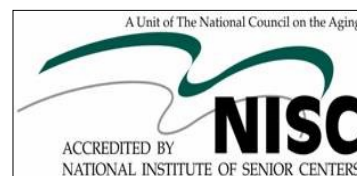


EAST PROVIDENCE SENIOR ACTIVITY CENTER



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Dining Room Ext 2
Fax: 401.435.7803
www.eastprovidence.com

August 2019

“He who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition, youth and age are equally a burden.”

Plato

“None are so old as those who have outlived enthusiasm.”

Henry David Thoreau

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Dates To Remember

Friday, Aug. 2nd	Blood Pressure Clinic	10:30am
Wednesday, Aug. 7th	Clinical Lab	8:30am
	Stroke Group	1:30pm
Monday, Aug. 12th	Closed VJ Day	
Tuesday, Aug. 13th	Blood Pressure Clinic	10:30am
Wednesday, Aug. 14th	Blood Pressure Clinic	10:30am
	AARP Board Meeting	12:30pm
Thursday, Aug. 15th	Blood Pressure Clinic	10:30am
Friday, Aug. 16th	InSight	12:45pm
Monday, Aug. 19th	Blood Pressure Clinic	10:30am
Thursday, Aug. 22nd	Diabetes Support	1:00pm
Monday, Aug. 26th	Computer Assistance	2:00pm
Tuesday, Aug. 27th	Blood Pressure Clinic	10:30am



Senior Fair

Monday

August 5th

5pm—7pm

**Congressman David Cicilline
Invites You to Attend His
Annual Senior Resources Fair
at the East Providence Senior Center**

Seniors, adults with disabilities, and caregivers are all invited to learn about important resources available from:

- The Rhode Island Division of Elderly Affairs
- The Social Security Administration
- Rhode Island Housing
- And more than forty other vendors

“Great minds discuss ideas
Average minds discuss events
Small minds discuss people”
Eleanor Roosevelt

“Keeping up the appearance
of having all your marbles
is hard work, but important.”
**Sara Gruen,
Water for Elephants**

Not surprising to some
I’m still here aiding in the transition.
This gives me another opportunity to thank
everyone for their well wishes and mementos.

For twenty-one great years, unforgettable memories,
and for working with me for the betterment
of our center.

I also wanted to
acknowledge my
former Admin Assistant
Maureen Carroll
for keeping me in line and
operating an orderly
main office.



Also **Justine Remsbecker**
who was only here for a
short time but helped
maintain a smooth
transition after
Maureen retired.

I would also like to thank
Shontell Gomes,
our new Admin Assistant
for making my life a
little easier during this
transition period.



To our members,
may you have good health and
continue to appreciate the services and activities
that the center provides for you.

One day you will look
back and realize that you
worried too much
about things
that didn’t really matter



General Services

Elder Resource Specialist

Our Elder Resource Specialist assists the elderly and their families in providing information /referral and assistance with accessing services and programs.

Nurse

Registered Nurse, Mary Jane Milner is available for appointments in the health office. She is a Certified Diabetes Educator who can help with any topic regarding diabetes, including: Blood glucose monitoring, medications, exercise and healthy eating. She is also available for any basic nursing questions you might have.

To schedule a visit, call 435-7800 Ext. 7.

Nutrition Program

The center provides a nutritional meal to approximately 85 seniors per day.

Transportation

The center provides daily door-to-door transportation to and from the center. Staff calls all riders in the morning with a pickup time, cost is \$1 roundtrip. Please let us know at least one day in advance.

Forms and Listings

Forms in the office relating to Living Wills, and Durable Power of Attorney for Health Care. Listings for Home Health Agencies, Assisted Living Facilities, Adult Day Care Services, RI Rental Resources Guide, Subsidized Housing and Nursing Homes.

“Women may be the one group that grows more radical with age.”

Gloria Steinem

“The beauty of a woman, with passing years only grows!”

Audrey Hepburn



Stroke Group

1:00pm - 2:00pm

The Stroke Club meets on the first Wednesday of each month and provides education, support, socialization, and transportation for stroke survivors and their caregivers.

Caregiver's Support

10:30am - 11:30am

This support group is held the third Monday each month. The sessions offer support and sharing for those who are caring for others.
(No meeting in August)

Diabetes Support

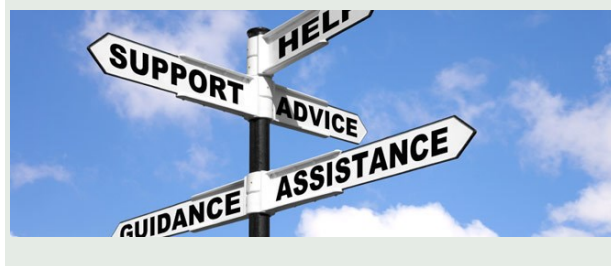
1:00pm - 2:30pm

Open meeting held monthly for people with diabetes to meet for mutual support. The group meets the fourth Thursday of each month.

In-Sight Support

12:45pm - 2:00pm

In-Sight offers programs and support in productive living for the visually impaired. The group meets the 3rd Friday of every month.



Weekly Programs

Monday

9:00am Walking Group
 9:00am Intermediate Yoga
 10:30am Beginners Yoga
 10:30am Caregivers Support (3rd Mon)
 Noon Chair Yoga
 1:00pm Pokeno
 2:00pm Ballroom Dancing
 6:00pm Fit Mix

Tuesday

9:30am Aerobics Exercise
 9:30am Watercolor Class
 12:30pm Watercolor Class
 1:25pm BINGO

Wednesday

7:00am Intermediate Yoga
 8:30am East Side Lab (1st Wed)
 9:00am Walking Group
 9:00am Blended Yoga
 9:00am Scrabble
 10:45am Chair Exercise
 1:00pm Cribbage
 1:30pm Stroke Club (1st Wed)

Thursday

9:30am Aerobics Exercise
 Noon Mah Jongg
 12:30pm Bridge
 1:00pm Craft Class
 1:00pm Diabetes Support (4th Thurs)
 4:15pm Yoga

Friday

8:00am Blended Yoga
 8:30am Scrabble
 9:00am Billiard League
 10:00am Mah Jongg
 10:30am Fitness Advisor
 10:45am Chair Exercise
 11:00am Meditation Class
 12:45pm In-Sight Support Group (3rd Fri)
 1:20pm Hi Lo Jack League

Daily

8am—4pm Fitness Center
 8am—4pm Library
 8am—4pm Computer Games
 9am-11am Coffee An
 9am-2pm Gift Shop
 11:45am Lunch
 2:00pm Coffee Bar

Afternoon  COFFEE
 2pm - 3pm
 Sponsored by



1440 Wampanoag Trail
 401.433.5000

Card Games

Pokeno	Monday	1:00pm
Cribbage	Wednesday	1:00pm
Bridge	Thursday	12:30pm
Hi Lo Jack	Friday	1:20pm

Watercolor Tuesday 9:30am & 12:30pm \$5
 Watercolor for all levels of talent. Some of the participants fantastic artwork is displayed throughout the center. Class size is limited.

Crafts

Thursday 1:00pm
 Craft class makes dolls for Hasbro Children's Hospital and cancer pillows for Women & Infants Hospital. Other "make and take" crafts are demonstrated.

WITH MOVEMENT THERE'S IMPROVEMENT

Modern Ballroom & Social Dancing

Monday 2pm \$3

Learn or relearn all the old moves on the ballroom dance floor as well as some new ones. Singles are welcome.

Aerobics Tuesday & Thursday 9:30am \$2

Instructor Karen Boyd gives members a great cardiovascular workout. Hand and ankle weights are used to tone and build your muscles.

Fitness Center

Our fitness room is open Monday through Friday 8am to 4pm. The fitness room has treadmills, recumbent bikes, elliptical machines, hand weights, and six dual weight machines. Features include: a matted floor, mirrored walls, water cooler, stereo, and cable TV. You must have approval from your physician to participate in this program. Forms can be obtained in the Administration Office. The fee is \$40 for a one year membership, \$45 for non-residents.

Yoga

Yoga classes come in four varieties: Beginner, Intermediate, Intermediate Blended with Bone Builders and Chair. How do you know which class is right for you?

All classes involve a variety of gentle yoga poses: standing, seated in chairs, and doing poses on the yoga mat. All classes offer the benefits from yoga of enhancing your strength, flexibility, balance, breathing and relaxation. So how are they different?

Intermediate Yoga is appropriate for anyone who has some familiarity with yoga and is generally fit.

Beginner Yoga is an introductory class for those who wish to find out whether yoga is right for them. No prior experience is needed.

Yoga and Bone Builders Blend: a warm up with gentle yoga. Next we move into stretches and weight-lifting exercises specifically designed to enhance muscle strength, balance, and breathing. We then cool down with restorative yoga poses and ten minutes of Savasana (relaxation pose).

Chair Yoga combines movements with breathing and mindfulness. The breathing aspects of yoga can improve blood pressure as well as heart rate. Improve concentration and mind/body connection. **Chair Yoga is sponsored by Aldersbridge Communities**

Monday	Intermediate	9am
Monday	Beginners	10:30am
Monday	Chair Yoga	Noon
Wednesday	Intermediate	7am
Wednesday	Blended	9am
Thursday	Intermediate	4:15pm (Free)
Thursday	Intermediate	6pm (\$10)
Friday	Blended	8am



Chair Exercise Wednesday/Friday 10:45am

A proper balance of exercise and rest can help relieve stiffness and maintain or improve your joint mobility and muscle strength. NO CHARGE

Staying Health

Diabetes Outpatient Education Classes

Your Health Insurance will cover one complete 4 day session per year.
Classes are taught by Certified Nurses, Dietitians, and Pharmacists.
Learn the skills to successfully manage your diabetes and meet others with this disease.
You are not alone!
Class size is limited.
Pre-registration is required.

Dietitian

Ann Marie Sabula, Registered Dietitian is available for appointments in the health office. She will counsel you in private about your personal nutritional needs and insurance covers these visits.
Ann Marie is also certified diabetes educator. To schedule a visit, stop by the health office or call us at 435-7800 Ext. 1

Clinical Lab

Wednesday, Aug. 7th
8:30-11:30am

Eastside clinical lab draws blood work the first Wednesday of the month.
There is no pre-registration, just come in with your lab slip.

Meditation for You

Fridays @ 11 am

Have you ever thought you would like to learn to meditate? Would you like more information on the health benefits of meditation?
Ann Marie Sabula RD and Ellen Frazier lead a weekly meditation group at the senior center on Friday mornings @ 11 am. This program is free and open to all members.

Complimentary Blood Pressure Clinics

10:30am to 11:30am

Friday, Aug. 2nd
Sponsored by Orchard View Manor
Tuesday, Aug. 13th
Sponsored by Grace Barker Health
Wednesday, Aug. 14th
Sponsored by Pawtucket Skilled & Rehab
Thursday, 15th
Sponsored by Evergreen Health Center
Monday, Aug. 19th
Sponsored by Elderwood in Riverside
Tuesday, Aug. 27th
Sponsored by Hattie Ide Chaffee Home

Walking Group

Mondays and Wednesdays
9:00 am

Take out your comfortable shoes and meet us in the lobby. We will begin at 9:00 am and use the trails surrounding the Senior Center.
Walk as much or as little as you wish to do.
No Cost!
Enjoy the nice weather on our walking track

Study reveals that old age need not be a reason to slow down

There's no need to slow down when you become old, here's why

Seniors of people who are above a certain age could perform as well as cyclists participating in the Tour de France cyclists. How? You ask. Well, according to a new study age is no obstacle to performing at a maximum for a longer period of time.

Six men, aged 46-71 years, cycled 2,700 km, from Copenhagen to the North Cape, in two weeks, and the researchers examined them along the way. The resulting study shows that the seniors expended 4.0 times the basal metabolism. During Tour de France cyclists typically expend 4.3 times the basal metabolism.

Researchers are very surprised that seniors are able to expend as much energy as elite athletes such as Tour de France cyclists. This is the first study of seniors who've been exposed to this type of hard physical exertion. It's fascinating that, even at an advanced age, our energy can be expended at that level, says Postdoc Mads Rosenkilde Larsen.

The study is published in the American Journal of Clinical Nutrition.

Age shouldn't be a Reason to Slow Down

It never hurts to have longevity in your genes and few chronic health problems, but mindset plays a role in how people age. Some older people have been termed "super ages".

Adults who believe age is just a number showed better memory performances but adults who believe aging is set in stone and fixed has a decreased in memory performances and a stronger stress reaction. To stay vital do as many activities at the senior center, going to movies and the theatre and not just sitting home making references to your age and saying "I'm too old to be out there etc.

Life should be lived to the fullest. The problem with taking it easy is that it sounds attractive at first until you get into the routine of doing nothing and you don't expand your mind or help anyone else.

Elizabeth Pegg



SENIOR HAPPENIN

MONDAY	TUESDAY	WEDNESDAY
5 9:00 Walking Group 9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance	6 9:30 Painting Class 9:40 Aerobic Exercise 10:30 United Health 12:30 Painting Class 1:25 Bingo	7 7:00 Yoga 8:30 Clinical Lab 9:00 Blended Yog 9:00 Walking Gro 10:45 Chair Exercis 1:00 Cribbage 1:30 Stroke Group
12 <div style="text-align: center; font-size: 2em; font-weight: bold;">VJ Day</div>	13 9:30 Painting Class 9:40 Aerobic Exercise 10:30 Grace Barker Health Blood Pressures 12:30 Painting Class 1:25 Bingo	14 7:00 Yoga 9:00 Blended Yog 9:00 Walking Gro 10:30 Pawtucket Skilled & Rel Blood Press 10:45 Chair Exercis 1:00 AARP Board 1:00 Cribbage
19 9:00 Walking Group 9:00 Yoga Class 10:30 Beginners Yoga 10:30 Elderwood Blood Pressures 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance	20 9:30 Painting Class 9:40 Aerobic Exercise 12:30 Painting Class 1:25 Bingo	21 7:00 Yoga 9:00 Blended Yog 9:00 Walking Gro 10:45 Chair Exercis 1:00 Cribbage
26 9:00 Walking Group 9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance	27 9:30 Painting Class 9:40 Aerobic Exercise 10:30 Hattie Ide Chaffee Blood Pressures 12:30 Painting Class 1:25 Bingo	28 7:00 Yoga 9:00 Blended Yog 9:00 Walking Gro 10:45 Chair Exercis 1:00 Cribbage

GS CALENDAR

	THURSDAY	FRIDAY	
	<p>1</p> <p>9:40 Aerobic Exercise 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Class 4:15 Yoga 6:00 Yoga</p>	<p>2</p> <p>8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 1:20 Hi Lo Jack</p>	
<p>a up se o</p>	<p>8</p> <p>9:40 Aerobic Exercise 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Class 4:15 Yoga 6:00 Yoga</p>	<p>9</p> <p>8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Fitness Advisor 10:45 Chair Exercise 1:20 Hi Lo Jack</p>	
<p>a up hab ures se</p>	<p>15</p> <p>9:40 Aerobic Exercise 10:30 Evergreen House Blood Pressures 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Class 4:15 Yoga 6:00 Yoga</p>	<p>16</p> <p>8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Fitness Advisor 10:45 Chair Exercise 1:00 InSight 1:20 Hi Lo Jack</p>	
<p>ga up se</p>	<p>22</p> <p>9:40 Aerobic Exercise 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Class 1:00 Diabetes Support 4:15 Yoga 6:00 Yoga</p>	<p>23</p> <p>8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Fitness Advisor 10:45 Chair Exercise 1:20 Hi Lo Jack</p>	
<p>ga up se</p>	<p>29</p> <p>9:40 Aerobic Exercise 12:00 Mah Jongg 12:30 Bridge 1:00 Craft Class 4:15 Yoga 6:00 Yoga</p>	<p>30</p> <p>8:00 Blended Yoga 8:30 Scrabble 10:00 Mah Jongg 10:30 Fitness Advisor 10:45 Chair Exercise 1:20 Hi Lo Jack</p>	

Ads



Warming up for Wednesday morning Yoga



Pick a color, any color



Lee is explaining how we are going to exercise!!



National Night Out

"America's Night Out Against Crime"

Tuesday, August 6th

Time 5pm

On Tuesday, August 6th East Providence is joining thousands of communities nationwide for the "34th Annual National Night Out" crime and drug prevention event. National Night Out, which is sponsored by the National Association of Town Watch (NATW), will involve over 16,000 communities from all 50 states. In all, over 38 million people are expected to participate in "America's Night Out Against Crime".

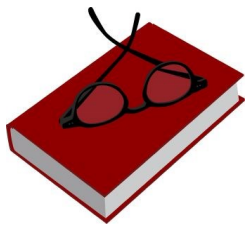
National Night Out is designed to:

- Heighten crime and drug prevention awareness
- Generate support for, and participation in, local anticrime efforts
- Strengthen neighborhood spirit and police-community partnerships

Send a message to criminals letting them know that neighborhoods are organized and fighting back

This is a great opportunity for local businesses and organizations to come out as a community and get some exposure. Hand out some free promotional items, candy, or do a simple craft with the kids.

This is a TOTALLY FREE events, so you cannot sell anything or collect money.



Why Read



MENTAL STIMULATION

Studies have shown that staying mentally stimulated can slow the progress of (or possibly even prevent) Alzheimer's and Dementia,^[1] since keeping your brain active and engaged prevents it from losing power.

STRESS REDUCTION

No matter how much stress you have at work, in your personal relationships, or countless other issues faced in daily life, it all just slips away when you lose yourself in a great story. A well-written novel can transport you to other realms, while an engaging article will distract you and keep you in the present moment, letting tensions drain away and allowing you to relax.

KNOWLEDGE

Everything you read fills your head with new bits of information, and you never know when it might come in handy. The more knowledge you have, the better-equipped you are to tackle any challenge you'll ever face.

Vocabulary Expansion

This goes with the above topic: The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary.

Memory Improvement

When you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances, as well as the various arcs and sub-plots that weave their way through every story. That's a fair bit to remember, but brains are marvellous things and can remember these things with relative ease.

Stronger Analytical Thinking Skills

Have you ever read an amazing mystery novel, and solved the mystery yourself before finishing the book? If so, you were able to put critical and analytical thinking to work by taking note of all the details provided and sorting them out to determine "whodunit."

Improved Focus and Concentration

When you read a book, all of your attention is focused on the story—the rest of the world just falls away, and you can immerse yourself in every fine detail you're absorbing.

BETTER WRITING SKILLS

This goes hand-in-hand with the expansion of your vocabulary:

Exposure to published, well-written work has a noted effect on one's own writing, as observing the cadence, fluidity, and writing styles of other authors will invariably influence your own work.

Tranquility

In addition to the relaxation that accompanies reading a good book, it's possible that the subject you read about can bring about immense inner peace and tranquility.

FREE ENTERTAINMENT

Though many of us like to buy books so we can annotate them and dog-ear pages for future reference, they can be quite pricey.

For low-budget entertainment, you can visit your local library or senior center and bask in the glory of the countless tomes available there for free. Libraries have books on every subject imaginable, and since they rotate their stock and constantly get new books, you'll never run out of reading materials.





The RI Senior Challenge

RI Senior Challenge sponsored by Blue Cross & Blue Shield of RI (BCBSRI).

BCBSRI's vision is to be a leader in promoting a state of good health and well-being across RI. With this in mind, we wanted to create a fun program that encourages seniors to be more physically active and also enables us to give back to our valued community partners. The challenge will be a friendly competition between senior centers within a given geographical territory. Each center will facilitate and encourage its seniors to incorporate physical activity in their daily routine, with the ultimate goal of improving overall health. Throughout the month of September, participating members at each senior center will be required to record and tabulate their step history/walking history on a weekly basis.

At the conclusion of the competition, the senior center with the highest average steps over 4 weeks will be declared the winner for its territory (North, South & East).

Three territory prizes of \$2,500 will be awarded to empower senior centers to better promote health and wellness at their facilities.

The challenge will start on Tuesday September 3rd and end on Monday September 30th, 2019.

Each senior center will be its own team.

Registration for the challenge will run from July 1st thru August 30th.

And while we encourage all BCBSRI members to participate, the RI Senior Challenge is open to all of RI's seniors!

More information to come !!!





Join us for lunch

Monday—Friday

We invite you to join us for lunch, served Monday through Friday at 11:45. Catch up with old friends and meet new ones.

A suggested donation is \$3

For more information call Cindy at 401.435.7800 Ext 2.

Our monthly menu is always on the back page of our newsletter.

Salad Option for the Month

Grilled Chicken, Crispy Noodles,
Cucumber, Mandarin Oranges,
Ice burg Lettuce,
Sesame Dressing
Beginning Monday,
August 5, 2019

Membership

\$15 Residents

\$20 Non-Residents

Fitness Room

\$40 Single Resident

\$55 including membership

\$45 Non-Resident

\$65 including membership

\$70 Couple Resident

\$100 including membership

\$80 Couple Non-Resident

\$120 including membership

Staff

Robert Rock	Director Ext. 5
Shontell Gomes	Admin. Assistant Ext. 4
Ellen Frazier	Resource Specialist Ext. 3
Mary Jane Milner	Registered Nurse Ext. 7
Cindy DeMedeiros	Dining Coordinator Ext. 2
Richard DiCecco	Facility Manager
Pat Thomas	Receptionist
Ed Daft, Steve Checralah	Transportation
Dick Wood, Lee Wilber	Transportation

Advisory Board

Angela Caldarone-Byrd	Ann Fagundes
George Furtado	Ken Goucher
Jan Kinder	Manny Larangeira
Maryann Leonardo	Eleanor Monteiro
Jim Phillips	Judy Phillips
Elaine Robinson	Don Senna

“Most people don't grow up. Most people age. They find parking spaces, honor their credit cards, get married, have children, and call that maturity. What that is, is aging.”

Maya Angelou

Volunteering can stop your brain from shrinking

Brain shrinkage is a normal part of aging and causes a decrease in memory and mental sharpness. When retired people serve as mentors to young children in public schools in a two-year program, helping students learn to read, the gray matter and a key memory region in their brains stayed the same size and in some cases grew slightly. This may be associated with a reduced risk for Alzheimer's disease. Any type of sustained purposeful activity that involves leaving your house and interacting socially with others may have similar benefits.



Senior Center Gift Shop

Postage stamps, (individual and books) Crackers,
Candy, Chips, Jewelry, Note Pads & Pens,
Knitted items, Bottled Water, Pocket Kleenex,
Greeting Cards, Picture Frames, Candles, Bag Caddies
And More...

Open 9am 1pm

Computer/iPad Assistance Monday, 2pm to 4pm

On the last Monday of every month, students from MTTI career training school will assist any member with computer questions. The students try to resolve your computer problems and help you with a computer course you may be taking.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Reservations Must be made 24 hours in advance 435-7800 Ext 2</p>		<p>1 Beef Barley Soup Tuna Salad Summer Tortellini Salad Seasoned Beets & Onions Rye Bread Angel Food Cake (Corned Beef on Rye)</p>	<p>2 Italian Wedding Soup Stuffed Sole Baked Potato Broccoli Multi Grain Bread Fruit Cocktail (Chicken Salad on Multi Grain)</p>
<p>5 Turkey Noodle Soup Sliced BBQ Beef Oven Roasted Potatoes Mixed Vegetables Italian Bread Shortbread Cookie (Tuna on Italian)</p>	<p>6 Chicken Soup Veal w/Tomato Sauce Pesto Pasta Italian Blend Vegetables Ice Cream Garlic Bread (Hamburger on a Roll)</p>	<p>7 Tomato Vegetable Soup Chicken Marsala Rice Pilaf California Vegetables Wheat Bread Mandarin Oranges (Shrimp Salad on Wheat)</p>	<p>8 Onion Soup Beef Stroganoff Noodles Green Beans Rye Bread Pudding (Pastrami & Swiss on Rye)</p>	<p>9 White Chowder Baked Fish w/Crumb Topping Red Bliss Mashed Potato Roasted Zucchini Oat Nut Bread Fresh Fruit (Egg Salad on Oat Nut Bread)</p>
<p>12 <u>CLOSED</u> VJ Day</p>	<p>13 100% Orange Juice Plain Omelet w/Tomato O'Brien Potatoes Sausage Patty Greek Yogurt (Ham Salad on a Roll w/Side Salad)</p>	<p>14 Split Pea Soup Baked Ham w/Pineapple Sweet Potatoes Winter Blend Vegetables Pumpnickel Bread Fresh Fruit (Turkey w/Cheese on Pumpnickel)</p>	<p>15 HAPPY BIRTHDAY Venus de Milo Soup French Meat Pie w/Ketchup Baby Whole Carrots Wheat Bread Frosted Cupcake (Seafood Salad on Wheat)</p>	<p>16 Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Dinner Roll Watermelon (Hamburger on a Roll)</p>
<p>19 Beef Vegetable Soup Swedish Meatballs Seasoned Noodles Capri Blend Vegetables Oat Nut Bread Sliced Peaches (Shrimp Salad on Oat Nut Bread)</p>	<p>20 Corn Chowder Beer Battered Fish w/Tartar Sauce Rice Pilaf Seasoned Sliced Carrots Rye Bread Cookies (Honey Ham & Cheese on Rye)</p>	<p>21 Escarole & Bean Soup Pot Roast w/Gravy Sweet Mashed Potatoes Green Beans Roll Greek Yogurt (Fish Sandwich on Roll)</p>	<p>22 Chicken Soup w/Anci de Pepe Lasagna Rollup w/Tomato Sauce Roasted Brussel Sprouts Italian Bread Pudding (Italian Grinder)</p>	<p>23 Mayor's Picnic 100% Cranberry Juice Honey BBQ Boneless Chicken Buttered Corn Tomato & Cucumber Salad Wheat Bread, Diced Pears (Hot Dog on a Roll)</p>
<p>26 Turkey & Brown Rice Soup Veal w/Mushroom Gravy Mashed Potatoes Roasted Brussels Sprouts Marble Bread Sliced Peaches (Chicken Salad on Marble)</p>	<p>27 Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Mixed Vegetables Rye Bread Fresh Fruit (Seafood Salad on Rye)</p>	<p>28 Vegetable Soup Swedish Meatballs Whole Grain Pasta Tossed Salad w/Dressing Multi Grain Bread Fruit Bar (Ham & Cheese on Multi Grain)</p>	<p>29 Lentil Soup Chicken Cordon Bleu w/Gravy Mashed Potatoes Broccoli Cuts Oatmeal Bread Apricots (Meatloaf on Oatmeal)</p>	<p>30 Red Chowder Florentine Fish O'Brien Potatoes Seasoned Sliced Carrots Wheat Roll Brownie (Turkey & Cheese on Wheat)</p>