

# East Providence Senior Activity Center



610 Waterman Avenue  
East Providence, RI 02914  
401.435.7800  
Fax: 401.435.7803  
[www.eastprovidence.com](http://www.eastprovidence.com)

## December 2020

### Letter from the Mayor:

On behalf of the entire City of East Providence staff, I want to wish you and your family a very happy and healthy holidays. The COVID-19 pandemic has brought on many challenges including the closure of the Senior Center for the safety and health of you, our members as well as residents and staff. Still, we are working hard to provide as many services to you as possible. We encourage you to reach out to our staff to tap into those services.

The biggest challenge during this pandemic for all is not being able to spend time with loved ones. We understand this can be difficult, especially during the holidays. We don't want you to feel alone. Reach out to your loved ones and know that our Senior Center staff is only a phone call away.

Sincerely,

Roberto L. DaSilva, Mayor of East Providence



### SENIOR SHOPPING SERVICE

Come join us for a safe shopping excursion on Tuesdays

#### Who is eligible?

- City of East Providence residents
- Seniors 55 years or older or disabled.

#### How do I sign up?

- Call 401-435-7800 to make an appointment.

Service is offered on Tuesdays. There will be two runs. Morning run to Stop and Shop and an afternoon run to Shaws.

For more information or to make an appointment call the Senior Center at 401-435-7800.

# THANK YOU

To our Community Businesses

Stop and Shop, Seekonk MA

For their weekly donations of baked goods

Stop and Shop, East Providence, RI

For their donation of gift cards

Panera Bread, Seekonk, MA

For their weekly donations of baked goods

Dunkin Donuts, Taunton Ave., East Providence

For their daily donation of baked goods

MTTI, East Providence

For their monthly computer assistance

Anchor Bay, East Providence

For sponsoring our daily coffee hour

## Need a Mask ?



**If you are in need of a free face mask or you want to volunteer to sew, please contact Pat Thomas at the East Providence Senior Center at 401-270-1863.**

**Thank you to all of the volunteers who continue to share their time and talent sewing cloth face masks for our community.**

## Staff

Laura Jones

Director 401-431-4608  
ljones@eastprovidenceri.gov

Shontell Gomes

Admin. Assistant 401-270-1792  
sgomes@eastprovidenceri.gov

Ellen Frazier

Elder Resource Specialist  
401-270-1788  
efrazier@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814  
cdemedeiros@eastprovidenceri.gov

Pat Thomas

Member Services Representative  
401-270-1863  
pthomas@eastprovidenceri.gov

Richard DiCecco Facilities

Kenny Atkinson Facilities

Edward Daft	Transportation
Steve Checrallah	Transportation
Lee Wilber	Transportation
Richard Wood	Transportation

### Advisory Board

Maryann Leonardo Eleanor Monteiro

Angela Caldarone-Byrd Judy Phillips

Jim Phillips George Furtado

Jan Kinder Ann Fagundes

Ken Goucher Elaine Robinson

Donald Senna

## **TAKE IT OUTSIDE**

Are you interested in getting some exercise, meeting up with old friends or making new ones?

Consider joining in for a game of Bocce.

Meet up at the East Providence Center for a game of Bocce on Tuesday Mornings from 9:00 am—12:00 pm

Cloth Face Coverings are required of all. Physical Distancing will be practiced to keep all safe.

Please call 401-435-7800 to reserve your spot.



## **EAST BAY COMMUNITY ACTION FOOD PANTRY**



**WE DELIVER !**

**Did you know the East Providence Senior Center is partnering with the EBCAP Food Pantry to deliver food pantry bags to your home ?**

**If you are in need of food and unable to get to the pantry, give us a call at 401-435-7800 for more information.**

## **VOLUNTEER PANTRY DRIVERS NEEDED**

**Interested in volunteering?**

**Go onto the City of East Providence website at [www.eastprovidenceri.net](http://www.eastprovidenceri.net) and click on jobs and volunteers.**



## Having trouble paying your heating bill?

- To receive help...
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home A family of 3 can make up to \$4,343 a month

Our Low-Income  
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Assistance Pro-  
gram  
Could Help

Call East Bay Community  
Action Program at  
401-437-5102  
to find out if you qualify!



community  
action





Age-Friendly  
RHODE ISLAND

**The Virtual Community Center:  
Where Rhode Islanders Can Connect, Learn & Play**

Check out the Age-Friendly Virtual Community Center  
December Calendar of Events

<https://agefriendlyri.org/events/month/2020-11/>

**If you haven't checked out the Virtual Community Center you  
don't know what your missing !**

**Programs now available in Spanish**

## Zoom YOGA

Sponsored by Blue Cross, Blue Shield of RI

Susan Bayley is teaching Zoom Yoga class.  
Classes are Fridays from 9:00 am to 10:00 am  
If you would like to try it out contact Susan at  
[Susanabayley@icloud.com](mailto:Susanabayley@icloud.com)  
Susan will send you an invite to join in.



# RECIPE OF THE MONTH



## WARM WINTER GREENS WITH BALSAMIC LENTILS AND ROASTED PEARS

**SERVINGS:** 8 | 8 boneless center-cut pork loin chops (4 ounces each), trimmed of fat

### LENTILS:

- 2 teaspoons olive oil
- 2 tablespoons canola oil, divided
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1/4 cup balsamic vinegar
- 3/4 cup brown lentils, rinsed
- 1 cup cold water

### ROASTED PEARS:

- 2 firm, ripe Anjou pear
- 2 teaspoons olive oil
- 2 teaspoons honey
- 6-8 sage leaves, torn

**PREHEAT** oven to 375 degrees. Prepare greens and transfer to large bowl. Place saucepan over medium heat. Once hot, add olive oil, onions, salt and pepper, and **SAUTE** until onions begin to caramelize. Add vinegar to deglaze pan, stirring to pick up bits that may be stuck to the bottom. **COOK** until vinegar reduces and pan is nearly dry, about 3 minutes. Add lentils and water, cover and bring to a boil. Once boiling, reduce heat to medium low and simmer for 15-18 minutes, or until lentils are al dente.

Spread pears onto sheet pan. Stir olive oil and honey together and **DRIZZLE** over pears. Add sage leaves, toss pears gently with mixture and transfer to oven. Roast pears for 12-15 minutes, or until just tender.

When lentils are done, **POUR** atop the winter greens while still hot. Using tongs, toss lentils and greens together until greens are softened and glossy. Transfer mixture to a clean bowl and drizzle with more olive oil. Top the warm salad with roasted pears and sage leaves. Serve immediately.

*(Courtesy of NewsUSA)*

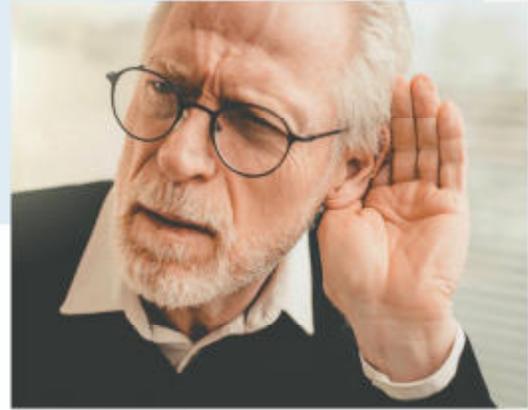
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# HEALTH & WELLNESS

## SELECTIVE LISTENING, OR HEARING LOSS?

Our senses are designed to clue us in when something isn't quite right. If you can't see the road signs, losing your balance, wearing blue socks or red socks, if you are eating sugar or salt or if you are drinking sparkling water or white soda, you know it. However, when it comes to age-related hearing loss, the process is so gradual it can continue for years before you or someone else notices it.



### SIGNS OF HEARING LOSS

Misunderstanding what is being said such as mistaking "watering the plants" for "wetting your pants," or accusing others of mumbling is often embarrassing, but can be how it begins. Men are often accused of tuning out their wives, but the high-pitched sounds of women and children can be difficult to hear in situations of ongoing hearing loss.

According to [hearingsolutions.com](https://www.hearingsolutions.com), one of the chief complaints health care professionals hear from patients complaining of hearing loss is that they can hear, but they can't understand.

Hearing loss not only involves the ear, but the brain as well, where the sound is transmitted into meaningful language. Symptoms of age-related hearing loss vary from mild to profound, but most seniors deal with mild to moderate hearing loss, the type that makes it challenging to hear higher pitched sounds. Other symptoms include:

- Difficulty hearing phone calls
- Trouble following conversations
- Asking others to repeat what they said
- Very loud TV volume
- Background noise clouding conversations
- Feeling exhausted from trying to hear

### HEARING LOSS CAN AFFECT MENTAL HEALTH

Studies show that at least a third of those between 65 and 74 and half of those over 75 are dealing with hearing loss. Many of them are reluctant to admit they can't hear, but not dealing with it can lead to depression or isolation in an attempt to mitigate embarrassment or frustration at not understanding conversations.

Hearing loss can also lead to increased risk of dementia, falls, and depression. According to a 2014 National Institutes of Health study, researchers found that hearing loss nearly doubled the risk of depression in adults. Those wearing a hearing aid were happier and had a greater quality of life.

Schedule a visit with an audiologist to get your hearing checked. There may be an easy remedy to boost your ability to hear, such as a hearing aid. Others may benefit from devices such as a cochlear implant.

### HEARING AID BENEFITS

**Prevent Falls** — According to Johns Hopkins University School of Medicine, even mild hearing loss can triple the risk of falls as the individual is less aware of what is going on around them, making them more susceptible to colliding with another or tripping over a pet.

**Mood Boosting** — Those wearing hearing aids are more likely to participate in social activities as they no longer feel left out because they cannot hear conversations. A survey by the National Council on Aging found that untreated hearing loss caused 50% of non-hearing aid users to battle depression.

**Memory Improvement** — Research at the University of Maryland found that wearing hearing aids improves memory because the brain isn't working so hard to decipher words. Being able to hear frees up resources in the brain that can be used for cognitive function.

**Relationship Building** — Individuals with hearing loss who wear hearing devices have better relationships with family members, friends, and colleagues than those without.

If you are struggling to understand your loved ones, it's alright to ask for help. The benefits of visiting an audiologist and admitting that you are having difficulty will far outweigh the discomfiting knowledge that hearing loss is part of your reality.

Help City of East Providence meet its 2020 energy efficiency goals.

Take the first step by scheduling a no-cost Virtual Home Energy Assessment.  
Visit : [ngrid.com/rivirtualassessment](http://ngrid.com/rivirtualassessment) or call 1-888-633-7947.

You may also be eligible for:

- At least 75% or more off approved insulation and air sealing improvements up to \$4,000.
- No-cost LED light bulbs, faucet aerators, showerheads, and advanced power strip.
- Rebates and financing available for mini-split heat pumps.
- No -cost recycling of a fridge or freezer, plus a \$50 reward.
- Save up to \$75 on a Wi-Fi programmable thermostat.
- 0% interest heat loan.

These programs are funded by the energy efficiency charge on all customers' gas and electric bills, in accordance with Rhode Island law.

#### Start using less energy with these tips:

1. Dry only full loads of laundry and save \$7 a month
2. If you have an electric clothes dryer, clean the filter and straighten the exhaust hose/duct to save \$3 a month
3. Repair leaky faucets and save \$6 a month
4. Turn off lights, appliances, TVs, stereos, and computers when not in use, and save \$9 a month
5. Sign up for a no-cost Home Energy Assessment and get custom energy saving recommendations



LOCAL HELP FOR PEOPLE WITH MEDICARE

## Medicare Open Enrollment is Oct. 15th-Dec. 7th

The State Health Insurance Program (SHIP) provides assistance to individuals who are aging into or who are already enrolled in the Medicare system. SHIP counselors provide individual, unbiased counseling to Medicare eligible beneficiaries to help them understand health care cost/coverage and to make the most appropriate choice for their health care needs.

SHIP serves Medicare beneficiaries, caregivers, adults with disabilities, and low-income individuals who may qualify for assistance programs. Whether you are turning 65 or under the age of 65 and receive Social Security Disability benefits, SHIP counselors can help you make informed choices and answer your questions.

### Due to Covid-19, Rhode Island’s Office of Healthy Aging

is requiring all SHIP counseling to be done by phone. If you need assistance to review your plan, call to schedule your appointment with SHIP counselor soon.

For more information or to schedule an appointment call East Bay Community Action Program at 401-435-7876.

200 Wampanoag Trail | East Providence, RI 02915 | (401) 434-1520 | www.hattidechaffee.com  
Hattie Ide Chaffee Home is a 60 bed non-profit medical facility which specializes in skilled nursing and rehabilitative services.  
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# DECEMBER SPECIAL DAYS

SUN. 29	MON. 30	TUES. 1	WED. 2	THURS. 3	FRI. 4	SAT. 5
		Eat a Red Apple Day Giving Tuesday National Pie Day	National Mutt Day		National Dice Day	International Volunteers Day
SUN. 6	MON. 7	TUES. 8	WED. 9	THURS. 10	FRI. 11	SAT. 12
Cookie Cutter Week 6 National Influenza Vaccination Week	Pearl Harbor Remembrance Day Third Quarter Moon Phase Older Driver Safety Awareness Week (through Dec. 11)			Hanukkah		Gingerbread Decorating Day Poinsettia Day
SUN. 13	MON. 14	TUES. 15	WED. 16	THURS. 17	FRI. 18	SAT. 19
National Cocoa Day	New Moon	National Cupcake Day		National Maple Syrup Day	Bake Cookies Day National Ugly Christmas Sweater Day	Wreaths Across America Day
SUN. 20	MON. 21	TUES. 22	WED. 23	THURS. 24	FRI. 25	SAT. 26
	Crossword Puzzle Day First Day of Winter First Quarter Moon Phase	National Cookie Exchange Day		Christmas Eve National Eggnog Day	Christmas	Kwanzaa (through Jan. 1)
SUN. 27	MON. 28	TUES. 29	WED. 30	THURS. 31	FRI. 1	SAT. 2
	National Card Playing Day Pledge of Allegiance Day	Full Moon (Cold Moon)	Bacon Day	National Champagne Day New Year's Eve		

## MONTHLY OBSERVANCES

Bingo's Birthday Month  
Exotic Fruits Month  
National Eggnog Month

National Fruitcake Month  
National Human Rights Month  
National Pear Month

National Write to a Friend Month  
Safe Toys and Gifts Month  
Winter Squash Month

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# THIS DAY IN HISTORY

**DECEMBER 1, 1955:** In Montgomery, AL, black seamstress Rosa Parks refused to give up her seat to a white man and was arrested, marking a milestone in the civil rights movement.

**DECEMBER 2, 1982:** Dr. Robert Jarvik implemented the first artificial heart in Barney Clark, who lived 112 days with the device.

**December 3, 1947:** Tennessee Williams' play "A Streetcar Named Desire" opened at Broadway's Ethel Barrymore Theater.

**December 4, 1954:** The first Burger King restaurant opened in Miami, FL.

**December 5, 2008:** The iTunes Music Store reached 300 million applications downloaded.

**December 6, 1947:** Everglades National Park in Florida was dedicated by U.S. President Truman.

**December 7, 1787:** Delaware became the first state to ratify the U.S. constitution, thereby becoming the first of the United States.

**December 8, 1952:** On "I Love Lucy," a pregnancy was acknowledged in a TV show for the first time.

**December 9, 1978:** The first game of the Women's Pro Basketball League (WBL) was played between the Chicago Hustle and the Milwaukee Does.

**December 10, 1931:** Jane Addams became a co-recipient of the Nobel Peace Prize, the first American woman to do so.

**December 11, 1951:** New York Yankee Joe DiMaggio announced his retirement from major league baseball after 13 years.

**December 12, 1975:** Sara Jane Moore pled guilty to a charge of trying to kill U.S. President Ford in San Francisco the previous September.

**December 13, 1966:** The rights to the first four Super Bowls were sold to CBS and NBC for a total of \$9.5 million.

**December 14, 1903:** The Wright brothers made their first attempt to fly with the Wright Flyer. The plane flew for just a few seconds before stalling.

**December 15, 2001:** The Leaning Tower of Pisa reopened after 11 years and \$27,000,000 spent to stabilize it, without fixing its famous lean.

**December 16, 1901:** "The Tale of Peter Rabbit" by Beatrix Potter was printed for the first time.

**December 17, 1969:** Tiny Tim and Miss Vicki Budinger were married on "The Tonight Show" with Johnny Carson.

**December 18, 1862:** The first orthopedic hospital, Hospital for the Ruptured and Crippled, was organized in New York City.

**December 19, 1918:** Robert Ripley began his "Believe It or Not" column in "The New York Globe."

**December 20, 1880:** New York's Broadway became known as the "Great White Way" when a stretch of the street was illuminated by lamps, making it among the first electrically lighted streets in the U.S.

**December 21, 1937:** Walt Disney debuted "Snow White and the Seven Dwarfs," the first full-length, animated feature.

**December 22, 1990:** Lech Walesa was sworn in as Poland's first



popularly elected president.

**December 23, 1977:** Cat Stevens converted to Islam and later changed his name to Yusuf Islam.

**DECEMBER 24, 1851:** A fire devastated the Library of Congress in Washington, DC, destroying about 35,000 volumes.

**December 25, 1939:** "A Christmas Carol" by Charles Dickens was read on CBS radio for the first time.

**December 26, 1982:** A computer was named "Time" magazine's Man of the Year, the first time a non-human received the honors.

**December 27, 1966:** The Cave of Swallows, the largest known cave shaft in the world, was discovered in Mexico.

**December 28, 1981:** Elizabeth Jordan Carr, the first American test-tube baby, was born in Norfolk, VA.

**December 29, 1952:** Sonotone Corporation started selling the first transistorized hearing aid.

**December 30, 1980:** After 25 years on TV, "The Wonderful World of Disney" was cancelled by NBC. It was the longest-running series in prime-time television history.

**December 31, 1967:** The Green Bay Packers won the National Football League championship game by defeating the Dallas Cowboys 21-17. The game is known as the Ice Bowl since it was played in a wind chill of 40 degrees below zero.

# FOOD DISTRIBUTION

## East Bay Community Action Food Pantry Food Pantry Hours

By Appointment Only—401-437-1000 ext. 127

Monday	12 pm to 4 pm
Tuesday	12 pm to 4 pm
Wednesday	12 pm to 6 pm
Thursday	12 pm to 4 pm
Friday	8 am to 12 pm

If you need your pantry items delivered call us at the Senior Center  
401-435-7800



## GRAB & GO Lunches

Please make your reservations at least 24 hours in advance.

East Providence Senior Center Cafe Phone: (401)-270-1814

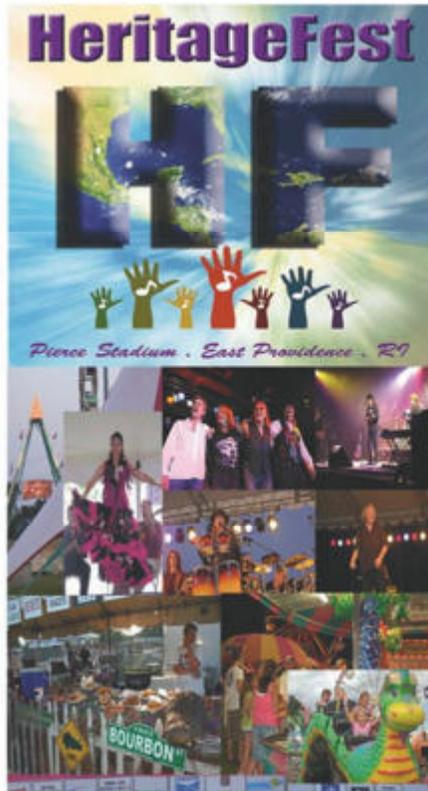
For Goldsmith/City View Cafe Phone: (401) 434-7645

*These boxed lunches are for people aged 60/+ or disabled individuals.*

A suggested donation of \$3.00 per boxed lunch will help to sustain the program







**East Providence Heritage Days Inc.**  
 610 Waterman Avenue, East Providence RI

## 20 Week Raffle

August 7 ~ December 18, 2020

**First Prize** drawn on December 18 **\$1,000.00**

**2-\$250.00 winners** drawn on August 7

**18-\$50.00 winners** drawn on Fridays, Aug. 14-Dec. 11

**1-\$100.00 winner** drawn on December 18

**Support Live Music & The Arts**  
**22 Chances To Win! \$20 EACH**

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*Locally*

### \$3.00 Suggested Donation



Menu Items are subject to change due to being unavailable to obtain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>7</b> Juice Ham & Cheese on Rye w/ Mustard Chips Pudding Milk	<b>1</b> Juice Corned Beef & Swiss on Rye w/ Mustard Chips Fresh Fruit Milk	<b>2</b> Juice Egg Salad on a Croissant Chips Graham Crackers Milk	<b>3</b> Juice Roast Chicken & Cheese on Multi Grain w/ Mayo Chips Chocolate Chip Cookies Milk	<b>4</b> Juice Tuna Salad on Oatmeal Chips Yogurt Milk
<b>14</b> Juice Italian Sausage on a Grinder Roll w/ Mustard Chips Cookies Milk	<b>8</b> Juice Low Sodium Hot Dog on a Roll w/ Relish Chips Cookies Milk	<b>9</b> Juice Turkey & Cheese on Whole Wheat w/ Mustard Macaroni Salad Fresh Fruit Milk	<b>10</b> Juice Egg & Cheese on a Biscuit Chips Fruit Cup Milk 	<b>11</b> Juice Seafood Salad on 9-Grain Chips Brownie Milk
<b>15</b> Juice Chicken Salad on Pumpernickel Chips Fruit Milk	<b>16</b> Juice Hamburger on a Roll w/ Relish Chips Fig Newton Milk	<b>17</b> Juice Bologna & Cheese on Whole Wheat w/ Mustard Pretzels Granola Bar Milk	<b>18</b> Juice Shrimp Salad on a Roll Chips Fresh Fruit Milk	
<b>21</b> Juice Meatballs w/ Sauce on a Grinder Roll Chips Pudding Milk	<b>22</b> Juice Egg Salad on a Croissant Chips Fresh Fruit Milk	<b>23</b> Juice Baked Ham w/ Glaze Sweet Potato Vegetable Medley Pie Milk	<b>24</b> CLOSED Christmas Eve	<b>25</b> CLOSED Christmas Day 
<b>28</b> Juice Salami & Provolone on Multi Grain w/ Mustard Chips Fruit Cup Milk	<b>29</b> Juice Tuna Salad on Wheat Chips Lorna Doones Milk	<b>30</b> Juice Roast Beef & Cheese on Roll w/ Mayo Chips Fresh Fruit Milk	<b>31</b> Juice Grilled Chicken w/ Tossed Salad & Dressing Pita Bread Pudding Milk	