

East Providence Senior Activity Center



610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.563-7024
www.eastprovidence.ri.gov

October 2021

Message from the Mayor:

I want to congratulate all of our seniors in the City of East Providence for getting out and getting vaccinated. For those 65 years and older as of September 2021, 100 percent have received their first vaccine and 96 percent are fully vaccinated. Thank you to our East Providence Regional Pod staff (Barrington, Bristol, East Providence, Pawtucket, Warren & Tiverton) for their tireless dedication in setting up clinics, and administering vaccines to our residents. Thank you to all our city staff for their support assisting our seniors with making appointments, answering our Covid -19 hotline, and arranging transportation to vaccine clinics. More information will be shared as soon as it is available on the status of Covid -19 booster vaccines.

Sincerely,
Mayor Bob DaSilva



The Senior Center
has upgraded it's



You can now use
your smart phone
and get onto the
internet anywhere
in our building.

Stop by the
Resource Center
and checkout a
Chrome book . Feel
free to use in the
dining room, the
library or in our
lobby.

See Amanda,
Elder Resource
Specialist,
for assistance.



Letter from the Director:

I can't believe it is already Fall! I am so excited with all the programming and services we have been able to get started again here at the East Providence Senior Center including : dining in our café, transportation, shopping for seniors, arts programs, computer classes, health programs including SNAP education, URI Pharmacy Outreach, Self-Monitoring Blood Pressure Program, SHIP Counseling, fitness classes including, 20/20/20, Pace, Chair Exercises, Zumba Gold, Line Dancing, and Yoga . In addition, we have brought back BINGO, Senior Shopping, opened the fitness center, the gift shop and library. I would say we are fully back in business! I want to thank all of my staff, the Senior Center Advisory Board members, all of our volunteers and our members for making this happen. I couldn't have done it without all of you.

Sincerely,

Laura Jones, Director of Senior Services
City of East Providence

Staff

Laura Jones

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Shahnee Lagor

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Cindy DeMedeiros

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Pat Thomas and Stephanie Walsh

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

Facilities

Richard DiCecco Kenny Atkinson

Transportation

Richard Wood Joe Serodio Dennis Price

MEDICARE
OPEN ENROLLMENT

Oct. 15-Dec. 7th

**State Health Insurance Assistance
Program (SHIP)**



Make an appointment to review your current Medicare plan with SHIP Counselors at the East Providence Senior Center. Every year plans change along with your healthcare needs. Open enrollment period is the time to review and make sure you have the right plan to optimize your health care at the best price. Learn about new options available and get assistance signing up. If you are new this year to Medicare, our SHIP counselors can walk you through the process. Appointments are available on Mondays and Fridays from 8:00 am-4:00 pm. Call 401-435-7876 ext. 1171 to make your appointment.

**Blue Cross Blue Shield of Rhode Island
Medicare Information Session
Tuesday, Oct .26th, 11:00 am-12:00 pm**

Join us as we hear about changes to BCBSRI Medicare products for 2022. Registration is required. Please call the East Providence Senior Center at 401-435-7800 or stop by our reception desk to register for this informative session.



**Len Walker, Managing Partner and Senior Agent for Healthcare
Solutions Team**

Len is a licensed broker in over 20 states including Massachusetts and Rhode Island. Once annual enrollment period begins October 7th, Len has committed to working with you individually if you wish, either at the Center, or if you prefer, at your home. Len will be available to help during Medicare open enrollment by appointment. Len will be at the East Providence Senior Center on Thursdays.



East Providence Senior Center

Advisory Board

Maryann Leonardo

Judy Phillips

Jim Phillips

Ann Fagundes

Elaine Robinson

Eleanor Monteiro

Jan Kinder

George Furtado

Ken Goucher

Donald Senna

Health Services

Eastside Clinical Laboratory

When: The first Wednesday of each month, Oct. 6th

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip



Blood Pressure Clinics 10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month, Oct. 12th

No Registration Required

Hattie Ide Chafee

3rd Tuesday of each month, Oct. 19th

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Monday, Thursday and Friday

9:00 am-2:30

Nurse is located in the Health Office



Registered Dietitian

Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE

Office hours: Tuesdays and Wednesdays by appointment,

Call 401-447-6299



HEALTH PROGRAMS

Eating for a Healthier Heart

Monday, October 18th

11:30-12:30



Mandatory for those in the self-monitoring blood pressure program but all are welcome! Learn more about the food that can help lower your cardiovascular risk by helping you manage your weight and improve your cholesterol.

Strengthen Your Immune System

University of Rhode Island Pharmacy Outreach Program

October 29th

12:30 pm-1:30 pm



Help strengthen your immune system against COVID 19, the Flu, and other winter colds and viruses. Learn what you can do to boost your body's own defense and ward off illness. These tips could make a huge difference in your health and recovery! Registration is required by calling the East Providence Senior Center at 401-435-7800 or stopping by the center's reception desk. This class is brought to you by University of Rhode Island Pharmacy Outreach Program.

October's Health Lecture

Morning Pills, Afternoon Pills, Evening Pills.....

So many pills can be confusing!

Learn how Medpacks can simplify your medication routine.

Managing Your Medications with White Cross Medpack

&

Tips on what you can do to stay in your home so you can age in place



Wednesday, Oct. 13th

10:30-11:30

Fitness Programs



Chair Yoga with Marilyn

Mondays-10:00-11:00

Instructor- Marilyn Thetonia

Cost- No Cost

Room- Craft Room

Registration Required-Limited to 15 Participants

Chair Exercise with Cyn

Tuesdays-10:45-11:45

Instructor-Cynthia Charron

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 25 Participants

Zumba Gold

Mondays-10:30-11:30

Instructor-Sue Young

Cost-\$2.00

Room-Multipurpose Room

Registration Required-Limited to 22

Pace Chair Exercise

Wednesdays and Fridays -10:45-11:45

Instructor-Muriel Woodcock

Cost- No Cost

Room-Multipurpose Room

Registration Required-Limit to 25 Participants

Line Dancing

Mondays-1:30-2:30

Instructor- Sue Young

Cost- \$2.00

Room-Dining Room

Registration Required-Limited to 20 Participants

20/20/20 Exercise

Thursdays-9:30-10:30

Instructor-Robin Cullinan

Cost-\$2.00

Room- Multipurpose Room

Registration Required-Limit to 25 Participants

MINDFUL MEDITATION

Fridays at 11:00 am

Join us every Friday for an hour of mindful meditation. This month guest host John LaCross will lead two special classes: Friday, October 8th and Friday, October 15th. John will share tips on how to achieve a restful night's sleep. He'll also offer meditation healing for those suffering from grief and loss. Space is limited.

Registration is required.

John LaCross is a former EP Townie who lived in the city for 24 years. He is the former Barrington Police Chief of 17 years and retired Major of the RI State Police for 23 years. John's practice is based off the teachings of Meditation Pioneer Jon Kabat-Zinn. Learn more about John @ <https://healingwithheavenslight.com/>



Exciting New Programs/Services

New Multi-Media Art Class

Four Part Class

Instructor: Roberta Shine

No Cost

Tuesdays

2:00 pm– 3:00pm

Oct. 5th

Oct. 12th

Oct. 19th

Oct. 26th



Participants must sign up for all four sessions to complete their piece.

Registration is required by calling the East Providence Senior Center or stopping by the reception desk. Participants will create a picture on canvas using acrylic paints. Artists can choose to learn a torn paper technique using photos that have meaning to you or magazines or may choose to paint a still life of a vase with flowers. A supply list will be provided upon registration.

New Memoir/Writing Class

Thursdays

Starting September 23rd

Instructor: Wendy Sheehan

No Cost

10:00 am-11:30 am



Have you lived an interesting life? Do you have a story to tell?
Have you ever thought of writing a memoir?

Participants will learn and examine the elements of the short story and those of a memoir. Participants will use elements to write a short story or a memoir.

Registration Required by calling 401-435-7800 or stopping by the East Providence Senior Center front reception desk.

Class is limited to 10 participants.

Notary Public

The Senior Center now offers the services of a notary. Pat Thomas, Senior Center Receptionist, recently got her certificate to be a notary. Congratulations Pat!!! Many of our members were asking for this service and Pat took it upon herself to become a notary. Pat is available M-F 8:00 am-12:00 pm to notarize documents for our seniors.



M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
4 8:00-4:00 SHIP 9:00-2:45 Nurse 10:00 Chair Yoga with Marilyn 10:30 Zumba Gold 11:00-4:00 SHIP 1:30 Line Dancing	5 8:00 –4:00 Nutritionist 9:00 Bocce 10:00-12:00 Water Color Paint Class 10:45 Chair Exercise with Cyn 1:30 BINGO 2:00 Multi-Media Art Class		All Programs require registration unless noted.	1 8:30 Scrabble 9:00-2:45 Nurse 8:45 Blended Yoga 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00-4:00 SHIP 11:00 Meditation 1:30 Hi-Lo Jack
11 Closed for Columbus Day	12 8:00 –4:00 Nutritionist 9:00 Bocce 10:00-12:00 Water Color Paint Class 10:30-11:30 Grace Barker BP Clinic –No Registration Required 10:45 Chair Exercise with Cyn	13 8:00-4:00 Nutritionist 10:00-12:00 Water Color Paint Class 10:30 Health Lecture : White Cross Medpack and Aging in Place 10:45 Pace Chair Exercise 1:00 Cribbage	14 9:00-2:45 Nurse 9:30 20/20/20 with Robin Cullinan 11:00 Medicare Basics Information Session 12:30 Bridge 1:00 Knit and Crochet	15 8:00-4:00 SHIP 8:30 Scrabble 8:45 Blended Yoga 9:00– 2:45 Nurse 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00 Meditation
8 8:30 Scrabble 8:45 Blended Yoga 9:00-2:45 Nurse 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00-4:00 SHIP 11:00 Meditation 1:30 Hi-Lo Jack	7 9:00-2:45 Nurse 9:30 20/20/20 with Robin Cullinan 12:30 Bridge 1:00 Knit and Crochet	6 8:00-4:00 Nutritionist 8:30-11:00 Eastside Clinical Lab 10:00-12:00 Water Color Paint Class 10:45 Pace Chair Exercise 1:00 Cribbage	8 9:00-2:45 Nurse 9:30 20/20/20 with Robin Cullinan 12:30 Bridge 1:00 Knit and Crochet	9 8:30 Scrabble 8:45 Blended Yoga 9:00-2:45 Nurse 10:00 Mah Jongg 10:45 Pace Chair Exercise 11:00-4:00 SHIP 11:00 Meditation 1:30 Hi-Lo Jack

1:30 BINGO				1:00 Insight support 1:30 Hi-Lo Jack
2:00 Multi-Media Art Class				
18	19	20	21	22
8:00-4:00 SHIP	8:00 –4:00 Nutritionist	8:00-4:00 Nutritionist	9:00-9:45 Nurse	8:00-4:00 SHIP
9:00-2:45 Nurse	9:00 Bocce	10:00-12:00 Water Color Paint Class	9:30-11:00 Fall Fair	8:30 Scrabble
10:00 Chair Yoga with Marilyn	10:00-12:00 Water Color Paint Class	10:30 Age Well Stay Connected -computer class	10:0-2:00 Flu Clinic	8:45 Blended Yoga
10:30 Zumba Gold	10:30 Hattie Ide Chafee BP Clinic, No Registration	10:30-11:30 URI SNAP Ed	10:00-11:30 Memoir Writing	9:00-2:45 Nurse
11:30 Eating for a Healthier Heart	10:45 Chair Exercise with Cyn	10:45 Pace Chair Exercise	12:30 Bridge	10:00 Mah Jongg
1:30 Line Dancing	1:30 BINGO	1:00 Cribbage	1:00 Knit and Crochet	10:45 Pace Chair Exercise
	2:00 Multi-Media Art Class			11:00 Meditation
				1:30 Hi-Lo Jack
25	26	27	28	29
8:00-4:00 SHIP	8:00 –4:00 Nutritionist	8:00 –4:00 Nutritionist	9:00-2:45 Nurse	8:00-4:00 SHIP
9:00-2:45 Nurse	9:00 Bocce	10:00-12:00 Water Color Paint Class	9:30 20/20/20 with Robin Cullinan	8:30 Scrabble
10:00 Chair Yoga with Marilyn	10:00-12:00 Paint Class	10:30 Age Well Stay Connected –Computer Class	12:30 Bridge	8:45 Blended Yoga
10:30 Zumba Gold	10:45 Chair Exercise with Cyn	10:45 Pace Chair Exercise	1:00 Knit and Crochet	10:00 Mah Jongg
1:30 Line Dancing	11:00 BCBSRI Medicare Options for 2022	1:00 Cribbage		10:45 Pace Chair Exercise
	1:30 BINGO			11:00 Meditation
	2:00 Multi-Media Art Class			12:30 URI Pharmacy Outreach
				1:30 Hi-Lo Jack



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COMPUTER BASICS CLASSES EVERY MONDAY

BEGINNING OCTOBER 4TH, 2021

In addition to East Bay Community Action's monthly Age Well Stay Connected-Computer Classes, we will also be hosting an additional weekly computer class to learn computer basics!

Beginning every Monday starting in October, Amanda Mattress will be hosting a computer basics class at the East Providence Senior Center!

SIGN UP TODAY!!!

NEW! Computer Basics Classes available weekly at the East Providence Senior Center beginning in October 2021! Reserve your spot with the front desk.

(10 person limit)

Cost: FREE



**East Providence Senior Center
610 Waterman Avenue
East Providence, RI 02914**

**SEMINAR ROOM
Beginning 10/4/21
@ 10:45AM-
11:45AM!**



is back
Come Play each Tuesday
Starting Oct. 5th
1:30 pm

East Providence Café News

Grab and Go Lunches

Slowly but surely, our members are returning to our Café. It is wonderful to see you all in person enjoying lunch and conversing with one another. We understand however, that some of you may not be comfortable dining on site yet. For those who still want a lunch, we are offering a grab and go option of a bag lunch that can be picked up here at the Senior Center. Please note you will still need to contact Cindy in the dining room at **401-270-1814** to place your order 24 hours in advance. Your lunch can be picked up by you, a family member or a friend at the East Providence Senior Center.

FALL FAIR

October 21st

Enjoy some festive Fall fun! Join us for this FREE event on Thursday, Oct. 21st from 9:30 am-11:00 am. It will be a morning of arts and crafts, baking, games and prizes! You won't want to miss it!



Library News

November's Book Club Selection

Discover a new way to connect with yourself and others by joining our Senior Center Book Club hosted by the Weaver Library. Book clubs help improve brain function and expand vocabulary. Stay sharp by diving into a good book.

November book selection is: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce.
Meeting time is Wednesday, November 17th at 10:30am.

Please see receptionist to sign up and receive a loaner book.



Fall Book Sale

Oct. 4th through the 8th

**Hardcover books and DVDs will be \$1.00 and paperbacks will be \$.50.
All proceeds will benefit the library.**

SHREDDING EVENT

Weaver Library

Mark your calendars for

Saturday, October 23rd

9:00 am-12:00 pm

Side parking lot of Weaver Library

Open to all East Providence Residents

2-box maximum

Electronic Recycling Event

The Fuller Creative Learning Center

260 Dover Avenue, East Providence

Saturday, October 30th

10:00 am-1:00 pm

Last year Indie Cycle collected 3 tons of electronics in East Providence. Basically they will take anything with a cord. There is a charge for some things with Freon. Here is a link to what they take

<https://indiecycle.blogspot.com/p/what-we-take.html>

FLU CLINIC

Thursday, Oct. 21st

East Providence Senior Center, Multipurpose Room

610 Waterman Ave.

East Providence

10:00 am-2:00 pm



Open to all Senior Center Members, East Providence Residents

and

City of East Providence Employees

No registration

Required

High Dose Vaccine will be available for those 60 years or over

Age Well Get Connected

Sponsored by Eastbay Community Action

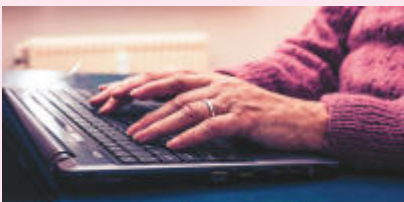
Do you have family that you would like to stay connected to?

**Join us this month as we learn how to Zoom
October 27th –10:30-11:30**

Monthly Computer Classes for Older Adults

To Register Call EPSC at 401-434-7800

Last Wed of each month. Chromebook computers will be available



Senior Shopping Service Is Back!

Do you need a ride to the grocery store?

Who is eligible?

City of East Providence residents,
55 years of age or older or
disabled.

How do I sign up?

Call 401-435-7800 to make an
appointment.

Service will be offered on Thursdays
to Stop and Shop and Shaw's in East
Providence. For more information or
to make an appointment call the
Senior Center at 401-435-7800.

University of Rhode Island SNAP Education

Is your Digestive System Running Regular or Could it Use Some Adjustment ?

Wednesday, October 20th

10:30- am -11:30 am

Do you suffer from constipation? Are you running to the bathroom more often than you want to be? Join URI SNAP Education for a presentation on your digestive system. Learn what you can do to help get yourself more "regular" . Registration is required. Seats are limited. Contact our receptionist to sign up at 401-435-7800 or stop by and register.



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October 2021

\$3.00 Suggested Donation

Lunch is served at 12:00 pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>All menu items may contain nuts, seeds, beans, wheat bran, eggs, and other allergens</div> <div>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging</div> </div>				
4 Onion Soup Beef Fried Steak w/ Gravy Mashed Potato Green Beans Lorna Doones Dinner Roll Beef Fried Steak on Roll w/ mayo	5 Beef Noodle Soup Veggie Burger Corn 3-Bean Salad Fresh Fruit Wheat Bread Veggie Burger on Wheat	6 Pasta and Bean Soup Italian Style Chicken Cutlet Seasoned Pasta Capri Blend Vegetables Pudding Italian Bread Italian Style Chicken Culet on Italian	7 Italian Wedding Soup Meatballs w/ Marinara Sauce Roasted Peppers and Onions Oven Roasted Potato Sliced Peaches Dinner Roll Meatball Grinder on Roll	1 Vegetable Chowder Crab Cake w/ Tartar Sauce Rice Pilaf Carrot Slaw Fruit Cup Pumpkinmickle Bread Crab Cake w/ Tartar on Pump
11 CLOSED Columbus Day	12 Lentil Soup Roasted Chicken w/ Gravy Mashed Potato Mixed Vegetable Fig Bar Oatmeal Bread Chicken Loaf on Oatmeal w/ mayo	13 Chicken Soup w/ Anzi Di Pepe Veal Parmesan w/ Sauce Basil Pesto Pasta Italian Blend Vegetable Fresh Fruit Dinner Roll Veal Parmesan on Bulky Roll	14 Beef Barley Soup Turkey Burger w/ Gravy Wild Rice Roasted Asparagus Browine Multi Grain Bread Turkey Burger on Multi Grain Bread	15 Tomato and Rice Soup Roasted Beef w/ Gravy Garlic Mashed Potato Prince Edward Blend Vegetable Fruit Cup Marble Bread Roast Beef on Marble w/ Mayo
18 Beef Vegetable Soup Chicken Caccatore Seasoned Tortellini Winter Blend Vegetable Pudding Wheat Dinner Roll Marinated Grilled Chicken Wheat Roll	19 Venus De Milo Soup 20 Pub Burger w/ Mushroom Gravy Rice Pilaf Mixed Vegetable Fresh Fruit Snowflake roll Pub Burger on Roll w/ mustard	20 Red Chowder Garlic Shrimp Seasoned Shells Italian Blend Vegetables Sponge Cake Multi Grain Bread Seafood Salad on Multi Grain	21 Escarole and Bean Soup Roast Turkey w/ Gravy Stuffing Sliced Carrots Fruit Cup Marble Bread Turkey and Cheese w/ Mayo Marble	22 Chicken Soup Pot Roast w/ Gravy Whipped Potato Broccoli Cuts Fresh Fruit Wheat Bread Pot Roast on Wheat w/ Mayo
25 Minestrone Soup Low Sodium Hot Dog Baked Beans Cole Slaw Fruited Yogurt Rye Bread Low Sodium Hot Dog on Roll w/ mustard	26 Tomato Vegetable Soup Roasted Grilled Chicken O'Brien Potato Seasoned Spinach Granola Bar 9 Grain Bread Grilled Chicken on 9 Grain w/ mayo	27 Egg Drop Soup Pork Loin w/ Gravy Scalloped Potato Mixed Vegetable Fresh Fruit Wheat Bread Sliced Pork on Wheat	28 Split Pea Soup Corred Beef Boiled Potato Carrot and Cabbage Blend Pudding Pumpkinmickle Bread Corred Beef on Pumpkinmickle w/ Mustard	29 White Chowder Baked Fish w/ Bread Crumb Topping Red Bliss Mashed Potato Sliced Zucchini Cookie Oatmeal Bread Fish Sandwich on Oatmeal w/ tartar sauce