



Castleton Community Center

June 2018 Newsletter



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

Castleton Town Wide Yard Sale will be held Sat. June 23 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.

Be On the Map! We will also be providing a map showing the locations of homes, businesses or organizations in Castleton that want to be included in the Town Wide Sale but cannot bring their items to the Community Center. The maps will be distributed to the hundreds of people who stop at the Center on Yard Sale Day. If you want to be listed on the Castleton Town Wide Yard Sale map, please send your name, address (with brief location information for the map), phone number and a check for \$10, or stop by the Community Center Monday through Friday from 8:30am to 4:30 pm. Call 468-3093 for information.



Shopping Spree Raffle-Drawing June 27th

Four Chances to Win!!! Hannafords \$100 gift card, WalMart \$50 gift card, Price Chopper \$25 gift card, Shaws \$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.



OPTIONS: Long Term Care Panel

June 13 2:00-4:00

Planning ahead is the best way to find the right place for you or a loved one. It is difficult to make those decisions under stress. CCC will host a panel of representatives from the Long Term Care facilities in our area on Wednesday June 13 from 2:00-4:00. You will have a chance to ask questions and speak to the representatives privately. Jane Munroe, Ombudsman for Vermont Legal Aid is an advocate for long term care patients and works with all the facilities in Rutland County.

The following facilities will be represented: The Pines at Rutland Center for Health & Rehab; The Meadows; Granville Centers for Health Care; Misty Heather Morn Community Care Center and Our House Care.



Photography Class with Emmett Francois Fri. June 8, 1:00-2:30

Emmett Francois in the early part of his career worked in the International Art Department of the Reader's and later as a press photographer for The Bergen Evening Record. For over 35 years he taught photography in New Jersey at Fairleigh Dickinson University, the Ridgewood Community School, Green Mountain College in Poultney and the Fletcher Farm School in Ludlow, Vermont. Lieutenant Commander Francois was the senior Photographic Officer in the Navy Reserve where he was recognized for his bringing the U.S. Navy into the world of digital imaging. In his photographic business of 19 years he served Fortune 500 companies both nationally and internationally.

The class will include types of cameras, lenses, tripods pre-visualization, composition, lighting and presentation. Each camera manufacturer has a different set of controls for their cameras. Therefore, it would be helpful if those in attendance would bring their camera manual with them. He will not be discussing cell phone cameras. Register for the class by calling the Center 468-3093.



Name That Tune Americana

Steve Damon; Founder, Director, and Lead Educator of A Natural Music School will be at the Castleton Community Center on Monday, June 11 with "Name that Tune Americana" from 11:00-11:45. Steve will provide cryptic (yet appropriate) clues and the tunes. You provide the titles. We all provide the fun! Lunch will be served at noon for a lunch reservation call the Center at 468-3093 by Friday June 8th. Suggested donation for lunch is \$4.00/seniors and \$5.00/guest.



Craft Workshop June 15 - 1:00

Come join the fun in making your own decorative tray or hot plate with corks. The corks will be provided. You will need to bring a tray, frame or whatever receptacle you wish to use. The workshop is Friday June 15th at 1:00. The class is free. Please register by calling 468-3093.



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

Wednesdays 1:30-3:00 June 6 and June 13

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.

Thursdays 1:00-2:30

June 7 at the Fair Haven Library

June 14 at the Castleton University Library

June 21 at CCC for a review



Game Day

Fri. June 1 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, June 1st. 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.

Please call 468-3093 ASAP to make a reservation for lunch and games.



Annual Meals on Wheels/Triad Senior Picnic

Friday June 22 10:00-2:00

Castleton University (rain or shine)

Plenty of fun and activities including bingo!

Call 775-0133 for reservations

For rides call 786-5990



Vermont Legal Aid Clinic

Thursday, June 14

An attorney from the Senior Citizens Law Project of Vermont Legal Aid will be conducting a free legal advice clinic for Vermonters age 60 and older at the Castleton Community Seniors. This clinic is sponsored by Vermont Legal Aid and Senior Solutions. To sign up for a free 20 minute consultation, call (802) 468-3093. The attorney will be able to give legal advice or referrals on a wide variety of legal problems. If you have received any paperwork about the problem, please bring it with you. Examples of the types of problems that the attorney will be able to give advice about include wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI, other public benefits, debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, bankruptcy, and any other civil legal matter. However, the attorney can't help with criminal cases or problems, and it must be your own problem, and not a question about a problem involving your neighbor or other family member.



Castleton Transfer Station

For the month of June, the Castleton Transfer Station will donate the proceeds of the bottles and cans to the Castleton Community 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!



Tuesday, June 19th at 11am



Lynn Tucker, from the Rutland Sheriff's Department, will be at the Center Tuesday June 19 11:00 to present 'The Zika Virus in Older Adults'. The World Health Organization predicts that as many as 400 million people in the Americas will be infected with the Zika Virus in the next few years. Don't let one of them be you. Do you know the signs and symptoms of the Zika Virus? Or how you may be infected? Come learn ways of prevention, detection, and treatment of this often uncomfortable, non-deadly disease. FREE.



Medicare Minutes

What's new with Medicare? Pick up the handout on Monday June 18th from the Senior Medicare Patrol.



DUES NOTICE ***DUES NOTICE***

If you have a *RED DOT* next to your name on the address label your dues are due for 2018 and this will be the last newsletter mailed to your home. Membership is not required to participate in any of our programs or services, and Newsletters can be picked up at the Center.



Mindfulness Message

HOW ARE YOU FEELING? CHECK YOUR BREATHING.

By observing your breath, you can make such a difference to how you feel.

Breath is life energy, when we restrict our breathing we diminish our life energy. Feeling agitated and indecisive is often accompanied by shallow breathing. Try this technique to enhance your breathing.

First observe your breathing. Is it deep or shallow, slow or fast, forced or natural, regular or irregular?

Deep breathing expands the lungs which then send a message to your heart which in turns starts beating slower. If you continue to observe your breathing you can experience a more energetic self and achieve joy and a zest for life.

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



Walking Trail

Whether walking for exercise, recreation, or simply enjoying a quiet stroll in the woods, walking is a great way to ease back into a more active lifestyle. Incorporate a walk on our trail into your daily routine and discover for yourself the easy pleasures and improved physical condition a trail walk can provide.



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

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

Wednesday 1:30-2:30-Tai Chi Level 2 (advanced forms)

Wednesday 2:30-3:3- 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 June 27th.

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

Judy & Steve Bender
Sandy Mayo
Donna Kemnitzer
Bruce & Cindy Holt
Judy Uline
Walter & Ingrid Sperr
Carol Nartowicz
Abby Cohen & Lee DeSantis



June Birthdays

June 1	Marna Jane Grove
June 4	Jaap Simons
June 6	Irene Brewer
June 7	Claire Park
June 8	Artie Webster
June 10	Esther Durham
June 11	Sam MacCormack
June 12	Kathleen Eagan
	Lynn Gorman
June 13	Robert Griffin
	Miriam St. George
	Richard, Woods
	Janet Wooster
June 14	Judy Arnardo
June 15	Marion Cleary
	Richard Cormier
June 19	Arlene Kenworthy
June 20	Sharon Gowan
	Leslie Sternfels
June 21	Jeff Close
	Mary Jo O'Day
	Richard Rogers
June 24	Trude Lauf
June 25	Donna Kemnitzer
	Jane Weinhagen
June 26	Kathy Pritchard
June 27	Nancy Bell
June 30	Calvin Waitkus

On **Wednesday, June 27th** 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, JUNE 25TH.**



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	June 4	Hannaford's / Aldi's / Mall
Week 2	June 11	Price Chopper / Wal-Mart
Week 3	June 18	Shaws/Pruniers
Week 4	June 25	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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
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JUNE EVENTS CALENDAR

	<p>June Bottle and Can returns at the Castleton Transfer Station will benefit the Castleton Community Center</p> 				<p>1 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</p>	2
3	<p>4 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</p>	<p>5 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</p>	<p>6 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 2 1:30-2:30 Tai Chi Beginner 2:30-3:30 Great Courses Native American Peoples 1:30-3:00</p>	<p>7 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 at Fair Haven Library 1:00-2:30</p>	<p>8 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Photography Class 1:00-2:30 Ballroom Dance 7:30-8:30</p>	9
10	<p>11 Knitter's Network 10-11:00</p> <p>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</p>	<p>12 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH- ZIKA 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</p>	<p>13 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 *No Tai Chi* Long Term Care Panel 2:00-4:00 Great Courses Native American Peoples 1:30-3:00</p>	<p>14 Legal Aid Clinic 9:00-2:00 (by apt.) 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 at CU Library 1:00-2:30</p>	<p>15 Coffee Hour 9-11 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Craft Workshop 1:00-2:30 Ballroom Dance 7:30-8:30</p>	16
17	<p>18 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</p>	<p>19 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH: Zika Virus 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</p>	<p>20 Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Tai Chi Level 2 1:30-2:30 Tai Chi Beginner 2:30-3:30</p>	<p>21 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 Review At the Center 1:00-2:30</p>	<p>22 Senior Picnic 10:00-2:00 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</p>	<p>23</p>  <p>CCC Town Wide Yard Sale 9 - 2</p>
24	25	<p>26 Advanced Directive Clinic 9:00-2:00 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</p>	<p>27 Yoga 8:30-9:45 Better Balance 10:00-11:00 Birthday Lunch 12:00 Shopping Spree Raffle Drawing Tai Chi Level 2 1:30-2:30 Tai Chi Beginner 2:30-3:30</p>	<p>28 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</p>	29	30

CCC



June

 <p>Father's Day June 17th</p>		<p>1% milk served with all meals.</p>
<p>4 Paprika Breaded Chicken BBQ Sauce Rice w/Red Beans & Vegetables Scandinavian Vegetables Wheat bread Orange</p>	<p>5 Chef Salad w/turkey, ham, & Eggs & Croutons Three Bean Salad Ranch Dressing Wheat dinner roll Pear Slices</p>	<p>6 Salisbury Steak/Gravy Home Fried Potatoes Broccoli Salad Wheat Dinner Roll Baked Sliced Apples w/Cinnamon</p>
<p>11 Chicken Teriyaki Brown Vegetable Rice Pilaf Oriental Vegetables Wheat Dinner Roll Cantaloupe</p>	<p>12 Swedish Meatballs w/ Mushroom sauce Rotini Noodles Green Beans Wheat Bread Mandarin Orange w/Cream</p>	<p>13 Pot Roast w/Vegetable Gravy Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Oatmeal Craisin Cookies</p>
<p>18 Meatloaf w/Brown Sauce Mashed Potatoes Cole Slaw w/Carrots & Pineapple Wheat Bread Apple Crisp</p>	<p>19 Roast Pork Cutlet Whole Beets Mashed Potatoes Sour Dough Italian Bread Carrot Cake w/cream cheese icing</p>	<p>20 Pulled B.B.Q. Chicken Vegetable Rice Pilaf Baby Carrots Wheat Dinner Roll Pineapple Tidbits</p>
<p>25 Roast Pork w/ Gravy Mashed Cauliflower Garden Peas Wheat Biscuit Vanilla Fluff , Pineapple & Mandarin Oranges</p>	<p>26 BBQ Beef Steak Baked Beans Cole Slaw Wheat Bread Applesauce</p>	<p>27 Birthday Lunch Stuffed Chicken Gravy Mashed Potatoes Sliced Carrots Dinner Roll Birthday Cake</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!