

# East Providence Senior Activity Center



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

## September 2021

Message from the Mayor:

Thank you to all who participated and provided feedback on the on-line public forum where we discussed plans to enhance the grounds on the Senior Center property. Some ideas included: replacing and repairing the current walking path, adding a pickle ball court, looking at ways to block out the sounds of traffic on Pawtucket and Waterman Avenue, refurbishing the current Bocce Court and adding lighting and electrical power sources to improve the Winter Fest displays. The goal of this project is to create a beautiful park like environment for all to enjoy. A request for proposal has been sent out to hire a landscape architect who will be helping us develop a plan. Stay tuned for more details to come.

Sincerely,  
Mayor Bob DaSilva



## FLU CLINIC

SAVE The DATE

Oct. 21st

East Providence

Senior Center

610 Waterman Ave.

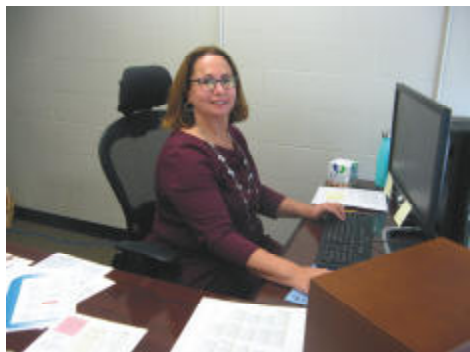
East Providence

10:00 am-2:00 pm

Open to all Senior  
Center Members and  
EP Residents  
No registration  
Required

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





### Letter from the Director:

If you have not stopped by our newly remodeled Resource Center, please do. Amanda Mattress, Elder Resource Specialist is available to provide you with support, information, referrals and filling out applications.

The Resource Center is also home to our 10 new Chromebooks available to be checked out for use in our building. Amanda is there to assist you with learning how to log on and use the Chromebooks. Chromebooks can be used to surf the net, check emails, play games, or take a course. The possibilities are endless! Amanda can also sign you up for our Stay Connected, Age Well, computer classes offered each month for those beginners wanting to learn how to stay connected in our information age.

It feels so good to be able to announce all the great programming being added each month at the East Providence Senior Center. New this month is Memoir Writing, Painting with Alice, 20/20/20 with Robin Cullinan, Senior Center Book Club and the much anticipated BINGO. We look forward to seeing you all at the Senior Center soon.

Sincerely,

Laura Jones, Director of Senior Services  
City of East Providence

## Staff

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**Facilities**

Richard DiCecco Kenny Atkinson

**Transportation**

Richard Wood Joe Serodio Lee Wilber



AARP Safe Driving Course scheduled for September 8th has been  **canceled**. AARP made the decision to not hold in person classes until further notice. On-line courses can be found on their website at <https://www.aarp.org/auto/driver-safety/>. Visit Amanda in our resource center. She can hook you up with one of our new Chromebooks to take a course!

## AM I LOSING MY MIND?

Thursday, September 9<sup>th</sup>

10:30-11:30 am

We may joke about having a “senior’s moment” but a lapse in memory could be a sign of something more serious. Join Gerontologist Kathryne Fassbender, creator of *The Dementia Letters Project* and Brendalee O’Hara, founder of O’Hara Senior Care Services in East Providence, as they explain the difference between normal forgetfulness and cognitive impairment such as Alzheimer’s disease or Dementia; explore the warning signs; and know when and how to ask for help. We will also learn about a unique therapy providing caregivers and individuals emotional support as they brave the journey of dementia. This event is open to members and caregivers. Please call 401-435-7800 or stop by our reception desk to register.



## East Providence Senior Center

### *Advisory Board*

Maryann Leonardo

Eleanor Monteiro

Judy Phillips

Jan Kinder

Jim Phillips

George Furtado

Ann Fagundes

Ken Goucher

Elaine Robinson

Donald Senna



## Medicare Information Session

Medicare Options for 2022

September 23rd 11:00 am– 12:00 pm

Len Walker, Managing Partner and Senior Agent for Healthcare Solutions Team, will offer this presentation in preparation of 2022 Medicare Open Enrollment Period. Whether you are 65 in 2021 and “aging in” to Medicare, just have questions in general about Medicare, or want to review your current coverage and consider a new plan, Len will offer this 1-hour information session to members wishing to attend.

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. Mark your calendar for this important information session available to all members, older adults and individuals with disabilities in East Providence and surrounding communities.



# HEALTH PROGRAMS

## Eastside Clinical Laboratory

When: The first Wednesday of each month, Sept. 1st

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, Sept. 14th

No Registration Required

Hattie Ide Chafee

3rd Tuesday of each month, Sept. 21th



## University of Rhode Island Pharmacy Outreach Program

September 13th 10:30 am-12:00 pm

East Providence Senior Center, Seminar Room



### **KNOW BEFORE YOU TAKE**

There's a pill for that! But are you taking the right medication for the right reason and the right way?

Learn more about prescription medications and how to get the best results from them. Know what questions to ask, how to avoid medication errors, and understand why your doctor prescribed a certain medication. Also, hear cost-cutting tips and resource information about prescription assistance programs. This class is brought to you by University of Rhode Island Pharmacy Outreach Program.

The University of Rhode Island's Pharmacy Outreach Program is committed to responding to the medication needs of the Rhode Island Community, resulting in improved medication adherence, quality of life and healthcare outcome for all



**Mondays –10:30-11:30**  
**Instructor: Sue Young**  
**Cost- \$2.00 per class**

An easy-to-follow, low intensity program that lets you move to the beat of the music at your own speed. The Zumba Gold is a total –body wellness program that feels like a party while revitalizing your mind and body.

What is the difference between Zumba and Zumba Gold?

Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors.

## MINDFUL MEDITATION

Fridays at 11:00 am

### **The Magical Healing Power of Reiki**

Join us on Friday, September 10th for a morning meditation session featuring guest host John LaCross. John will guide you through a one hour Mindfulness Meditation session combined with Reiki Energy transmission to each participant. This energy session will help to release your stressors, creating a quiet and gentle relaxing feeling to move into the peaceful state of mind.



John 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

## **New Memoir/Writing Class**

**Thursdays**

**Starting September 23rd**

**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?**

**Wendy Sheehan comes to us with 30 years of experience working with Seniors. Upon retirement she started writing short stories and poetry. Wendy has been fortunate to even have some of her work published. The East Providence Senior Center welcomes Wendy to share her talents with us.**

**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.**

**No Cost**

## **Line Dancing**

**Mondays– 1:30-2:30**

**Instructor: Sue Young**

**Cost-\$2.00 per class**

**No partner or prior dance experience**



**20/20/20** (Starts Sept.9th)

**Thursdays-9:30 am-10:30 am**

**Instructor: Robin Cullinan**

**Cost: \$2.00 per class**

**20 minutes aerobic, 20 minutes strength, 20 minutes balance**

**Class good for all levels to improve muscle and balance.**



## **Chair Yoga with Cyn**

**Tuesdays-10:45 am-11:45 am**

**Instructor: Cyn**

**Cost: \$2.00 per class**

**If you want the benefits of yoga but can't get to the floor. This is the class for you!**



| 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   |
|---|--|---|--|---|
| <p style="text-align: center;"><br/><b>SEPTEMBER</b></p>   | <p><b>1</b><br/>8:00-4:00 Nutritionist<br/>8:30-11:00 Eastside Clinical Lab<br/>10:45 Pace Chair Exercise<br/>1:00 Cribbage</p>                              | <p><b>2</b><br/>9:45 Bone Building<br/>12:30 Bridge<br/>1:00 Knit and Crochet</p>   | <p><b>3</b><br/>8:30 Scrabble<br/>8:45 Blended Yoga<br/>10:00 Mah Jongg<br/>10:45 Pace Chair Exercise<br/>11:00-4:00 SHIP<br/>11:00 Mindful Meditation<br/>1:30 Hi-Lo Jack</p> |   |
| <p><b>6</b><br/>10:00 Outside Chair Yoga with Marilyn<br/>10:30 Zumba Gold<br/>11:00-4:00 SHIP<br/>1:30 Line Dancing</p>  | <p><b>7</b><br/>8:00 -4:00 Nutritionist<br/>9:00 Bocce<br/>10:45 Chair Yoga with Cyn<br/>2:00 Torn Paper Art Class</p>                                       | <p><b>8</b><br/>8:00-4:00 Nutritionist<br/>10:45 Pace Chair Exercise<br/>1:00 Cribbage</p>  | <p><b>9</b><br/>9:30 20/20/20 with Robin Cullinan<br/>10:30 Am I Losing My Mind ? -Seminar<br/>12:30 Bridge<br/>1:00 Knit and Crochet</p>                                      | <p><b>10</b><br/>8:30 Scrabble<br/>8:45 Blended Yoga<br/>10:00 Mah Jongg<br/>10:45 Pace Chair Exercise<br/>11:00-4:00 SHIP<br/>11:00 Mindful Meditation<br/>1:30 Hi-Lo Jack</p>                       |
| <p><b>13</b><br/>10:00 Outside Chair Yoga with Marilyn<br/>10:30 Zumba Gold<br/>10:30 URI Pharmacy Outreach Program- Cooking Demo and Tasting<br/>11:00-4:00 SHIP<br/>1:30 Line Dancing</p> | <p><b>14</b><br/>8:00 -4:00 Nutritionist<br/>9:00 Bocce<br/>10:00-12:00 Paint Class<br/>10:30-11:30 Grace Barker BP Clinic<br/>10:45 Chair Yoga with Cyn</p> | <p><b>15</b><br/>8:00-4:00 Nutritionist<br/>10:30-11:30 SNAP Ed- Cooking Demo and Tasting<br/>10:45 Pace Chair Exercise<br/>1:00 Cribbage</p> | <p><b>16</b><br/>9:30 20/20/20 with Robin Cullinan<br/>11:00 Medicare Basics Information Session<br/>12:30 Bridge<br/>1:00 Knit and Crochet</p>                                | <p><b>17</b><br/>8:30 Scrabble<br/>8:45 Blended Yoga<br/>10:00 Mah Jongg<br/>10:45 Pace Chair Exer.<br/>11:00-4:00 SHIP<br/>11:00 Mindful Meditation<br/>1:00 Insight support<br/>1:30 Hi-Lo Jack</p> |



|   |  |   |  |  |
|---|--|---|--|--|
| <p><b>20</b></p> <p>10:00 Outside Chair Yoga with Marilyn</p> <p>10:30 Zumba Gold</p> <p>11:00-4:00 SHIP</p> <p>1:30 Line Dancing</p> | <p><b>21</b></p> <p>8:00 -4:00 Nutritionist</p> <p>9:00 Bocce</p> <p>10:00-12:00 Paint Class</p> <p>10:30 Hattie Ide Chafee BP Clinic</p> <p>10:45 Chair Yoga with Cyn</p> <p>1:30 BINGO</p> | <p><b>22</b></p> <p>8:00-4:00 Nutritionist</p> <p>10:30 Age Well Stay Connected -computer class</p> <p>10:45 Pace Chair Exercise</p> <p>1:00 Cribbage</p>                         | <p><b>23</b></p> <p>9:30 20/20/20 with Robin Cullinan</p> <p>10:00-11:30 Memoir Writing</p> <p>11:00-12:00 Medicare Options for 2022 Info session</p> <p>12:30 Bridge</p> <p>1:00 Knit and Crochet</p> | <p><b>24</b></p> <p>8:30 Scrabble</p> <p>8:45 Blended Yoga</p> <p>10:00 Mah Jongg</p> <p>10:45 Pace Chair Exercise</p> <p>11:00-4:00 SHIP</p> <p>11:00 Mindful Meditation</p> <p>1:30 Hi-Lo Jack</p> |
| <p><b>27</b></p> <p>10:00 Outside Chair Yoga with Marilyn</p> <p>10:30 Zumba Gold</p> <p>11:00-4:00 SHIP</p> <p>1:30 Line Dancing</p> | <p><b>28</b></p> <p>8:00 -4:00 Nutritionist</p> <p>9:00 Bocce</p> <p>10:00-12:00 Paint Class</p> <p>10:45 Chair Yoga with Cyn</p> <p>1:30 BINGO</p>  | <p><b>29</b></p> <p>8:00 -4:00 Nutritionist</p> <p>10:00 Book Club</p> <p>10:30 Age Well Stay Connected -Computer Class</p> <p>10:45 Pace Chair Exercise</p> <p>1:00 Cribbage</p> | <p><b>30</b></p> <p>9:30 20/20/20 with Robin Cullinan</p> <p>12:30 Bridge</p> <p>1:00 Knit and Crochet</p>   |  |



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# Insight

## Support Group Returns

Founded in 1925 as the Rhode Island Association for the Blind, INSIGHT's mission is to inspire confidence, build skills, and empower people who are blind and visually impaired to become fully integrated, equally valued members of society by providing diverse services that produce opportunities and choices.

Support Group meets the 3rd Friday of the Month at 1:00 pm

## Senior Restaurant Program

A Suggested Donation of \$5.00

East Bay Community Action (EBCAP), Senior Restaurant Program is open to individuals 60 years of age or older. Vouchers for the program, must be obtained prior to dining and are available at the East Providence Café located at 610 Waterman Ave.

East Providence

Vouchers can now be used at the

**IHOP Restaurant**

located at 75 Highland Avenue East Providence, Rhode Island.

East Providence Café

610 Waterman Avenue

East Providence, RI 02914

(401) 270-1814





is back

Come Play each Tuesday

Starting Sept. 21st

1:30 pm

## East Providence Senior Center Café

### Welcome Back to the East Providence Café DINE IN With US

Please contact Cindy 24 hours in advance to place your order at 401-270-1814.  
The September menu is on page 16 of this newsletter.

A suggested donation is \$3.00 per meal.  
Checks can be made out to EBCAP and mailed to:  
East Providence Senior Center  
610 Waterman Ave., East Providence RI 02914

# Library News

## New Senior Center Book Club

Wednesday, September 29th  
10:30am-11:30 am

At the East Providence Senior Center

This month's book selection is:

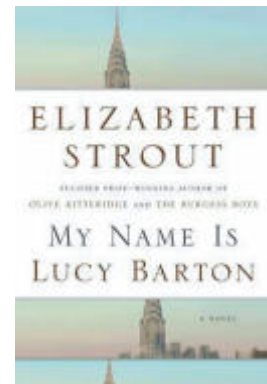
My Name is Lucy Barton

by Elizabeth Strout

Registration is required.

Call 401-435-7800 to register.

Limited to 12 Participants .



#1 NEW YORK TIMES BEST-SELLER • A simple hospital visit becomes a portal to the tender relationship between mother and daughter in this extraordinary novel by the Pulitzer Prize-winning author of *Olive Kitteridge* and *The Burgess Boys*.

## 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.

## New Reads

Stop by the library to check out our new reads. Grant funds helped us purchase new large print books for our library. In addition, I want to thank Pat Thomas and all who donated new hard cover books to our collection. Your generosity is appreciated!



## Volunteers

I want to take this time to thank all of our library volunteers.

Judy Phillips, Jane Daggett, Terry Lefebvre, Dian Birkbeck, Joan Kent, Ginny Cobb and Virginia Gonsalves. Thank you for all you do!!!

## Never Ending Book Sale

Located on the upper level of the Senior Center across from the Craft Room donated books, DVDs and puzzles are for sale. Proceeds are used to purchase new books and supplies for our library.

“A Good Book is like a good friend” Winnie the Pooh

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

***Need Help with Medicare/Medicaid forms or applications?***

***Have Questions?***

***Now Available at the East Providence Senior Center***

***Monday and Friday from 11am-4 pm***

***To speak to a SHIP Counselor***

***call 401-435-7876 to make***

***an appointment***



east bay community action program  
THE BRIDGE TO SELF-RELIANCE

## **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  
September 29th –10:30-11:30**

Monthly Computer Classes for Older Adults

To Register Call EPSC at 401-434-7800

Last Wed of each month -10:30 am -11:30 am

Chromebook computers will be available



University of Rhode Island SNAP –Ed  
Wednesday, September 15th  
10:30-11:30

Cooking Demonstration and Tasting  
Are you getting enough fiber?



Join us on Wednesday, September 15th from 10:30-11:30 in the Craft Room for a special cooking demonstration and tasting! University of Rhode Island SNAP-Ed Nutritionist, Melissa Pincince will explain the benefits of adding fiber to your diet plus share a healthy recipe to try at home. We'll also learn how to breakdown Nutrition Facts labels to make sure we are selecting the healthiest choices when shopping for food.

|  |  |  |
|--|--|--|
|  <p><b>Mateus Realty</b><br/>Bringing you home since 1975<br/>582 Warren Avenue • East Providence, RI 02914</p> | <p><b>LUIS A. MATEUS</b><br/>Eu Falo Portugues</p> <p>Off: 401-434-8399<br/>Cell: 401-368-2403<br/>Fax: 401-435-3401</p> <p>sales@mateusrealty.net<br/>mateusrealty@gmail.com<br/>www.mateusrealty.net</p> | <p><b>Health Care Equipment for Use at Home</b></p>  <p><i>independence</i><br/>HomeHealthWares®<br/>401.273.8888</p> <p>Visit our warehouse showroom at<br/>Exit 6, Rte. 195<br/>35 Agnes Street, East Providence, RI</p> |
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**\$3.00 Suggested Donation**

# September 2021

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <p><b>ALL SANDWICHES COME WITH</b><br/> <b>Juice</b><br/> <b>Chips</b><br/> <b>Dessert</b><br/> <b>Milk</b></p> <p><i>All menu items may contain nuts, seeds, beans, wheat bran, eggs, and other allergens</i></p> |  | <p><b>1</b> Minestrone Soup<br/> <b>Italian Sausage w/ Mustard</b><br/> Roasted Peppers and Onions<br/> Seasoned Pasta<br/> Pudding<br/> Dinner roll<br/> Italian Sausage on roll w/ mustard</p>       | <p><b>2</b> Beef Barley Soup<br/> <b>Roast Chicken w/ Gravy</b><br/> Stuffing<br/> Mixed Vegetable<br/> Sliced Peaches<br/> Wheat Bread<br/> Chicken and Cheese on wheat w/ mayo</p>         | <p><b>3</b> Clear Chowder<br/> <b>Country Crisp Fish w/ tartar sauce</b><br/> Red Bliss Mashed Potato<br/> 3-Bean Salad<br/> Rye Bread<br/> Cookie<br/> Fish Sandwich on Rye w/ Tartar sauce</p> |
| <p><b>6</b><br/> <b>CLOSED</b><br/> <b>Labor Day</b></p>   | <p><b>7</b> Split Pea Soup<br/> <b>Corned Beef w/ Mustard</b><br/> Boiled seasoned Potato<br/> Carrot and Cabbage Blend<br/> Fresh Peach<br/> Marble bread<br/> Corned beef on Marble w/ mustard</p> | <p><b>8</b> Onion Soup<br/> <b>Pub Burger w/ Mushroom Gravy</b><br/> Whipped Potato<br/> Tomato Half<br/> Yogurt<br/> Wheat dinner roll<br/> Pub Burger on roll w/ mustard</p>                         | <p><b>9</b> Chicken Soup<br/> <b>Meatballs w/ Tomato Sauce</b><br/> Seasoned Tortellini<br/> Roasted Peppers<br/> Fruit Cup<br/> Sliced Italian<br/> Meatball sandwich on grinder roll</p>   | <p><b>10</b> Tomato Soup<br/> <b>Tuna Salad</b><br/> Pasta Salad<br/> Carrot Slaw<br/> Lorna Doone cookie<br/> Multi grain bread<br/> Tuna Salad on Multi Grain</p>                              |
| <p><b>13</b> Venus Di Milo Soup<br/> <b>Italian Style Chicken Cutlet</b><br/> Mashed Potato<br/> Mixed Vegetable<br/> Granola Bar<br/> Italian bread<br/> Chicken Culet on Italian w/ mayo</p>                     | <p><b>14</b> Lentil Soup<br/> <b>Baked Ham w/ Pineapple Slice</b><br/> Sweet Potato<br/> Sliced Carrots<br/> Pudding<br/> Rye Bread<br/> Ham and Cheese on Rye w/ mustard</p>                        | <p><b>15</b> Barley Soup<br/> <b>Meatloaf w/ Gravy</b><br/> Rice Pilaf<br/> Green Beans<br/> Fruit<br/> Wheat Bread<br/> Meatloaf w/ ketchup on wheat</p>  | <p><b>16</b> Red Chowder<br/> <b>Beer Battered Fish w/ tartar sauce</b><br/> Biscuit<br/> Vegetable Salad<br/> Brownie<br/> Multi Grain bread<br/> Fish Sandwich on Multi Grain / Tartar</p> | <p><b>17</b> Escarole and Bean Soup<br/> <b>Roasted Turkey w/ Gravy</b><br/> Stuffing<br/> Scandinavian Blend Vegetable<br/> Oatmeal Bread<br/> Fresh Fruit<br/> Turkey on Oatmeal w/mayo</p>    |
| <p><b>20</b> Vegetable Soup<br/> <b>Pot Roast w/ gravy</b><br/> Garlic Mashed<br/> Baby Whole Carrots<br/> Fruited Jello<br/> Dinner Roll<br/> Pot Roast on Roll w/ ketchup</p>                                    | <p><b>21</b> Chicken Noodle soup<br/> <b>Grilled Chicken Breast</b><br/> Wild Rice<br/> Roasted Brussel Sprouts<br/> Fig Bar<br/> Wheat Bread<br/> Grilled chicken on Wheat w/ mayo</p>              | <p><b>22</b> Split Pea Soup<br/> <b>Knockwurst w/ mustard</b><br/> Boiled Potato<br/> Carrot &amp; Cabbage Medley<br/> Pudding<br/> Rye Bread<br/> Knockwurst w/mustard on roll</p>                    | <p><b>23</b> Italian Wedding Soup<br/> <b>Veal Parmesan w/ Sauce</b><br/> Seasoned Pasta<br/> Italian Vegetables<br/> Graham Snack<br/> Roll<br/> Veal Parmesan on a Bulky roll</p>          | <p><b>24</b> Chili Soup<br/> <b>Low Sodium Hot Dog w/ mustard</b><br/> Baked Beans<br/> Corn Bread<br/> Mixed Fruit<br/> Low Sodium Hot Dog on roll w/ mustard</p>                               |
| <p><b>27</b> Beef Vegetable Soup<br/> <b>Roasted Bone in Chicken Breast</b><br/> Oven Roasted Potato<br/> Broccoli Cuts<br/> Jello<br/> Marble Bread<br/> Marinated Chicken on Marble</p>                          | <p><b>28</b> Onion Soup<br/> <b>BBQ Pulled Pork</b><br/> Cornbread<br/> Cole Slaw<br/> Cookies<br/> Dinner Roll<br/> BBQ Pulled Pork on a Roll</p>   | <p><b>29</b> Chicken Gumbo Soup<br/> <b>Salisbury Steak w/ Gravy</b><br/> Buttered Noodles<br/> Capri Blend Vegetables<br/> Fresh Fruit<br/> Multi Grain Bread<br/> Salisbury Steak on Multi Grain</p> | <p><b>30</b> Low Sodium V-8 Juice<br/> <b>Roast Beef w/ gravy</b><br/> Mashed Potato<br/> Mixed Vegetable<br/> Pudding<br/> Wheat bread<br/> Roast Beef on Wheat w/ mayo</p>                 |  |