



Castleton Community Center

April 2018 Newsletter



HAPPY 20TH ANNIVERSARY CASTLETON COMMUNITY SENIORS

Twenty years ago a group of seniors, led by Dr. Holman Jordan and Nancy Doran, saw the need for a senior center in the western Rutland County area. They began meeting in the basement of St. John's Church in Castleton and then, through the generosity of the Alma Gibbs Donchian Foundation, were able to establish a permanent home at the Old Homestead on Main Street.

Both our senior meal program and our Elderly and Disabled Transportation program were initiated in 1998. Today we serve over 1,200 meals in our dining room and, with the assistance of Castleton University volunteers, act as the distribution center for 4000+ home delivered meals. Over 3,200 rides are given annually for essential travel to doctor's appointments, physical therapy, adult day care, senior meals and essential food shopping for older adults in western Rutland County.

Our Wellness Program was launched in 2004 and expanded in 2009 with the renovation of our barn into a multi-purpose Wellness Center. Today we have 10 fitness classes for older adults to choose from each week.

The vision of our founding members is a true reflection who we are today:

The Castleton Community Center should be a caring, giving place for young and old alike. It should be a place where people can go to learn, feel better about themselves and others, have fun, spend an evening, an afternoon or morning. It should be a place to meet friends and make new friends; a place to share and enjoy with others; a place to escape isolation and winter blues. It should be a place where there is always something happening and usually more than one thing at a time. It is a lively, active, joyful place. It is a place where you and your family can do things that you might not be able to do in your own homes. It should be a place to celebrate life and living —with others.

From grassroots to full-fledged 501c3 with over 500 members, we have much to celebrate. Please join us as we reflect on 20 years of "Seniors Serving the Community" at our Open House on Friday April 6, 2018.

*You are cordially invited
to join the
Castleton Community Seniors
in celebrating our
20th Anniversary
of Service to the Community
Friday April 6th*

9:00-11:00 *Coffee, Tea, Punch
& Homemade Pastries*
12:00 *Buffet Lunch*
1:00 *Guest Speaker: Joe Carroll host of WCAX TV "Super Seniors"*

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- *Video: 20 years of Service to the Community*
- *Photo Albums-1998 to 2018*
- *CCSI 20 Question Trivia Contest*
- *Silent Auction*



Mindfulness Message

TUNE IN!

A recent study shows that mindfulness practices such as this may be responsible not only for structural changes in the brain, but also for extending our life. Mindfulness is being aware of or bringing attention to this moment in time, deliberately and without judging the experience. The goal is to stay present and calm without slipping into the thinking/worrying mode.

Using sound as the focal point start with 5 minutes.

1. Sit in a quiet spot
2. Soften your gaze or close your eyes
3. Allow sounds to enter your awareness and let them pass like clouds in the sky
4. Let go of labelling the sounds because we tend to think of the story instead of feeling
5. As thoughts creep into your mind, gently, without judgement return your awareness to simply listening.

From the "Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace" by Dr. Patrizia Collard.



Great Courses

The Great Courses at the Community Center is a wonderful program that offers educational, entertaining and stimulating lectures and discussions. The Great Courses brings the world's most engaging professors and world-class experts right to us in video format.

Native Peoples of North America

Professor Daniel Cobb, PhD University of North Carolina, Chapel Hill

Facilitated by Joe Mark

Professor Cobb brings his experience as an author and teacher to recount an absolutely fascinating, larger-than-life story across a timespan of more than 500 years. This insightful and unique program is filled with images and rare artifacts from Smithsonian's famed collections, and informed by fascinating insights from Smithsonian historians. The National Museum of the American Indian is dedicated to the

life, languages, literature, history, and arts of the Native Americans of the Western Hemisphere. Museum input into this course—both in helping to shape the riveting curriculum and by allowing use of their spectacular collections—has allowed us to create a truly engaging course that will thoroughly change your understanding of American history. **FREE**

This course will be held on Wednesdays 1:30-3:00 at the Castleton Community Center,

Discovering Your Roots: An Introduction to Genealogy

Video Professor John Phillip Colletta, Independent Genealogist

Facilitated by Dani Roberts

Genealogy is a journey of discovery that can teach you as much about yourself as about those who came before you. Many of us hold back from unearthing our family history because we don't know how to go about it. In ten engaging lectures, learn how to uncover information from the long-forgotten past.

This course will be held on Thursdays 1:00-2:30 at the Castleton Community Center



Game Day-NOTE DAY CHANGE

Fri. April 13 12-2:30

Due to our 20th Anniversary Celebration April 6th, Game Day this month will be the 2nd Friday April 13th and lunch will be pizza. There will be a variety of board games, cards and our popular action games: Nintendo Wii Bowling and Putting Green. Lots of door prizes and laughs for all who come to play! Members of the Castleton University Football team will be joining us. **Please call 468-3093 by Wed. April 11th to make a reservation for lunch and games.**



Spring Clean-Up Day April 28

The Castleton University Upward Bound program has scheduled their annual community Spring Clean Up Day for Saturday April 28th. The Community Center has been fortunate to have this great group of students from area high schools along with their CU coordinators help each spring to “wipe away winter” and get us ready for spring and summer activities. Plus, our good friends at the Fellowship Bible Church are returning that afternoon to “let the light shine in” by cleaning the Center windows. **THANK YOU ONE AND ALL!**



Pot Luck-Friday April 27

Join in the festivities at the Castleton Community Center on Friday, April 27th for Pot Luck Supper. The entree will be Orange Hazelnut Chicken prepared by our guest chef Holly Hitchcock. The program features a speaker from the Audubon Society to delight us with knowledge of the birds around us.

Dinner begins at 6:00pm. Bring along a side dish, salad, or dessert...and a friend! A \$2.00 donation is requested. CALL THE CENTER (468-3093) NO LATER THAN WED NOON (APRIL 25TH) TO RESERVE A SEAT.



Coffee Hour

Each Friday morning from 9:00-11:00, the Center holds a free coffee hour open to all. Join us for some homemade goodies, hot brew and good company!



SAVE THE DATE

Saturday June 23rd is the 11th Annual Castleton Town Wide Yard Sale. Both indoor and outdoor vendor spaces are selling fast. Let us know if you want to be listed on our “at home” yard sale map. Registration and information forms are available at the Center or call 468-3093.



Commit to Quit! Tobacco Cessation Workshops

Do you want to quit smoking but nothing seems to work? You are not alone. The Center will be the site of a series of free Tobacco Cessation workshops for residents of Castleton and surrounding communities on Tuesdays from 5-6pm. Those who attend can receive free nicotine replacement products such as patches, gum or lozenges. Workshops and nicotine replacement doubles your chance of a successful long term quit. Call Sarah at the RRMC Tobacco Cessation Program to register 802-747-3768. Drop-ins are always welcome.



ADVANCE DIRECTIVES Thursday, April 19th

Planning for end-of-life is as important as all the other life plans you make. An Advance Directives Explainer is available to assist you with completion and filing of your Advance Directives while you are healthy. A health crisis can happen to anyone at any time. NOW is the time to do planning for health care decisions for that time when you might not be able to speak for yourself. SASH, the Community Health Team of Rutland Regional Medical Center and the Castleton Community Center have come together to offer you ADVANCE DIRECTIVES ASSISTANCE. The 3rd Thursday of every month from 9-1 an ADVANCE DIRECTIVES VOLUNTEER EXPLAINER will be available in the Library Room of the Castleton Community Center. Please call 776-5502, or email bjcolburn@rrmc.org to schedule an appointment.



April 17th - Feeling Out of Joint: The Aches of Arthritis

Lynn Tucker from the Rutland County Sheriff's Department will be at the Castleton Community Center on Tuesday, April 17th at 11am to present *Feeling Out of Joint: The Aches of Arthritis*. Lynn will discuss signs, symptoms and will explain methods that may reduce your pain. The worst thing you can do for arthritis is nothing! This is a free program, and all are encouraged to attend. Please contact your SASH Coordinator at 802.417.7456 for more information.



Medicare Minutes

APRIL 16th at 12:30

A representative from the Senior Medicare Patrol will at the Castleton Community Center on the Third Monday of each month after lunch to present the newest information on Medicare and to answer any questions you might have.



DUES NOTICE

If you have a *RED DOT* next to your name on the address label of this Newsletter, your dues are due for 2018. Membership is not required to participate in any of our programs or services, and Newsletters can be picked up at the Community Center. However, to receive your Newsletter at home please send your payment with the form below. Thank you.

Osher Lifelong Learning Institute

Spring Series: South of the Border

April 6- Cuba Past and Present: A first-hand Account of a Complex & Cordial Country, Elayne Clift

April 13 – “Poor Mexico: So Far From God, So Close to the United States”, UVM Prof. Caroline Beer

April 20 – A Passport to My “Bucket List”, Prof. Bryant J. Reynolds

April 27 – Latin Grooves and Latin Tinge: Music, History & Culture in the Americas, Dr. Philip Lamy

These programs are held at the Godnick Adult Center on Fridays 1:30-3:00. For program information and directions call the Godnick Center at 773-0184. Purchase of a \$40 membership card entitles you to attend all twelve sessions during the winter 2014 term. Non-members may pay \$5 at the door for each session.

Wellness Center Programs & Activities

Exercise is Medicine!



Walk & Ride

Walking is a great way to ease back into a more active lifestyle. Stop by our Walk & Ride room in the Wellness Center and use our tread mill or stationary bike to discover for yourself the improved physical condition some time on this simple equipment can provide.



LINE DANCE Tuesdays 12:00-1:00

A combination of country, popular and ball room line dancing will be held on Tuesdays 12:00-1:00.
Instructor-Maryann Ligouri FREE



Tai Chi

Tai Chi routines are safe, easy to learn and suitable for every fitness level. Benefits of practicing Tai Chi include reduced stress, increased balance and flexibility, relaxation, and improved overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life through mental and physical well-being. Class size is limited. FREE

**BEGINNER CLASS STARTING IN APRIL 18 AT 2:30. FREE. CLASS SIZE IS LIMITED.
CALL THE CENTER TO REGISTER.**

Tai Chi

Tuesday 1:30–2:15 -Tai Chi Falls Prevention Practice

Tuesday 2:15-2:45 - Tai Chi Diabetes Group Practice

Thursday 10:45-11:30 - Tai Chi Falls Prevention Practice

Thursday 11:30-12:30-Tai Chi Level 3 (additional moves)

Wednesday 1:30-2:15 -Seated Tai Chi

Wednesday 2:30-3:30 – Beginner Tai Chi



Circuit Works

Circuit Works is a circuit training program that will target all the major muscle groups with strength and flexibility exercises. The class will work with bands, tubing, and weights to add resistance; the bike and treadmill for cardio and the exercise ball and mats for core. Class size is limited. Register by calling 468-3093. Free



Dance Your Way to Health Monday 4:15-5:15

Using Aerobic Dance components, this class is designed to burn calories and build heart strength. We will use a combination of dance steps that are fun and easy to follow. This class will meet on Mondays from 4:00-5:00. If the big gyms intimidate you, come to the Community Center Dance Your Way to Health class. This class is limited to 10 people and individuals are encouraged to work at their own pace. It's fun, non-threatening, and will keep you moving! Register by calling the Center 468-3093. **Free**

Bone Builders Tuesday and Thursday mornings 9:30 to 10:30.

The Community Center hosts the RSVP Bone Builders Osteoporosis Prevention Exercise Program. This innovative program provides strength training and balance exercises and education that can help prevent, reverse or alleviate osteoporosis symptoms. The program uses light weights for resistance training to increase both bone and muscle strength. **Free**

Better Balance Monday, Wednesday and Friday from 10:00-11:00

This program to help prevent falls is for men and women of any ability level. Exercises are based on the approved Matter of Balance Program and are safe and easy to moderate. No weights or exercise equipment needed. **Free**

Blood Pressure Checks-The Bayada Home Health Care Nurse will be available to do Blood Pressure checks at the Center once a month just before our Birthday Lunch. This month's date is March 28th.

IN AN EFFORT TO ENCOURAGE ACTIVE AND HEALTHIER LIFESTYLES, CCSI SPONSORED
WELLNESS CLASSES ARE FREE
THERE IS A DONATION BOX IN THE WELLNESS CENTER FOR ANY FREE WILL OFFERINGS
TO HELP COVER OVERHEAD.



Tai Chi (SUN 73)

Full Form practice session 5:30- 6:30pm

Sun style Tai Chi is the parent form of the arthritis and falls prevention program incorporating 73 movements. This is a group practice to enhance the depth of our tai chi. Classes are \$5.00 per class. For registration contact Laurie 802-265-3684 or email ldknauer@comcast.net.



YOGA – Wednesdays 8:30-9:45 with

Classes are \$20 for 4 weeks. Call Christine Brown for registration 273-2078.

Ball Room Dance Lessons – Tuesdays or Fridays 7:30-8:30PM

Classes are \$20.00 per couple. Call Mary-Anne and Mario Liguori for information 273-2304.

RAVNAH Foot Clinic - The Rutland Visiting Nurses and Hospice Foot Care Clinic is held at the Castleton Meadows the 2nd Thursday of each month at 12:30



Welcome New Members

Richard & Nancy Weis

Charles & Mary Brown



April Birthdays

April 1 Lillian Hamblin
April 3 Joe Daniele
Karelia Melendi
Lional Melendi
Carole Wirth
April 6 Greg Knapp
April 9 Patricia Graziano
April 10 Diane McCoy
April 11 Jan Ellis
Isabelle Tolnes
April 13 Eunice Clark
Gary Malkin
April 15 Jeanne Ladd
April 17 Diane Bake
Karen Close
April 20 Antoinette Lynch
Donald Wood
April 21 Kelly Ramson
April 22 Harold Ranney
April 23 Paula Bonazinga
Harriet Ranson
April 24 Don Maloy
April 27 Jerry Lockwood

April 28 Anthony Cardamone
Rose Knepper
Pamelia Tatro
April 29 Patrick Szabo
April 30 Susan Ianni

On **Wednesday, April 25th** we will celebrate all this month's birthdays with a special dinner prepared by East Creek Catering. There will be balloons, a 50/50 raffle, and gifts for the birthday gal or guy!
RESERVATIONS MUST BE MADE NO LATER THAN 10am MONDAY, APRIL 23rd



Essential Shopping Mondays

Plan your essential needs shopping trips for Monday afternoons. Our bus will begin pickups in Fair Haven and Castleton at approximately 12:30. You will have approximately 1 1/2 hours to shop. The Center's van service is free for adults aged 60+ or any disabled individuals. Donations are appreciated. Call the Center by Friday if you want to be on the ride list.

Week 1	April 2	Hannaford's / Aldi's / Mall
Week 2	April 9	Price Chopper / Wal-Mart
Week 3	April 16	Shaws/Pruniers
Week 4	April 23	Price Chopper / Wal-Mart
Week 5	April 30	Shaws/Pruniers

WHAT'S HAPPENING AT THE CENTER



Knitters Network

The Knitters Network meets the second and fourth Mondays of each month at 10:00 in the Castleton Community Center Library. If you prefer to knit at home, call the Center and we'll tell you how you can use your talents to help others. Everyone is welcome. The **Operation Doll** meetings are held the 4th Monday of the month. Donations for our RSVP doll project are always welcome and needed.

MAHJONG

Mahjong, similar to the Western card game rummy, is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols. Come on Fridays from 9:30-11:00 and join in the fun.

SCRABBLE

Scrabble widens the vocabulary, helps you strengthen your spelling skills and is good "brain aerobics". It a win, win! So come join our Friday morning Scrabble Group. We start at 11am.



Sewing Circle Meets on Mondays

Monday afternoons from 1:00-3:00, you are invited to join folks at the Center working on a variety of projects.

Whether it be quilting, needle point, rug hooking, or a variety of other projects, drop in for the joy of working together. The group includes many experienced crafters who can lend support and inspiration!

Children's Comfort Blanket Project - Donations of new, homemade blankets in sizes suitable for infants to teens are needed. The Children's Comfort Blanket Project distributes these blankets to children who are sick, needy or traumatized. Contact Kathy Budd at 802-438-5180 for more information or to let her know of a youngster in need. Donations may be dropped off with the Monday Sewing Circle here at the Center.



PLAY BRIDGE?

Whether you are New Player, Intermediate Player or Advanced Player you can enjoy an afternoon playing bridge at the Center. We now have two groups playing on Monday afternoons from 1:00 - 4:00. Join a friendly game of Rubber Bridge or join the advanced players for some healthy competition. You are welcome to stop by any Monday afternoon to watch or play.



Castleton Community Seniors Van Service

The Castleton Community Center transportation program is part of the Federal Elderly and Disabled Transportation program. Participants must be 60 years or older and/or disabled. The vans are equipped with a wheel chair lift. The Castleton Community Center bus picks up riders in Castleton, Hubbardton, Fair Haven and Poultney We can transport people to medical appointments, physical therapy, critical care appointments, essential shopping, hair appointments, pharmacy, senior meal sites, wellness programs and adult day care.

The driver's responsibilities are to get the passengers from one location to another safely. The driver may help passengers on or off the bus, but is not allowed to enter a person's home. **If you need assistance, you will need to have a companion ride with you. To schedule an appointment or for more information call the Castleton Community Center 468-3093. We require 24 hour notice for rides to make an accurate schedule.**



Learn to Earn

Associates for Training and Development administers the Senior Community Service Employment Program (SCSEP), which helps older adults get back into the workforce by providing paid occupational skills and workplace experience training. Geared specifically for income-qualified workers age 55+, the purpose of SCSEP is to provide training and skill building opportunities to program participants while providing much needed community service to local non-profits such as the Castleton Community

Center. If you think you might qualify, please call the local SCSEP office at (802)-282-4425 or visit their website at www.a4td.org.



Accessing “Access”

PEGTV’s weekly news magazine program “ACCESS” has a featured senior segment every week, regarding health, wellness and a variety of other topics. We would love input from you! What kind of stories would you like to see? What issues are you most concerned about? Let us know.



Bottle & Can Redemption Bin

Bring your redeemable bottles and cans to the Center and drop them in the handy bin located at the back of the Wellness Center. We’ll redeem them and all proceeds will be used for Community Center programs. Or you can take them to Beverage King and tell them they are for the Community Center account. Thank you!



Cartridges for Cash

Thanks to all who have been bringing used printer cartridges to the Center for recycling. Recycling is an effective alternative to trashing our environment and an easy way to help the Center raise funds for our programs and services. **KEEP UP THE GOOD WORK!**

MagnaVision TV

The Vermont Association for the Blind and Visually Impaired has provided a Magnavision TV for our members and guests. The Magnavision TV is used to enlarge documents so the visually impaired can easily read them. It is also very helpful for balancing checking accounts. The set is located in the front hall and is available Mon. through Fri. 8:30-4:30.

APRIL

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 Happy Easter 	2 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	3 Bone Builders 9:30-10:30 Circuit Works 11-12 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1 :00 Tai Chi 4 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	4 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Great Courses Native American Peoples 1:30-3:00	5 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	6 CCSI 20 th ANNIVERSARY 9-11 Coffee & Pasteries 12:00 Buffet Lunch 1:00 Guest Speaker Joe Carroll WCAX TV Super Seniors Program	7
8	9 Knitter's Network 10-11:00 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	10 Bone Builders 9:30-10:30 Circuit Works 11-12 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1 :00 Tai Chi 4 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	11 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Great Courses Native American Peoples 1:30-3:00	12 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	13 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 GAME DAY 12:00-2:30 Ballroom Dance 7:30-8:30	14
15	16 Better Balance 10-11 Lunch 12:00 Medicare Minutes 12:30 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	17 Bone Builders 9:30-10:30 Circuit Works 11-12 SASH- Aches of Athritis 11:00 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1 :00 Tai Chi 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	18 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	19 Adv. Directives 9:00-1:00 (appt.) Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	20 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	21
22	23 Knitter's Network 10-11:00 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30	24 Bone Builders 9:30-10:30 Circuit Works 11-12 Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi 1:30-2:15 Tai Chi D 2:15-2:45 Quit Smoking 5-6 Ballroom Dance 7:00	25 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Seated Tai Chi 1:30-2:30 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	26 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi 4 10:45-11:30 Tai Chi 1 11:30-12:30 Great Courses: Genealogy 1:00-2:30	27 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30 POT LUCK SUPPER 6:00	28 Spring Clean Up 9:30-11:30  World Tai Chi Qigong Day
29	30 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4:15-5:15 Tai Chi - Sun73 5:30-6:30					

CCC



April

<p>2 Yankee Pot Roast w/ Vegetable Gravy Mashed Potato Whole Beets Wheat Roll White Chocolate Craisin Cookie</p>	<p>3 Shepherd's Pie w/Corn Green Beans Wheat Roll Carrot Cake w/Light Bettercreme</p>	<p>4 Chicken Cordon Bleu Casserole w/Elbow Macaroni & Swiss Cheese California Blend Vegetables Wheat Bread Pears</p>
<p>9 Chipped Beef w/Mashed Potatoes Italian Green Beans Corn Bread Muffin Fruit Medley</p>	<p>10 Chicken & Biscuit Diced Carrots Broccoli Slaw Apple Cake w/Confectioner's Sugar</p>	<p>11 Baked Meatloaf w/Diced Beets, Brown Sauce Yams Brussel Sprouts Oatmeal Bread Tapioca Pudding w/Peaches & Cream</p>
<p>16 Baked Beef and Penne Pasta w/Mozzarella Cheese Cole Slaw w/Pineapple & Carrots Wheat Italian Bread Baked Sliced Apples w/Cinnamon</p>	<p>17 BBQ Pork Loin Mashed Potatoes Broccoli Floret's Biscuit Apricots</p>	<p>18 Italian Chicken Fingers Duck Sauce Peas & Carrots Seasoned Penne Pasta Wheat Bread Pineapple Chunks</p>
<p>23 Sweet-n-Sour Pork Cut Fettuccini Green Beans Wheat Bread Pineapple Tidbits</p>	<p>24 Cheese Ravioli w/ Red Meat Sauce Parmesan Cheese Broccoli Florets Wheat Italian Bread Peaches</p>	<p>25 Birthday Lunch Chicken Tarragon Vegetable Rice Pilaf Mixed Vegetables Dinner Rolls Birthday Cake</p>
<p>30 Meatloaf/Brown Sauce Mashed Potatoes French Green Beans Whole Wheat Bread Carrot Muffins w/Cream Cheese Icing</p>		

Seniors \$4.00 Non-seniors \$5.00

Please remember that we must have all reservations by 10:00AM the day before and Friday at 10:00AM for Monday's meal. We try to keep a waiting list in case someone cancels, but in all fairness to others attending, we must have an accurate count in advance. Also, please be kind and let us know as soon as possible if you must cancel a reservation. Remember, the Center is billed for each meal we order, so it is important to call ahead. Thank you!