-4773 .



MONDAY @ 12:15 pm

April 6th, “Keeping Mum” with Maggie Smith (2005— a very English piece of humour, well written and a lot of fun.)

May 4th, “A Good Year” with Russell

Crowe and Robert Finney (2006 British romantic comedy-drama film, set in London and Provence. Beautiful scenery.)

June 1st, “The Great Imitation” Alan Turing, British mathematician cracks Nazi codes in World War II. Based on a true story. Benedict Cumberbatch (BBC's Sherlock Holmes), Keira Knightley

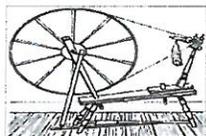


Wednesday , April 1st is Birthday lunch free to all April birthday participants!

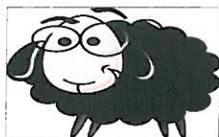
- 2nd Carol Piontek**
- 3rd Jeanne Holcomb**
- 5th Amy Rutstein**
- 6th Michele Gilligan**
- 8th Sandra Houle**
- 8th Kathy LaRose**
- 8th Joe Lockwood**
- 9th Wilma Darada**
- 9th Marge Kirchner**
- 13th Mark Errichetto**
- 13th Leon Sarin**
- 14th Anna Leffingwell**
- 15th Marion Whitman**
- 17th Gail Heath**
- 17th Ann Waldman**
- 20th Barbara Thorpe**
- 21st Kathy McGuire**
- 24th David Rutstein**
- 5th Jane Green**
- 28th Theresa Matava**

Please call the dining room, 528-4118, for Reservations if we will be celebrating with you!

BERKSHIRE HILL AND DALE SPINNERS



Will be here April 16th from 11:00-12:30. They will be demonstrating with spinning wheels, hand spindles and different fiber.



Thank You!

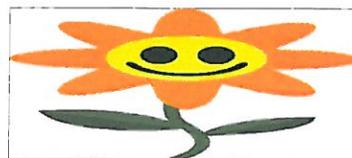
To ~ Great Barrington Rehab for bingo calling and ice cream!

To ~ Ron Boibeau for donating his raffle win to Berkshire Travelers!

To ~ Sandra Sokul for her beautiful cards!

To ~ Barbara and Virginia for their great breakfast!

To ~ Our dining room supervisors and their great volunteers!



GENEALOGY ONE-ON-ONE



Mary, Queen of Scots; Davy Crockett; Thomas Jefferson; the actor Basil Rathbone; Civil Rights Activist, Adam Clayton Powell, Jr. Just some of the names that have come up researching the family histories in the genealogy one-on-one sessions, with Steve Strommer, at the Claire Teague Senior Center in Great Barrington. Some people have wanted to reconnect with classmates, friends and relatives who have gone missing over the years. Various sites on the internet provide portals through which searches can be made. Anonymity is maintained at the center. For anyone wanting to take the trip to pasts known or unknown, make an appointment with Steve at the Claire Teague Senior Center. Bring as much or as little information as you have. At times, only a name and a place of birth or residence is enough. Everyone has a story... what's yours?

COMING TRIP ATTRACTIONS...

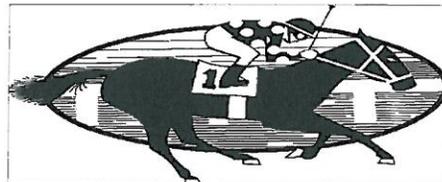
Join us on **Thursday, APRIL 16th** to the casino and a **Country Western Show at the Garden Arts Center** in New London, CT. Package includes: Roundtrip motor coach transportation, Free time at Mohegan Sun , Afternoon Matinee of "Live From Nashville" for \$69.00.



Emerson Colonial Theatre Boston, Tuesday, May 19th "In the Mood" *Chattanooga Choo Choo, Tuxedo Junction* and *Moonlight Serenade* performed by a 13-piece big band and a half dozen singer dancers! Roundtrip transportation, Free time for lunch and shopping, \$99. Departs Claire Teague Senior Center at 8:30 am.

McHayden Theatre on Wednesday, May 27th "Baker's Wife" Matinee at 2:00 PM. "A tasty mix of life's necessities: a baker for a breadless village, tempestuous versus tender love, happenings that make life different and new—all sweetly served with a beautiful score". \$32.00

Headed to the Races in August 12th!! SARATOGA RACE TRACK ~ Package includes: roundtrip transportation & general admission to the park the track.
\$57.00 per person. Lunch on own at



In September ~ A 3-day trip to Amish Country in PA. Joseph & Pennsylvania Dutch "The amazing Production Show Joseph" 3 Day Tour—September 16th-18th, 2015. Joseph's story of forgiveness and integrity has made this Bible story a timeless truth, inspiring generations of men and women to walk uprightly in the midst of great temptation. Sight and Sound's depiction of this classic story will magnify the many qualities



that make this story appeal to all ages. Pick up the flyer at Claire Teague to discover all



that it is included in this great trip!

**** FOR MORE INFORMATION AND RESERVATIONS ON ALL OF THE ABOVE TRIPS, PLEASE CONTACT GRACE ZBELL AT 528-0230.**

BRUCE'S GARDENING CORNER

Remember my advice to lay out your garden with the rows heading east to west? That's good advice as it gets more sun to your plants with the sun rising and setting. It is good advice if your garden is in the ground, but maybe there is no space or for one reason or another you can't dig it up.

Possibly your yard gets sun-the right in the afternoon? Lots of different containers can and can have drainage holes. potting soil if carrots are one choice as you can pick them vest again over and over all

You may want to compete for when your plant starts to set



shine on the left in the morning and on Here is the solution: container gardening. be used but be sure that they are sturdy Some may need to hold eight inches of of your choices. Radishes are a good after a couple of weeks, replant and har-season. They are great in salads.

the largest pumpkin. If that is the case, buds, cut all the buds off except one; one plant, one big pumpkin. When you put tomatoes in the soil, cut some lower branches off so that more of the main stem, when buried, will develop more roots. Now your plant will be much healthier. When you buy potting soil, be sure that it isn't too heavy. The lighter, the better – no need for extra water. You can add your own and, now that you have your plants in your containers, when the sunshine moves, put the plants in full sunlight.

Smile, be good, be happy~ Bruce



Speaking of gardening, we are taking reservations for the community Garden Plots. You must be able to be the caretaker for your individual plot! First come, first serve!



NEW PAINT, NEW CURTAINS, NEW PICTURES

The main dining/meeting room of the Senior Center has been renovated and art work is being rehung throughout the building. The center owns valuable work by local artists. Five watercolors by Doris Gray (1903-2001) who taught art in the public schools for thirty-six years – Bryant, Dewey, Housatonic, and Searles – are in the library. At the end of his life Stanley Phillips (1923-2012) played pool at the center and produced the paintings of his comrades that are in the dining room. Froni Crane's photographs (1915-2012) are displayed at the east end of the main hallway. She and her husband ran a photography group. She was an active volunteer at the center.

The work of a number of local artists is on loan: quilts by Elsa Karr; paintings by Kate Knapp, Elizabeth Kasevich, Eunice Agar, Anna Arthur-Sgalia, Leonard Weber; prints by Frank Packlick (1921-2014) – he had a major show in the Senior Center in 2012; photographs by Nancy-Fay Hecker of Apple Hill Designs; her mother Mimi Macdonald (1931-1995). Mimi Macdonald was known for her photographs taken all over Berkshire County and sold as prints and cards. Eventually other artists will be added to the list.

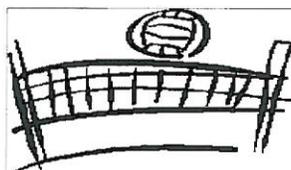
Eunice Agar

THE FOLLOWING CLASSES WILL BE ONGOING AS YOU WOULD LIKE TO PARTAKE...

Bocce



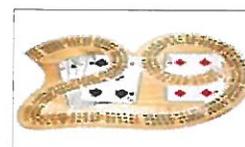
Chair Volleyball



Wii



cribbage



~MONTHLY EVENTS~

Monthly Movie ~ Monday, April 6th 12:00-2:00 "Keeping Mum"

Grief Support Group will meet **Monday, April 6th 5:30-7:00. Open To All.**

AVADA Hearing will be on site **Tuesday April 7th by appointment.**

Lunch Bunch is back!! The second Monday of every month. Monday, April 13th—lunch spot is Four Brothers.

Quilting Guild will meet on **Tuesday, April 14th at 7:00 PM.**

Brown Bag will be distributed on **Wednesday, April 8th** **NOTE: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE.** **Brown Bag** is distributed every second Wednesday of the month .

This month's **TRIAD** meeting will be on **Wednesday, April 8th at 2:00 PM.**

Blood Pressure Clinic with VNA , Thursday April 23rd from 10:00 AM to 11:00 AM.

Barbara's and Virginia's Breakfast is Back! The **third Tuesday** of each month. **Join us Tuesday, April 21st at 8:30.** See sign-up flyer in dining room.

Veterans - FREE Lunch - April 9th and 23rd at 11:30 AM.

Women's Cancer Support Group will meet **Thursday, April 9th and April 23rd from 4:00 PM to 5:30 PM.**

Foot Nurse: Friday, April 10th and Monday, April 13th from 9:00 AM to 1:00 PM by appointment. Cost \$35.00.

Caregivers' Support Group will meet on **Wednesday, April 15th from 1:00 PM to 2:30 PM.**

Friends of Claire Teague meeting Wednesday, April 29th at 12:15 PM.

This month's **Council On Aging Board Meetings** will be held on **Wednesday, April 1st and April 29th at 1:15 PM.**

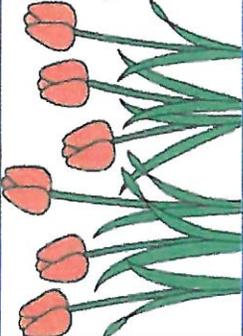
WORD OF THE MONTH: Leprechaun

Make as many words as you can, using only your brain and not the computer (!), name, tear off this page and give it to Rita or Polly. We will announce the winner at lunch **Tuesday, April 28th.**

only the letters in this word. Using write down the words, sign your

name, tear off this page and give it to Rita or Polly. We will announce the winner at lunch **Tues-**

day, April 28th.

APRIL 2015	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>8:30 Coffee Hour 9:30 Matter of Balance 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 Lunch—Split P/Chk Sal Sandw. 12:15 Movie— "Keeping Mum" 1:00 Balance & Movement 2:30 Tap Dancing—Intermediate 5:30 Grief Support</p>	<p>8:30 Coffee Hour 9:00 Bingo 9-12 Genealogy (By Appt) 10:00 AVADA Hearing, Asst. by Appt. 10:00 Crossword Puzzle 11:30 Lunch—Goulash 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 4:00 Strength Training</p>	<p>8:30 Coffee Hour 9:00 Tax Assistance 9:30 Easy Does it Yoga 11:30 Birthday Lunch—BBQ Beef 12:30 Cards 1:15 COA Bd. Mtg. 4:00 Decorative Painting w/Liz</p>	<p>9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch—Ham 12:00 Crafty Hands 12:30 Poker, Rummikub 4:00 Misha's Advanced Exercise</p>	<p>8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch—Baked Fish 12:00 Bridge 1:30 Beginner Tap 2:30 Intermediate Tap</p>
<p>6. 8:30 Coffee Hour 9:30 Matter of Balance 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 Lunch—Split P/Chk Sal Sandw. 12:15 Movie— "Keeping Mum" 1:00 Balance & Movement 2:30 Tap Dancing—Intermediate 5:30 Grief Support</p>	<p>7. 8:30 Coffee Hour 9:00 Bingo 9-12 Genealogy (By Appt) 10:00 AVADA Hearing, Asst. by Appt. 10:00 Crossword Puzzle 11:30 Lunch—Goulash 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 4:00 Strength Training</p>	<p>8. 8:30 Coffee Hour 9:00 Tax Assistance 9:30 Easy Does it Yoga 11:30 Lunch—Baked Chicken 12:30 Brown Bag 12:30 Cards 2:00 Triad 4:00 Decorative Painting w/Liz</p>	<p>9. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Veterans' Lunch—Veal Parmesan 12:00 Crafty Hands 10:00 Charlie Burtell, Birder 12:30 Poker, Rummikub 4:00 Misha's Advanced Exercise 4:00 Womens' Cancer Support</p>	<p>10. 8:30 Coffee Hour 9:00 – 12:00 Foot Nurse 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch—Beef Burgundy 12:00 Bridge 1:30 Beginner Tap 2:30 Intermediate Tap</p>	<p>17. 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch—Egg Sal san/Cr. of Mushrm soup 12:00 Bridge 1:30 Beginner Tap 2:30 Intermediate Tap</p>
<p>13. 8:30 Coffee Hour 9:00 –12:00 Foot Nurse by apt 9:30 Matter of Balance 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 Lunch—Pepper Steak 12:00 Lunch Bunch—Four Brothers 1:00 Balance & Movement 2:00 Project Aim—Home Share presentation 2:30 Tap Dancing—Intermediate</p>	<p>14. 8:30 Coffee Hour 9:00 Bingo 9-12 Genealogy (By Appt) 9:30 Shopping Trip & Lunch 10:00 Crossword Puzzle 11:30 Lunch—Chicken a la King 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 1:30 Gadgets & Gizmos 4:00 Strength Training</p>	<p>15. 8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch—Hot Dog 12:30 Cards 1:00-2:30 Caregiver Support Group 4:00 Decorative Painting w/Liz</p>	<p>16. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 Prescription Advantage—Presentation 10:00 News & Views (No class on 23rd) 11:00 Berkshire Hill & Dale Spinners 11:30 Lunch—Roast Turkey 12:00 Crafty Hands 12:30 Poker, Rummikub 4:00 Misha's Advanced Exercise</p>	<p>23. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 Blood Pressure Clinic 11:30 Veterans' Lunch—Roast Pork 12:00 Crafty Hands 12:30 Poker, Rummikub 4:00 Misha's Advanced Exercise 4:00 Womens' Cancer Support 5:00 Gad Abouts—Dinner @ Hillisdale Diner</p>	<p>24. 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch—Macaroni & Cheese 11:30 Ron Baker performing 12:00 Bridge 12:30 Make a Dream Catcher —FREE CLASS!! 1:30 Beginner Tap 2:30 Intermediate Tap</p>
<p>20. CLOSED FOR PATRIOTS DAY</p> 	<p>21. 8:30 Brekfst w/ Virginia & Barbara 9:00 Bingo 9-12 Genealogy (By Appt) 10:00 Crossword Puzzle 11:30 Lunch—Meatballs 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 4:00 Strength Training</p>	<p>22. 8:30 Coffee Hour 9:30 Easy Does it Yoga 11:00 Spring Fling w/ Willie Nininger 11:30 Lunch—Cookout/Covered Dish 12:30 Cards 4:00 Decorative Painting w/Liz</p>	<p>29. 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 News and Views 11:30 Lunch—Beef Stew 12:15 Friends of Claire Teague 12:30 Cards 1:15 COA Board Mtg. 4:00 Decorative Painting w/ Liz</p>	<p>30. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch—Cheese Lasagna 12:00 Crafty Hands 12:30 Poker, Rummikub 4:00 Misha's Advanced Exercise</p>	<p>30. 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch—Cheese Lasagna 12:00 Crafty Hands 12:30 Poker, Rummikub 4:00 Misha's Advanced Exercise</p>
<p>27. 8:30 Coffee Hour 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch—Cheeseburger 12:15 Bingo/ice cream social 1:00 Balance & Movement 2:30 Tap Dancing—Intermediate 5:00 Berkshire South—Comm. Dinner</p>	<p>28. 8:30 Coffee 9:00 Bingo 9-12 Genealogy (By Appt.) 10:00 Crossword Puzzle 11:30 Lunch—Chicken w/ Biscuit 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo, 4:00 Strength Training 6:30 Democratic Com./Host. Candidates</p>	<p>29. 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 News and Views 11:30 Lunch—Beef Stew 12:15 Friends of Claire Teague 12:30 Cards 1:15 COA Board Mtg. 4:00 Decorative Painting w/ Liz</p>	<p>29. 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 News and Views 11:30 Lunch—Beef Stew 12:15 Friends of Claire Teague 12:30 Cards 1:15 COA Board Mtg. 4:00 Decorative Painting w/ Liz</p>	<p>29. 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 News and Views 11:30 Lunch—Beef Stew 12:15 Friends of Claire Teague 12:30 Cards 1:15 COA Board Mtg. 4:00 Decorative Painting w/ Liz</p>	<p>29. 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 News and Views 11:30 Lunch—Beef Stew 12:15 Friends of Claire Teague 12:30 Cards 1:15 COA Board Mtg. 4:00 Decorative Painting w/ Liz</p>

6.

Elder Services of Berkshire County - Nutrition Program

April 2015

Final

**Modifications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Soup & Sandwich Pea Soup Chicken Salad Stewed Tomatoes Hamburg Roll Apple Crisp	7 Goulash Spinach Carrots 100% Whole Wheat Bread *Chocolate Pudding w/ Topping	1 Barbecue Beef Irish Potatoes Carrots Multigrain Bread Peaches	2 **Ham w/ Raisin Sauce Garlic Mashed Potatoes Sugar Snap Peas Rye Bread *Cookie (Tossed Green Salad, Cong)	3 Baked Fish Red Potatoes Winter Blend Vegetables 100% Whole Wheat Bread Banana
13 Pepper Steak Roasted Potatoes Mixed Italian Vegetables 100% Whole Wheat Bread Applesauce	14 Chicken a la King Brown Rice Broccoli Florets Rye Bread Pears	8 Baked Chicken Breast w/ Gravy Boiled Potatoes Brussel Sprouts w/ Cheese Sauce Multigrain Bread Apple	9 Veal Parmesan Rotini w/ Sauce Italian Green Beans Italian Bread Pineapple	10 Beef Burgundy Parsiled Noodles Peas Dinner Roll Orange
20 Patriot's Day	21 Meatballs w/ Sauce Ziti Spinach Italian Bread Mixed Fruit	15 **Hot Dog Baked Beans Coleslaw Hot Dog Roll *Peach Cobbler	16 Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Dinner Roll *Vanilla Pudding w/ Topping	17 Soup & Sandwich Cream of Mushroom Soup Egg Salad Corn w/ Pimiento Hamburg Roll Orange
27 Cheeseburger Tater Tots Mixed Vegetables Hamburg Roll Mixed Fruit	28 Chicken & Biscuit Mashed Potatoes Beets *Smoothies (Tossed Green Salad, Cong)	22 Oriental Chicken Fried Rice Chinese Mixed Vegetables Oatmeal Bread Pineapple *Fortune Cookie	23 Roast Pork w/ Gravy Garlic Mashed Potatoes Broccoli 100% Whole Wheat Bread Peaches	24 Macaroni & Cheese Green Beans Stewed Tomatoes Multigrain Bread *Butterscotch Pudding w/ Topping

If you will not be home when your meal is delivered
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

All contributions are returned to the community toward the cost of nutrition programs and services.

SUGGESTED VOLUNTARY DONATION
\$2.00 PER MEAL to help defray costs

Dining Room Reservations: 528-4118