

Castleton Community Center September 2018 Newsletter



Ukulele Club

The first meeting of the newly formed Ukulele Club of Rutland County was a howling success with 18 folks arriving with instruments in hand. Gus Bloch, the instructor who will be with us again at the next meeting, worked with the 11 beginners for an hour and a half. The more advanced players had a jam session in the adjoining room and afterwards Gus joined us with tips on strumming and music theory. The Club will meet on the 1st and 3rd Thursdays of the month, starting at 6:30 for beginners and 7:00 for the more advanced players. All are invited to stay for the whole meeting. The next meeting will be on Sept. 6 at the Center. The meetings are free and open to the public. Donations are welcome. We will begin using music from the book, "The Daily Ukulele". It may be purchased at "Be Music" store in Rutland or online. We encourage all players to purchase one as that will be our "bible". New participants may join anytime. Attendees should bring a music stand. (table or standing model) and are welcome to perform a song of their own choosing as well. For more information, Call Sheila McIntyre (273-2554) or Deb Franzoni (273-2196). If you plan to attend, please email watchpointvt@aol.com or debfranzoni@gmail.com.



Bocce Club Update !

Our new bocce program is up and *rolling*! We have had three clinics thus far and all have been well attended. John and Mary Jo O' Day have graciously allowed us to play on the beautiful bocce court in their back yard and their knowledge of the game has been very helpful. We have approximately 20-25 players that have been playing or want to play after Labor Day. It's been a great deal of fun with lots of laughs! There is no long term commitment. Just come and see what it's all about. We would like to comprise a roster of players interested in playing this Sept. Maybe a round robin tournament! If you are interested in playing this Sept. please email Mary Beth Hadeka at tennis@hadekastone.com. *See you on the bocce court !*



Calling All Golfers!

The 14th Annual Castleton Community Center Golf Outing is scheduled for Friday, September 14th at the Lake St. Catherine Country Club. We have dedicated this year's Golf Outing in memory of Jeff Larson. Jeff was on the Board of Directors at the Castleton Community Center for 16 years. He was a member of our Golf Outing fund raising event from its inception in 2005. His death this past December was a shock and source of great sadness for all of us. To honor Jeff and his "can do" spirit that played such a large part in keeping the Community Center alive and thriving, we have dedicated this year's Golf Outing in his memory.

The tournament is an 18 hole handicap scramble for four person teams. Single players will be formed into 4 person teams. The entry fee of \$90 per person includes 18 holes of golf, cart, gifts, prizes, dinner and a chance to win the \$10,000 hole in one prize. There are prizes for both men and women. Registration starts at 11:45 and there is a shot-gun start at 1PM. For information call the Center 468-3093 or visit our web site

www.castletoncsi.org.



Genealogy Club

Have you always had an interest in delving into your family history? The Castleton Community Center is starting a Genealogy Club so that like-minded individuals can guide and support one another through the fascinating world of genealogical research. There is no time like the present to begin or continue this most interesting personal journey. Come join us on the third Friday of the month at 1:00pm, beginning September 21. It's free.



Great Courses Are Back!

The Great Courses at the Community Center 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. Programs begin with a 30 minute video, followed by a lively discussion among participants.

American Civil War – Wednesdays 1:30-3:00 Beginning September 5th

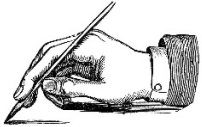
Leading Civil War historian, Professor Gary W. Gallagher richly details the effects of the Civil War on all Americans. You'll learn how armies were recruited, equipped, and trained. You'll learn about the hard lot of prisoners. You'll hear how soldiers on both sides dealt with the rigors of camp life, campaigns, and the terror of combat. You'll understand how slaves and their falling masters responded to the advancing war. And you will see the desperate price paid by the families so many left behind.

Facilitated by Joe Mark. This program was donated to CCC by Bob and Barbara Levine.

Great World Religions: Buddhism –Thursdays 1:00-2:30 beginning Sept. 6th

Professor Malcolm David Eckel surveys Buddhism from its origin in India in the 6th or 5th centuries B.C. to the present day. During its 2,500-year history, Buddhism has grown from a tiny religious community in northern India into a movement that now spans the globe. "Although Buddhism plays the role of a 'religion' in many cultures, it challenges some of our most basic assumptions about religion," says Dr. Eckel. "Buddhists revere the memory of Siddhartha Gautama who found a way to be free from suffering and bring the cycle of rebirth to an end. For Buddhists, this release from suffering constitutes the ultimate goal of human life."

Facilitated by Scott Lobdell. This program was donated to CCC by Bob and Barbara Levine.



Creative Writing Workshop & Poetry Reading

Joyce Thomas, recently retired Professor of English at Castleton University, will read at the Castleton Community Center on **Wednesday September 26 at 7:00 p.m.** An award-winning poet, she is the author of two collections of poetry, *Washing Birds* and *Skins*, as well as the non-fiction work *Inside the Wolf's Belly: Aspects of the Fairy Tale*.

The reading event will kick off a **Creative Writing Workshop** facilitated by Joyce. Subjects and types of writing are wide open--memoirs, short stories, poetry, that novel you have hidden inside you. The workshop will be about sharing one's writing and ideas, and will be designed as a sounding board to help inspire each writer to move forward with their projects. The workshop will begin **Tuesday October 9 at 3:00 p.m.** at the Community Center.



Game Day! Friday September 7 ~ 12-2:30

Our good friends at Granville Center for Rehabilitation and Nursing have graciously agreed to provide a FREE Deli Style Lunch again for all game players on Friday, September 7th. 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 by Wed. September 5th to make your reservation.**



Hawaiian Luau Pot Luck

Join us at the Center for a Hawaiian Luau, Friday, September 28th. Wear your best Hawaiian shirt or dress and get a prize! The entrée is Roast Pork prepared by the CCC Bone Builders. Following dinner we will be

entertained by members of the Rutland County Ukulele Club. Dinner begins at 6:00. Bring along a “Hawaiian inspired” side dish, salad, or dessert...and a friend! A \$2 donation is requested. Call 468-3093 by Wednesday September 26th to reserve a seat.



September is Falls Prevention Awareness Month

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Many falls are preventable. On September 22 from 12:00-2:00, SVCOA and TCVT will host a FALLS PREVENTION FAIR in City Park in Rutland. Assessments, information, a demonstration by Tai Chi Vermont and food free to all. Contact Anna White (786-5991) for more information.



Coffee Hour Is Back!

Beginning September 7th, each Friday morning from 9:00-11:00, the Center holds a free coffee hour open to all. We're back after our summer break and it is time to reunite for some homemade goodies, hot brew and good company. Come join us!

The Mentor Connection

The Mentor Connections is looking for people to help with the Youth Mentoring Program and the Family Mentoring Program. The Youth Mentor volunteers will be matched with a local child and are asked to meet once a week for one hour for a 1 year commitment. The Family Mentors assist parents/guardians who are in an Opioid Recovery Program by designing a plan to help the family with their goals toward being self-sufficient in the community. This is a 1 year commitment and has a stipend of \$2000.00 for a 5-7 hours per month.

If you are interested or have questions, contact Ryan Maines, Mentor Coordinator. Phone: 802-775-3434 email: ryan@mentorconnector.com website: www.mentorconnector.com

Wellness Center Programs and Activities

Exercise is Medicine!



Kayak Club

Members of the Castleton Community Kayak Club meet on Wednesday mornings, launching at 9:30. You must provide your own kayak. Contact Joan at argevtf1@aol.com to get on the email list for launch locations.



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

Don't let the weather stop you from your walking routine. Stop by our Walk & Ride Room in the Wellness Center and use our treadmill or stationary bike to discover for yourself the improved physical condition this simple equipment can provide.



Line Dance Tuesdays 12:00 – 1:00

A combination of country, popular and ball room line dancing is held Tuesdays from 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 at CCC

Tuesday 1:30–3:00- Practice Tai Chi Falls Prevention, Tai Chi for Diabetes

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

Wednesday 1:30-2:30-Tai Chi Level 3 (additional forms)

A NEW BEGINNER class on Thursdays from 1:15-2:00 will start October 4. Register 468-3093

Circuit Works

Circuit Works is a 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. 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 at 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 to 11:00

This program to 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 before our Birthday Lunch. This month's date is September 26th.

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)

SUN 73 – Full practice Wednesdays 5:15 -5:45

YANG 24 – classes start September 12th meeting Wednesday evening at 5:45-6:45

FEE: \$5 per session. For more information contact Laurie at ldknauer@comcast.net or text 802-558-6714.

Yoga - Wednesdays 8:30 – 9:45

Classes are \$20 for 4 weeks. Call Christine Brown for registration. 802-273-2078.



LINE DANCE Wednesday 7:00-8:00

A combination of country, popular and ball room line dancing.

Class size is limited to 16. Open at all teens and adults. Call Maryann Liguori to register 273-2304

FEE: \$3.00 per session

Ballroom Dance Lessons –Fridays 7:30-8:30 PM

Classes are \$20 per couple. Call Mary-Anne Ligouri for information. 802-273-2304

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

Karen Davoren

Ida Bell

Mary Freil

September Birthdays

Sept. 2	Brad Hunt Terry Riley Joyce Thomas
Sept. 3	Patricia Szabo
Sept. 5	Werner Baumann
Sept. 7	Priscilla Raykoske
Sept. 8	Kay Mead Jeanette Ross Mary Young
Sept. 9	Jean Henske
Sept. 10	Alta Johnston
Sept. 12	Ted Day
Sept. 13	Lorraine McGuinness
Sept. 14	Marilyn Trepanier
Sept. 16	Noreen Binder
Sept. 17	Aileen Durkee
Sept. 18	Hannelore Ezza
Sept. 19	Audrey Mainolfi Mary McNeil Donald Riecker Sue Tezak
Sept. 21	Marjorie Reuling Janice Riecker
Sept. 23	Judy Boss Rosie Doran Sam Gowan
Sept. 24	Elizabeth Dodge Tad Kemnitzer Edward Vrana
Sept. 25	Florence Taggart
Sept. 26	Becky Collette Virginia Maguire

Sept. 30 Ceil Hunt

On **Wednesday, Sept. 26th** 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, SEPTEMBER 25TH.**

SAVE THE DATE

The Castleton Community Seniors Annual Meeting will be held Tuesday October 16 at 12 noon. Lunch will be provided by our good friends at the Granville Center.

The Outstanding Volunteer Award this year will be given to Joe Mark for his many contributions to the Center and the community. Details in the October Newsletter.

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 ½ 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 Sept. 4-Tuesday- Hannaford's / Aldi's / Mall

Week 2 Sept. 10 Price Chopper / Wal-Mart

Week 3 Sept. 17 Shaws/Pruniers

Week 4 Sept. 24 Price Chopper / Wal-Mart

Osher Lifelong Learning Institute

Fall Session: Variety

Aug. 31 –Andrew Wyeth's World; Kate Wood Kirchhoff, Shelburne Museum

Sept. 7 –Catching People's Stories-Jane Beck, Vermont Folklife Center

Sept. 14 – Mid-Term Election Review; Prof. Emeritus Eric L. Davis, Middlebury College

Sept. 21 – The granite Cutters' Story: A History of Vermont 200-Year-Old Industry; Dr. Scott McLaughlin, Director of Vermont Granite Museum

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. Season membership \$40 Non-members may pay \$5 at the door for each session.

WHAT'S HAPPENING AT THE CENTER

Mah Jongg

Mah Jongg, similar to the western card game rummy, is a game of skill, strategy, and calculation and involves a degree of chance. This 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's a win, win! So come join our Friday morning Scrabble Group. We start at 11 am.

Knitter's Network

The Knitters Network meets the second and fourth Monday 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.

Ribbon Winner!

Congratulations to Gretiena Johnson a member of the Center's Knitters Network and Sewing Group. Her knitted vest with duplicate stitch decorations won Best Handiwork at the Vermont State Fair and she won Best of Show and 4 Blue Ribbons for her other entries.

Sewing Circle Meets on Mondays

Monday afternoon from 1:00 – 3:00, you are invited to join folks at the Center working on a variety of projects. Whether it be quilting, needlepoint, 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 a 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 on 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 at 802-468-3093. We require 24 hour notice for rides to make an accurate schedule.**

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!

Magna Vision TV

The Vermont Association for the Blind and Visually Impaired has provided 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.



Learn to Earn

Associates for Training and Development administers the Senior Community Service Employment Program, which helps older adults get back into the workforce by providing paid occupational skills and workplace experience training. Designed specifically for income qualified workers age 55+, the program provides training and skill building opportunities for 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 Rutland SCSEP office at 802-282-4423 or visit www.a4td.org.



13 Ways a Con-artist Can Steal Your Money

Lynn Tucker, from the Rutland Sheriff's Dept., will be at the Castleton Community Center on Tuesday, September 18th at 11am to present '13 Ways a Con-artist Can Steal Your Money'. So many people today are contacted by scammers and con-artist, so many lose hundreds, thousands or all of their money. Something that seems so innocent and believable can become a nightmare. Don't let this happen to you. Lynn will discuss what to look for and how to prevent being a victim. She is willing to discuss these situations with you privately if you prefer. This is a free program and all are welcome to attend. For more please contact SASH Coordinator Colleen A Loper, MSW, at 802.417.7456.




Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 Closed For Labor Day	4 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 Practice 1:30-3 Quit Smoking 5-6	5 Kayak Club Yoga 8:30-9:45 Better Balance 10:00-11:00 Lunch 12:00 Great Courses Am. Civil War 1:30-3:00 Tai Chi Level 3 1:30-2:30 SUN 73 Tai Chi 5:15 Line Dance 7-8	6 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses World Religions: Buddhism 1:00-2:30 Dance for Health 4-5 Ukulele Club 6:30 -9	7 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Game Day 12-2:30 Ballroom Dance 7:30-8:30	8
9	10 Better Balance 10-11 Knitter's Network 10-11:30 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Bocce 6:00	11 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 Practice 1:30-3 Quit Smoking 5-6	12 Kayak Club Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 Great Courses Am. Civil War 1:30-3:00 Tai Chi Level 3 1:30-2:30 SUN 73 Tai Chi 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45 Line Dance 7-8	13 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses World Religions: Buddhism 1:00-2:30 Dance for Health 4:00 – 5:00	14 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 GOLF OUTING & HOME FURNISHINGS RAFFLE Ballroom Dance 7:30-8:30	15
16	17 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Bocce 6:00	18 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH 11:00 AARP Watch Dog Alert Lunch 12:00 Line Dance 12:00-1:00 Dominoes 1:00 Tai Chi Practice 1:30-3 Quit Smoking 5-6	19 Kayak Club Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 Great Courses Am. Civil War 1:30-3:00 Tai Chi Level 3 1:30-2:30 SUN 73 Tai Chi 5:15 Yang 24 Tai Chi – 5:45 Line Dance 7-8	20 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses World Religions: Buddhism 1:00-2:30 Dance for Health 4-5 Ukulele Club 6:30 -9	21 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Genealogy Club 1:00 Ballroom Dance 7:30-8:30	22
23/30	24 Better Balance 10-11 Knitter's Network 10-11:30 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Bocce 6:00	25 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 Practice 1:30-3 Quit Smoking 5-6	26 Kayak Club Yoga 8:30-9:45 Better Balance 10-11 Birthday Lunch 12:00 Great Courses Am. Civil War 1:30-3:00 Tai Chi Level 3 1:30-2:30 SUN 73 Tai Chi 5:15 Yang 24 Tai Chi – 5:45 Line Dance 7-8 Poetry Reading 7:00	27 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses World Religions: Buddhism 1:00-2:30 Dance for Health 4-5	28 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 POT LUCK SUPPER 6:00 Ballroom Dance 7:30-8:30	29

CCC



September

		<p style="text-align: center;">1% MILK SERVED WITH MEALS</p>
<p style="text-align: center;">3 LABOR DAY HOLIDAY NO MEALS SERVED</p>	<p>4 Sweet-n-Sour Chicken over Vegetable Rice Pilaf Japanese Vegetables Wheat Bread Pears Slices</p>	<p>5 Cavatappi w/Cheese Broccoli Florets Whole Beets Wheat Bread Peaches & Parfait Yogurt</p>
<p>10 Baked Fish Wedge w/lemon Rice w/Vegetables Broccoli Florets Wheat Bread Peaches & Cream</p>	<p>11 Yankee Pot Roast Baby Carrots w/Dill Mashed Potatoes Wheat Dinner Roll Apple Crisp/Cream</p>	<p>12 Cheddar Broccoli Quiche Green Beans Wheat Bread Watermelon</p>
<p>17 Chicken, Corn & Potato Chowder Crackers Cut Green Beans Pineapple Tidbits</p>	<p>18 Breaded Pork Chop w/ White Sauce Mashed Potatoes Spinach Biscuit Pears</p>	<p>19 Pastichio Casserole (Pasta, beef, onions, and tomatoes in a cheese sauce) Brussel Sprouts Wheat Bread Melon</p>
<p>24 Turkey Tetrazini Scandinavian Vegetables Wheat Dinner Roll Pineapple Tidbits</p>	<p>25 Chicken-n-Biscuit Mashed Cauliflower Peas & Carrots Apple & Blueberry Crisp</p>	<p>26 Birthday Lunch Meatloaf w/ Gravy Mashed Potatoes Broccoli Wheat 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!