

# GRAPEVINE DECEMBER 2025

Claire W. Teague Senior Center \* 917 Main Street \* Gt Barrington, MA 01230  
 Joan Peters, Director \*\*\* jpeters@townofgbma.gov  
 Pat Larkin, Outreach Coordinator \*\* plarkin@townofgbma.gov  
 Websites: www.townofgbma.gov and www.greatbarringtonseniors.org  
 Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM  
 Center: 413-528-1881 So Cty Connector (Transportation) ( 413) 591-3826

## GUEST CHEF LUNCHES



**Mike's Perogies and Sausage**  
**Wednesday, December 3rd**  
 Served with salad and dessert

Please RSVP **by November 28th**

**Hank's Vegetarian Lasagna**  
**Wednesday, Dec 10th**

Served with Italian Sausage, Caesar Salad  
 and Dessert Please RSVP **by Mon., Dec 8th**

**Teague Tapping Elves will be performing a  
 little holiday show for us at noon.  
 Dessert immediately following.**



**Sponsoring FREE lunch**  
**Thur., Dec 18th**

**Roast Beef with Gravy,  
 Mashed Potatoes, Veggie Medley,  
 Salad, Rolls and Dessert Please RSVP by Dec 15th**



**Join us on Sunday, Dec 21st**  
**Earth Angels...are back!**

**12:30 pm to 2:30 pm**

**Joan's soup and grilled cheese sandwiches,  
 Dessert, hot cocoa and coffee.  
 Please RSVP by **Wed., Dec 17th.****

**We will be closed on  
 December 25th**



**HAPPY HANUKKAH**



*Happy Holidays from all of here  
 at the senior center!*

### SPECIAL POINTS OF INTEREST

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**All lunches require a reservation at least 24 hrs in advance (except Mondays; please call by noon on the Friday before) by calling us at 413-528-1881.**

**All lunches are at 11:30 am –Monday –Friday Guest chef lunches are priced:  
 People 60 and over \$ 5 ~ Under 60 \$ 8**

## **SOUTH COUNTY CONNECTOR** Your local Southern Berkshire door-to-door

transportation service operating  
6 AM - 9 PM daily .

We are pleased to announce a series of  
Holiday Season promotions for our riders.

**Buy Two, Get One Free – Flash Sale**  
From **November 28th through December 4th**,  
we are offering a special **Buy Two, Get One**  
Free deal on all 10-trip tickets.

### Holiday Season Discounted Rides – Month of December

Throughout the month of **December**, we are  
offering **reduced-fare rides**  
for all passengers:

- **\$2.00 in-town rides**
- **\$4.00 multi-town rides**
- **\$10 Pittsfield medical rides  
(round trip)**

These discounted prices are available for all  
regular-service trips taken between Decem-  
ber 1st and December 31st.

### Extended New Year's Eve Service

To help our community travel safely, we will  
be offering **service through 1:00 AM on New**  
**Year's Eve**. Additionally, **all rides after**  
**5:00 PM on December 31st**  
**will be free of charge.**

Please reserve rides through our Dispatch  
Center by calling **413-591-3826**.

Our dispatch hours are 8am-4pm  
Mon-Sun. We encourage riders to give at  
least **48 hours' notice** whenever possible.

- **We will be closing early @ 6 PM on  
Christmas Eve so that our drivers can  
spend time with their families. Closed  
Christmas and New Year's Day.**

Join the **Extra  
Special Teas Staff**  
for a **TEA PARTY**



on **Dec 17th at 12:30**

Once again we will have entertain-  
ment by Peter Snyder, sing some  
holiday songs and light refresh-  
ment. Please **RSVP** and let us  
know that you will be coming  
by calling 528-1881.

## **Earth Angels...are back!**

Join us for a wonderful holiday event.

**Sunday, December 21st**

**12:30-2:30 pm**



Everyone is welcome to join us  
for a free Lunch

**Joan's Tomato Soup,  
Grilled Cheese Sandwich  
And Dessert**

followed by the **Earth Angels!**

Bring the grandkids!

We will have a light dessert as well.

**Please RSVP (528-1881)**  
**no later than Wednesday,**  
**December 17th.**



Please join us on

**Friday, Dec 19th at 1 pm**

Losing a loved one can be difficult, especially during the first few months. The flood of emotions can leave us feeling exhausted and confused. Come and join Bereavement Coordinator Lara to learn what to expect when we are grieving, managing expectations and learning how to cope especially during the holidays.

Lara Bolger, MDiv, MA  
Office Phone 413-443-2994  
[lbolger@integritus1.org](mailto:lbolger@integritus1.org)

JOIN US :

**MAHJONG ~ NEW DAY & TIME**

**MON ~ 12:30-2:30 pm**

Beginners are welcome.

**BRIDGE** Tue. at 11:45 am—3:15 pm

**PITCH** Wed. at 12:00 pm

**BINGO** \*Tue at 12:30 pm

~ refreshments included

**\*\*MORE PLAYERS NEEDED**

## EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mon & Thu 10 am \$ 3/ class (chair yoga)
- **Move and Groove w/ Dee Foster** on Tue & Thu at 9:30am \$ 5 /class
- **Strength Training w/ Christine Faber** -Tue at 3:00 pm \$ 3/ class
- **Tai Chi w/ Christine Faber** on Fridays at 9:00 am \$ 3 /class
- **Tap Dancing on Mon & Fri** \$5/class  
**Intermediate ~ 2:00 pm**

**For more information or  
to register  
for classes call 528-1881.**

Join us for a **Circle of Voices**  
A Senior **Poetry Sharing Gathering**  
on **Dec 18th** due to holiday  
next week at **1 pm**

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Join us for an hour of heartfelt words, gentle laughter, and shared memories. This welcoming circle invites seniors to read their own poetry or simply listen and enjoy the rhythms of language. Whether you're a lifelong writer, a first-time sharer, or someone who simply loves the beauty of verse, you'll find friendship, inspiration, and joy in the spoken word.

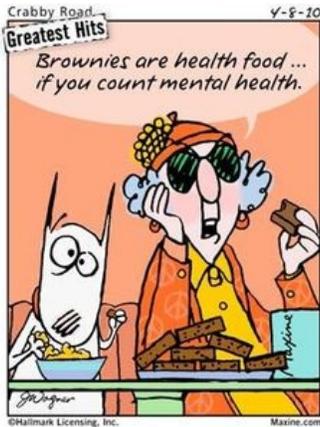
Please call to register at (413) 528-1881.

## NOT

**You are not your age,  
Nor the size of clothes you wear,  
You are not a weight,  
Or the color of your hair.  
You are not your name,  
Or the dimples in your cheeks,  
You are all the books you read,  
And all the words you speak.  
You are your croaky morning voice,  
And the smiles you try to hide,  
You're the sweetness in your laughter,  
And every tear you've cried,  
You're the songs you sing so loudly,  
When you know you're all alone.  
You're the places that you've been to,  
And the one that you call home,  
You're the things that you believe in,  
And the people that you love,  
You're the photos in your bedroom,  
And the future you dream of,  
You're made of so much beauty,  
But it seems that you forgot,  
When you decided that you were defined,  
By all the things you're not.**

by Erin Hanson

## Comic of the Week



- **Foot Nurse with Beverly Dunn~by appointment only**  
On WED; DEC 10th



**BROWN BAG ~ WED;**  
DEC 10th at the Claire Teague Senior Center.

### ART CLASSES~

Vera's Painting Class :  
**THURSDAYS** at  
**10:30 -12:00 pm**

(paintings by class participants)  
No instructor....artists support/  
encourage each other.

**NEW ART CLASS COMING**  
**IN JANUARY!!!**



**\$ 5**

**Jude Harrigan will be offering**  
**an acrylic class (Winter trees)**  
**Supplies provided**  
On Fridays, January 2, 9 & 16  
1pm to 3 pm  
**Call to register to join us.**

## SUPPORT AND HEALTHCARE:

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- **Caregivers Support Group ~**

Meets the **1st and 3rd Wednesday** monthly at 1:00 pm and will be facilitated by Elder Services of Berkshire County.



- **SBPHC Wellness Clinics**

The last Tue each month from  
11:45 am -12:45 pm —Blood Pressure

- **SHINE COUNSELOR**

**Weekly On Tue and Wed —10 am-12 pm**

**SHINE** (Serving the Health Insurance Needs of Everyone) provides free health insurance information & counseling to all MA residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. Clients must be 65 or over (or very close to 65) · **BY APPOINTMENT ONLY.**

Please bring: current financial information, current prescriptions, Medicare and insurance cards.



### **Unleash Your Inner Artist - Paint Pour Party!** **On Thursday, Dec 11th at 12:30**

Come and join **Ginger Alexander** at the **Claire Teague Senior Center** for a vibrant & exciting **Paint Pour Party!** No experience is needed—just a desire to create a beautiful, abstract masterpiece. Acrylic pouring is a mesmerizing technique where you mix and pour paints to create unique, fluid designs. **What's Included:** Your canvas and **all** necessary high-quality supplies are provided! Just show up and let the colors flow.



Class Fee is \$20



### **INTUITIVE COLLAGING**

Join us for another workshop with **Joni Carron**  
which meets on the third Friday  
**10 am to 12 pm**



Free to Be

Joni has been creating collages for 25+ years and will be instructing this class. We will be providing supplies for the class however, feel free to bring any magazines, photos or other images that you might wish to incorporate in your collage. \$ 5 per person ~ Register by calling 528-1881.

**INSTRUCTIONAL ASSISTANCE -  
CALL 528-1881 TO SCHEDULE AN APPT.**

**Carlos' Tech Tips ~ Tuesdays 12-2 pm**

Get individual help w/ smart phones, laptops, email, networks, Wi-fi, internet access/navigation & other tech issues. Appointments are required so call the Senior Center.

**Doug's i-phone Help**

- Do you own an i-phone? An i-pad?
- Are you still trying to figure out how to use it?

Doug Wilber is an *i-phone wiz!* Doug will be here weekly on **Thursdays** from **1 pm—3 pm.** ~ By appointment only, please make sure you bring any and all passwords with you.

**If you see these folks out in the community,  
please wish them a Happy Birthday!**

<b>Barbara Waller</b>	<b>1</b>	<b>Carolyn Estes</b>	<b>14</b>
<b>Fran O'Neill</b>	<b>1</b>	<b>Kay Poliak</b>	<b>16</b>
<b>Theresa Caldwell</b>	<b>1</b>	<b>Susan Butkus</b>	<b>16</b>
<b>Beverly Kimball</b>	<b>2</b>	<b>Donald Piper</b>	<b>17</b>
<b>Madeline Lockwood</b>	<b>4</b>	<b>Peggy Lavalette</b>	<b>18</b>
<b>Judy Pieschel</b>	<b>4</b>	<b>Melissa Miller</b>	<b>21</b>
<b>Peter Sweet</b>	<b>5</b>	<b>Jill Cancellieri</b>	<b>22</b>
<b>Betty Jones</b>	<b>5</b>	<b>Janice Fisher</b>	<b>23</b>
<b>John Kot</b>	<b>8</b>	<b>Carol Gage</b>	<b>23</b>
<b>Linda Kot</b>	<b>9</b>	<b>Mary Warford</b>	<b>24</b>
<b>Chris Hagen</b>	<b>9</b>	<b>Josh Beardsley</b>	<b>24</b>
<b>Patricia Welch</b>	<b>10</b>	<b>Babs Olszewski</b>	<b>26</b>
<b>Marie Davis</b>	<b>11</b>	<b>Diane Tatro</b>	<b>26</b>
<b>Colleen Hall</b>	<b>11</b>	<b>Barbara Beach</b>	<b>28</b>
<b>Norma Jones</b>	<b>11</b>	<b>Florence Wheeler</b>	<b>28</b>
<b>Lynn Heft</b>	<b>11</b>	<b>Maureen McFarland</b>	<b>31</b>
<b>Mary Berryhill</b>	<b>11</b>	<b>Angelina Rizzo</b>	<b>31</b>
<b>MaryAnn Schur</b>	<b>13</b>	<b>Victor D'Aniello</b>	<b>31</b>
<b>Anne Foley</b>	<b>13</b>	<b>Joanne Iarocci</b>	<b>31</b>



**Once you have  
read a book you  
care about,  
some part of it  
is always  
with you.”—**

**Louis L'Amour**

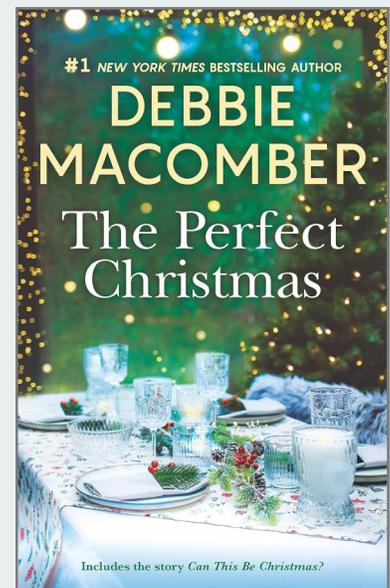
**BOOK CLUB**

Please join us on

**December 30th**

**10 am - 11 am**

when we will discuss :



You can get a copy of the book at the Mason Library.

ONE LINERS

submitted by

Janet Brattesani:

- ON A PLUMBER'S TRUCK:

“We repair what your husband fixed.”

DECEMBER 2025

**\*\* BY APPOINTMENT ONLY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 Sage Moves w Senta <b>1</b></p> <p><b>11:30 LUNCH-Beef Burgundy</b></p> <p><b>1:00 Parkinson's Class</b></p> <p><b>12:30 Mahjong</b></p> <p>1:30 TAP Inter/Advanced</p>	<p>9:00 SHINE <b>by appointment 2</b></p> <p>9:30 Move &amp; Groove</p> <p><b>11:30 -CK breast &amp; Gravy</b></p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p>9:00 SHINE <b>by appointment 3</b></p> <p><b>11:30 LUNCH-MIKE'S</b></p> <p><b>PEROGIES &amp; SAUSAGE</b></p> <p>12:00 Pitch</p> <p><b>1:00 Parkinson's Class</b></p> <p><b>1:00 Caregiver's Support Group</b></p>	<p>9:30 Move &amp; Groove <b>4</b></p> <p>10:00 SHINE <b>by appointment</b></p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p><b>11:30 LUNCH-Salisbury Steak</b></p> <p>1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi <b>5</b></p> <p><b>11:30 LUNCH- Greek</b></p> <p><b>Chicken Casserole</b></p> <p>1:30 TAP Inter/Advanced</p>
<p>10:00 Sage Moves w Senta <b>8</b></p> <p><b>11:30-Lemon Pepper Chicken</b></p> <p><b>1:00 Parkinson's Class</b></p> <p><b>12:30 Mahjong</b></p> <p>1:30 TAP Inter/Advanced</p>	<p>9:30 Move and Groove <b>9</b></p> <p>10:00 SHINE <b>by appointment</b></p> <p><b>11:30 LUNCH-Shepherd's Pie</b></p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p><b>FOOT NURSE-BEVERLY D** 10</b></p> <p><b>BROWN BAG</b></p> <p>10:00 SHINE <b>by appointment</b></p> <p><b>11:30 LUNCH-HANK'S</b></p> <p><b>VEG. LASAGNA&amp; SAUSAGE</b></p> <p><b>w/OUR TEAGUE TAPPERS</b> ★</p> <p>12:00 Pitch</p> <p><b>1:00 Parkinson's Class</b></p>	<p>9:30 Move &amp; Groove <b>11</b></p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p><b>11:30 LUNCH-Ravioli w sauce</b></p> <p><b>12:30 Paint Pour Party</b></p> <p>1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi <b>12</b></p> <p><b>11:30 LUNCH-Pork Loin</b></p> <p>1:30 TAP Inter/Advanced</p>
<p>10:00 Sage Moves w Senta <b>15</b></p> <p><b>11:30 LUNCH-Salmon w glaze</b></p> <p><b>1:00 Parkinson's Class</b></p> <p><b>12:30 Mahjong</b></p> <p><b>1:00 Hospice Grief Workshop</b></p> <p>1:30 TAP Inter/Advanced</p>	<p>9:30 Move &amp; Groove <b>16</b></p> <p>10:00 SHINE <b>by appointment</b></p> <p>10:00 Sage Moves w Senta</p> <p><b>11:30 LUNCH-Beef Stew</b></p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p>10:00 SHINE <b>by appointment 17</b></p> <p><b>11:30 LUNCH-Mac and Cheese</b></p> <p>and onions</p> <p>12:00 Pitch</p> <p><b>12:30 Extra Special Teas</b> 🎵</p> <p><b>1:00 Parkinson's Class</b></p> <p><b>1:00 Caregiver's Support Group</b></p>	<p>9:30 Move &amp; Groove <b>18</b></p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p><b>11:30 LUNCH- Fairview Comm.</b></p> <p><b>ROAST BEEF &amp; GRAVY</b></p> <p><b>1:00 Circle of Voices (Poetry)</b></p> <p>1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi <b>19</b></p> <p><b>10:00 Intuitive Collaging</b></p> <p><b>11:30 LUNCH-Chicken</b></p> <p><b>Puttanesca</b></p> <p><b>1:00 Grief Support</b></p> <p>1:30 TAP Inter/Advanced</p>
<p>10:00 Sage Moves w Senta <b>22</b></p> <p><b>11:30 LUNCH-Chicken</b></p> <p><b>Cordon Royale</b></p> <p><b>1:00 Parkinson's Class</b></p> <p><b>12:30 Mahjong</b></p> <p>1:30 TAP Inter/Advanced</p>	<p>9:30 Move &amp; Groove <b>23</b></p> <p>10:00 SHINE <b>by appointment</b></p> <p><b>11:30 LUNCH-CK Parm</b></p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p>10:00 SHINE <b>by appointment 24</b></p> <p><b>11:30 LUNCH Pasta with</b></p> <p>Sauce and Meatballs</p> <p>12:00 Pitch</p> <p><b>1:00 Parkinson's Class</b></p>	<p>CLOSED FOR CHRISTMAS <b>25</b></p> 	<p>9:00 Tai Chi <b>26</b></p> <p><b>11:30 LUNCH-Moroccan</b></p> <p><b>Beef Stew</b></p> <p>1:30 TAP Inter/Advanced</p>
<p>10:00 Sage Moves w Senta <b>29</b></p> <p><b>11:30 LUNCH-Beef Spanish</b></p> <p><b>Rice</b></p> <p><b>1:00 Parkinson's Class</b></p> <p><b>12:30 Mahjong</b></p> <p>1:30 TAP Inter/Advanced</p>	<p>9:30 Move &amp; Groove <b>30</b></p> <p>10:00 SHINE <b>by appointment</b></p> <p><b>10:00 Book Club</b></p> <p><b>11:30 CK Cauliflower Curry</b></p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p>10:00 SHINE <b>by appointment 31</b></p> <p><b>11:30 LUNCH Asian</b></p> <p><b>Beef Casserole</b></p> <p>12:00 Pitch</p> <p><b>1:00 Parkinson's Class</b></p> <p><b>1:00 COA Board meeting</b></p>	<p><b>Earth Angels SUNDAY</b></p> <p>Join us for a wonderful holiday event on <b>Sunday, December 21st</b> 🎵</p> <p><b>12:30-2:30 pm</b></p> <p>Save the DATE</p> <p>more info on Page 2 of Newsletter</p>	<p><b>NEW ACRYLIC ART CLASS</b></p> <p><b>with Jude Harrigan</b></p> <p>Beginning on January 2nd Friday; 1 pm to 3 pm</p> <p>Class is \$5</p> <p>supplies will be provided</p> <p>Call to register 528-1881</p>

# Elder Services of Berkshire County - Nutrition Program

# DECEMBER 2025

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>	Beef Burgundy 69 Buttered Noodles 8 Broccoli Florets 22 12 Grain Bread 200 Apricot Halves 5 Cal 736 Carb 85 Sod 429	<b>2</b>	Chicken Breast & Gravy 227 Boiled Red Potatoes 15 Scandinavian Blend 31 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 477 Carb 63 Sod 523	<b>3</b>	<b>Mike's Perogies &amp; Sausage Served with salad and dessert Please RSVP by November 28th \$ 5</b>	<b>4</b>	Salisbury Steak 370 Garlic Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 561 Carb 80 Sod 731	<b>5</b>	Greek Chicken Casserole* 595 Boiled Potatoes 15 Harvard Beets 178 12 Grain Bread 200 Clementines 1 Cal 632 Carb 86 Sod 1114
<b>8</b>	Lemon Pepper Chicken 303 Brown Rice 3 Sonoma Veg Blend 20 Whole Wheat Bread 120 Sliced Pears 5 Cal 524 Carb 65 Sod 576	<b>9</b>	Shepherd's Pie 96 Mashed Potatoes 33 Peas and Carrots 69 Oat Nut Bread 150 Applesauce 0 Cal 774 Carb 91 Sod 473	<b>10</b>	<b>Hank's Vegetarian Lasagna Served with Italian Sausage, Caesar Salad and Dessert Please RSVP by Monday, Dec 8th \$ 5</b>	<b>11</b>	Ravioli w/Marinara Sauce 308 Zucchini 3.2 Italian-cut Beans 3 Italian Bread 230 Raisins 4 Cal 549 Carb 92 Sod 673.2	<b>12</b>	Pork Loin w/gravy 63 Mashed Sweet Potato 36 Red Cabbage + Apples 37 Dinner Roll 210 Mangos 0 Cal 654 Carb 88 Sod 471
<b>15</b>	Salmon w/cran-orange glaze 74 Scalloped Potatoes 30 Mixed Vegetables 38 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 758 Carb 109 Sod 427	<b>16</b>	Beef Stew 72 Boiled Potatoes 15 California Blend Veg 17 Biscuit 155 Sliced Peaches 6 Cal 686 Carb 75 Sod 390	<b>17</b>	<b>Mac &amp; Cheese * 663</b> Lentil Soup 45 Green Beans 3 Crackers 3 Pineapple Chunks 1 Cal 636 Carb 83 Sod 837	<b>18</b>	 <b>Roast Beef with Gravy, Mashed Potatoes, Veggie Medley, Salad, Rolls and Dessert Please RSVP by Dec 15th</b>	<b>19</b>	Chicken Putanesca 431 Israeli Couscous 5 Peas and Mushrooms 180 12 Grain Bread 200 Apricots 5 Cal 591 Carb 88 Sod 946
<b>22</b>	<b>Chicken Cordon Royale*</b> 550 Herb-buttered Noodles 8 Capri Blend Vegetables 22 Whole Wheat Bread 150 Fruit Cocktail 5 Cal 712 Carb 88 Sod 860	<b>23</b>	<b>Chicken Parm*</b> 780 Rice Pilaf 12 Lyonnais Carrots 74 WG White Bread 120 <b>Vanilla Pudding **</b> 141 Cal 671 Carb 69 Sod 1252	<b>24</b>	Pasta w/tomato sauce 313 Meatballs 210 Tuscan Blend 40 Italian Bread 230 Spiced Apples 11 Cal 601 Carb 84 Sod 929	<b>25</b>	 <b>Christmas Day</b> <b>No Meals Today</b>	<b>26</b>	Moroccan Beef Stew 169 Warm Barley 5 Yellow Squash 0 Dinner Roll 210 Fresh Orange 0 Cal 643 Carb 83 Sod 509
<b>29</b>	Beef Spanish Rice 94 Cream of Broccoli Soup 37 Roasted Works Corn 11 Tortilla Shell 173 Mangos 0 Cal 714 Carb 89 Sod 440	<b>30</b>	Chicken Cauliflower Curry 453 Mashed Potatoes 33 Carrots 43 Corn Bread 120 Applesauce 0 Cal 595 Carb 78 Sod 774	<b>31</b>	<b>NEW YEAR'S EVE</b> Asian Beef Casserole 332 Brown Rice 3 Asparagus 43 Fortune Cookie 0 Mandarin Oranges 7 Cal 587 Carb 86 Sod 483	<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>			
<p><b>Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium</b></p> <p>Calories and sodium from salad dressings, margarine, crackers and condiments are not included. Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.</p> <p style="text-align: right;">*High Sodium **Modifications for restricted sugar available</p>									

G K S H W A B J A G S T O C K I N G A E  
 L O U C T L R E I N D E E R S Y C U N W  
 N I G N W A C O L J S N O W M A N H I R  
 H E A K R A R E M L E O R E W E G F H E  
 A S R C E Y E C O I S H E P H E R D O N  
 M N P P A R U R A N F U W O I L A T J L  
 E O L S T O A W Y J I N G L E J E I U S  
 D W U N H C G I N O A N G E L L A D N G  
 L F M K A C A N D Y E O N A T I V I T Y  
 A L S E N I A F N R U E O S M A C N I O  
 I A U O G R I N C H O L I F J D I G N R  
 N K T K U E P J D F G M E R R Y L S S N  
 O E M L D V A K R L A P O T D M N O E A  
 E S I S T A R A U C E N R D I O S E L M  
 I A S N S E T R M U G F R E D D L A M E  
 M O H O L L Y O U A G D K U S G E O K N  
 U K U W N F E G P I N E N I U E Y E N T  
 R S A R I V R I B B O N A S C V N T U S  
 R E L O V E K N G A G E D L I G H T S A  
 E N F T K A S O K H E M A N G E R K S O

ANGEL  
 BELLS  
 CANDLE  
 CANDY  
 CAROLS  
 DRUM  
 EGGNOG  
 ELF  
 GRINCH  
 HOLLY  
 IVY

JINGLE  
 JOY  
 LIGHTS  
 LOVE  
 MAIL  
 MANGER  
 MISTLETOE  
 MERRY  
 MURR  
 NATIVITY  
 NOEL

ORNAMENTS  
 PARTY  
 PEACE  
 PINE  
 PRESENTS  
 RED  
 REINDEER  
 RIBBON  
 SANTA  
 SHEPHERD  
 SLEIGH

SNOW  
 SNOWFLAKES  
 SNOWMAN  
 STAR  
 STOCKING  
 SUGARPLUMS  
 TIDINGS  
 TINSEL  
 TREE  
 WREATH  
 YULETIDE

