



Castleton Community Center

May 2018 Newsletter



Celebrating 20 Years of Service to the Community

Over 70 members and guests joined in the Castleton Community Seniors 20th Anniversary celebration at an Open House on Friday April 6th. The day started with coffee and homemade pastries from 9am to 11am. Then a buffet lunch was served at 12:00, courtesy of Granville Centers for Care. Our guest speaker Joe Carroll, host of the WCAX TV show "Super Seniors", shared his experiences traveling the State and talking to older adults who were always willing to share their life stores. Throughout the day a video presentation: "20 Years of Service to the Community" was shown with over 60 photos from the Center's archives and photo albums. The 20 Question Trivia Contest was won by Al Gustafson (13 correct answers) and runners up were Jeanne Tobin and Chief Peter Mantello (10 correct answers) The Silent Auction was a major success with a total of \$441 dollars collected for the items and gift certificates donated by local businesses and restaurants.



Take a Deep Dive into Making Art

If you are interested in trying your hand at drawing with reflection and intent...sinking into your creative flow with focused result...channeling your artistic muse experiencing that stillness within...then join us! **May 17th from 1:00 – 3:00**. What you will experience is a beginning exercise to loosen and relax your mind-body connection- to reach and awaken your muse! Tai chi movement for your hands will be taught. Then experience a warm up exercise to "see" what you are looking at creating a dimensional drawing with space and shadow.

Finally, having uncorked your meditative state, you now proceed into the deeper relaxed state to make a still life work of art. Similar to meditation, creating art and practicing tai chi lend similar results. You don't need to be a fine artist- you "just draw."

Bring something to draw: a tea pot, a shell, anything from outside such as a branch, leaf, rock. Some materials will be provided, but you might want to bring a pencil with eraser or a drawing pen. Other items, if you have them, such as four or five colors of markers, crayons, or colored pencils and paper. Call for questions or to reserve a spot 468-3093. FREE



Plant Swap

Friday, May 18 at 11:00

Need to thin out your perennials? Bring plants your extra plants to the Castleton Community Center Friday May 18 by 11:00 to exchange for new plants. The more you bring, the more you can take home. A great way to learn about new plants and to share gardening tips. The exchange will take place on the picnic tables behind the Wellness Center.



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



SASH Program



25 Reasons The Golden Years are Better

Lynn Tucker, from the Rutland Sheriff's Department, will be at the Castleton Community Center on Tuesday, May 15th at 11am to present '25 Reasons The Golden Years are Better'. A growing part of the United States population focus on the negatives in life, and are willing to voice discontentment. Yet they often do not voice

feelings of contentment. Whether you are a positive or negative type, you should come experience a discussion on the positive aspects of getting older. You may discover, regardless of how you view your world, that others view their's in the same way. This is a free program and all are welcome to attend. For more information please contact, Colleen A Loper, MSW, SASH Coordinator, at 802.417.7456.



Game Day

Fri. May 4 12-2:30

Our good friends at Centers For Care in Granville, NY have graciously agreed to provide a Deli Style Lunch again for all game players on Friday, May 4th. Sandwiches, salad, dessert and a beverage will be served at 12noon and the games follow immediately after. 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. May 2nd to make a reservation for lunch and games.**



National Senior Health and Fitness Day - Wednesday May 30

Flash Mob on the Walking Trail at 11:00

Come walk with us!



Shopping Spree Raffle-Drawing June 27th

Four Chances to Win!!! Hannafords \$100 gift card, WalMart \$50 gift card, Shaws \$25 gift card, Price Chopper \$25 gift card. All proceeds from the raffle will help support our Elderly and Disabled Transportation Program. The drawing will be held Wednesday June 27 just in time for the July 4th holiday weekend. Ticket order forms will be in the May and June Newsletters or stop by the Center.



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

11th Annual Castleton Town Wide Yard Sale Sat. June 23

Castleton Town Wide Yard Sale will be held Sat. June 24 from 9AM to 2PM. There will be over 50 vendors outdoors and indoors at the Community Center. Vendor spaces are available. Shoppers will find handmade crafts, garden goodies, beauty products, jewelry, framed prints, toys, bargains, treasures, and one-of-a-kind items to fit everyone's pocket book. "Drive-around Maps" will also be available at the Center for various at-home yard sales in the area. Call for information or to reserve a spot.



Medicare Minutes

May 21st at 12:30

What's new with Medicare? Pick up the handout on Monday May 21st from the Senior Medicare Patrol.



ADVANCE DIRECTIVES Thursday May 17

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 773-9888, ext. 10 or email bjcolburn@rrmc.org to schedule an appointment



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: Variety

May 4 - The Owl: Silent predator of the Night, Kurt J. Valenta, President of Exordium

May 11 – Sleep, Wonderful Sleep, Deb Brown & Kimberly Dyer, RRMC Center for Sleep

May 18 – Running Rutland, David Allaire, Mayor of Rutland

May 25 – The Inside Story of the Sistine Chapel, Mike Huff, travel guide and teacher

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.



Mindfulness Message-Walking Mindfully

Walking Meditation is moving without needing to get anywhere. You can do this inside or out in a safe area. First stand connecting to the earth feeling rooted to the ground. Keep your eyes open and look straight ahead. Slowly begin to walk, bring your awareness to your feet as they lift up and again as they are gently placed down. After approximately 10 steps, slowly turn around bringing awareness to how your body feels while turning. With each passage, it is possible to feel more grounded. Try to do this with openness and curiosity for 10 minutes. From the “Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace” by Dr. Patrizia Collard.

Wellness Center Programs & Activities

Exercise is Medicine!



KAYAK CLUB

If you are interested in kayaking with a Community Center group, give us your name and contact info and we will call you with details 468-3093



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

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 -Beginner Tai Chi

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



Circuit Works Tuesdays 10:45-11:45

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

Janis Kelleher-Dawsey

John Mitchell

Mary & Lorenzo Phelps

Barbara Chapman & John Fabian

Glenys Peguero

Mark & Larina Steinke

Walter & Ingrid Sperry



May Birthdays

May 1	JoAnn Riley
	Renee Roundtree
May 2	Doug Slavin
May 3	Susan Fawcett
	Mary Ann Jakubowski
May 6	Ruth Higgins
May 7	Nancy Best
	Robert Day
	Claudia HearsCrow
	Fred Lewis
May 8	Patty Lewis
May 9	Robert Jensen
	Nancy Smith
May 10	Carol Hartshorn
	Nancy Waitkus
May 11	Heilene Chapin
	Glenys Peguero
	Nellie Rogers

May 14 Alice Dawson
Barbara Gustafson
May 16 William Fawcett
Anna Thayer
May 17 Linda Adams
May 19 Tina Gibbs
May 20 Seth Wolcott
May 26 Jay Brown
Jerry Brown
Lester Johnson
Claude LaPerle
Marty Wasserman
May 27 Teresa Smith
May 28 Barbara Boucher
Jane Griffin
May 30 Mary Foley

On **Wednesday, May 23th** 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 9AM TUESDAY, MAY 21ST.**



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	May 7	Hannaford's / Aldi's / Mall
Week 2	May 14	Price Chopper / Wal-Mart
Week 3	May 21	Shaws/Pruniers
Week 4	May 29	(Tuesday) Price Chopper / Wal-Mart

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.



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

MAY EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 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	2 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Beginner Tai Chi 1:30-2:15 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	3 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	4 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	5
7 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	8 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 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	9 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Beginner Tai Chi 1:30-2:15 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	10 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	11 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	12
14 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	15 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH-Golden Years 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	16 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Beginner Tai Chi 1:30-2:15 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	17 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 Drawing Class 1:00-3:00	18 Coffee Hour 9-11 Better Balance 10:00-11:00 PLANT SWAP 11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	19
21 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	22 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 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	23 Yoga 8:30-9:45 Better Balance 10:00-11:00 Birthday Lunch 12:00 Beginner Tai Chi 1:30-2:15 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	24 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	25 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	26
28 Closed For 	29 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 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	30 National Senior Health & Fitness Day Flash Mob 11:00 Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 Beginner Tai Chi 1:30-2:15 Beginner Tai Chi 2:30-3:30 Great Courses Native American Peoples 1:30-3:00	31 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		

CCC



May

	<p>1 Hot Turkey Sandwich w/gravy Mashed Potatoes Green beans White Bread Pumpkin Cookie</p>	<p>2 Swedish Meatballs Vegetable Rice Pilaf Baby Carrots Whole Wheat Dinner Roll Pineapple & Mandarin Orange Yogurt Fluff</p>
<p>7 Panko Chicken Mushrooms Marsala Sauce Mashed Potatoes Mixed Vegetables Wheat Bread Blueberry Crisp</p>	<p>8 Glazed Beef Steak w/ Cheddar Baked Beans w/Maple Syrup Winter Mixed Vegetables Oatmeal Bread Grapes</p>	<p>9 Chowder w/Chicken, Corn & Potato Crackers Green Beans Wheat Roll Melon</p>
<p>14 Lasagna Roll-ups w/ Tomato Marinara Meat Sauce Vegetable Blend Italian Bread Grapes</p>	<p>15 Smoked Ham & Egg Salad w/Cabbage & Tomato 4 Bean Salad Wheat Hamburger Roll Orange Gelatin w/Oranges</p>	<p>16 Roast Pork/Sauce Mashed Sweet Potatoes Scandinavian Vegetables Whole Wheat Dinner Roll Apple Crisp w/topping</p>
<p>21 Scalloped Potatoes w/Ham & Cheddar Baby Whole Carrots Blueberry Muffin Sliced Apples w/Cinnamon</p>	<p>22 Chicken Breast w/ Vegetable Sweet-n-Sour Sauce Brown Rice Pilaf w/Vegetables Broccoli Florets Whole Wheat Bread Pineapple Tidbits</p>	<p>23 Birthday Lunch Roast Turkey Mashed Potatoes Carrots Cranberry Sauce White Bread Birthday Cake</p>
<p>28 CENTER CLOSED FOR MEMORIAL DAY NO MEALS SERVED</p>	<p>29 Spinach & Cheese Quiche Winter Mixed Vegetables Tossed Salad w/Tomatoes, Cucumbers, Carrots & Green Peppers Whole Wheat Dinner Roll Applesauce</p>	<p>30 Roast Pork Cutlet w/Panko Breading Gravy Mashed Potatoes Sliced Carrots Wheat Bread Peaches & Pears</p>

Suggested Donation: 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!