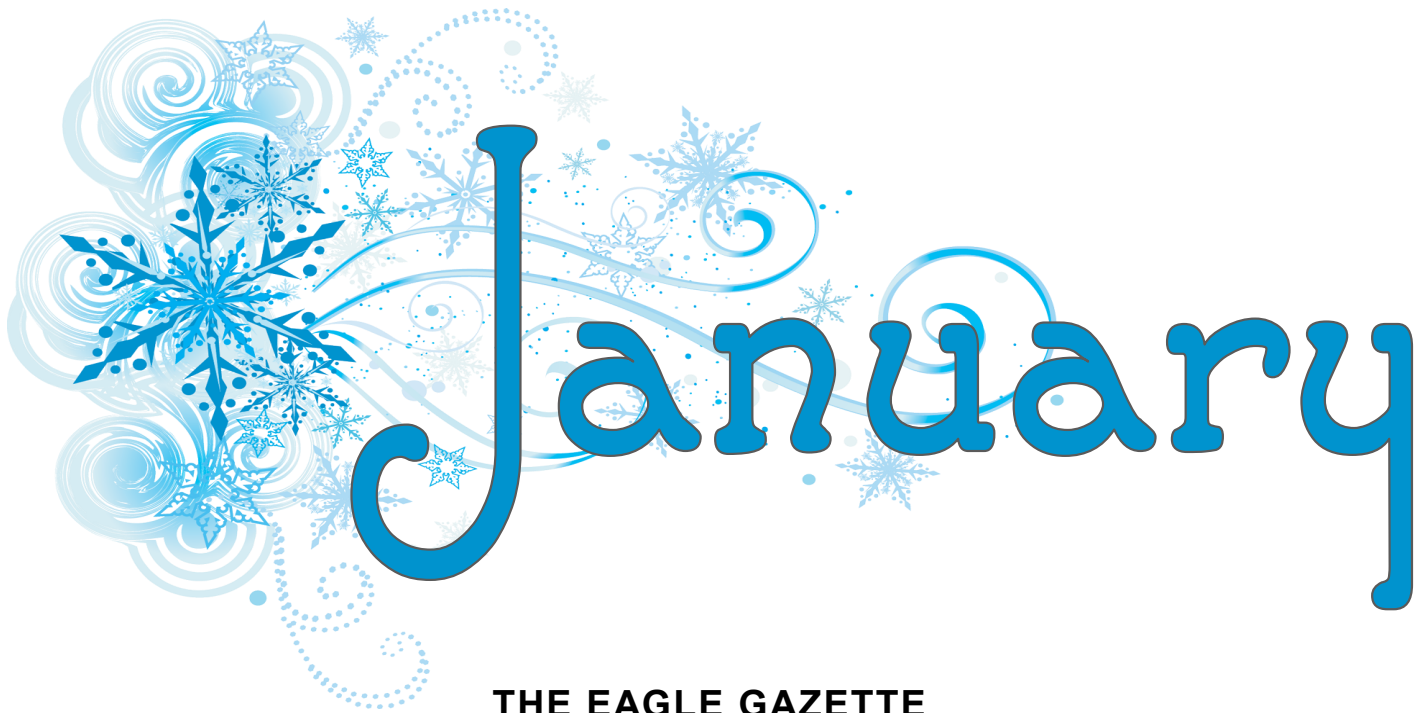


January 2020
THE EAGLE GAZETTE
JWH Oregon Senior Center
4350 Navarre Avenue
Oregon, Ohio 43616

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THE EAGLE GAZETTE
James “Wes” Hancock OREGON SENIOR CENTER
Volume 223 ~ January ~ Issue 233

Senior Center and Nutrition Hours: Monday—Friday, 9:00 a.m.—4:00 p.m.,

Phone: (419) 698-7078

From the Director's desk...

It is really hard to believe 2020 is here. The Holidays have passed and we are all looking forward to a slower, quieter January. Have you made a resolution? Of course, I have, my only hope is that I can keep it this year. I want to live happier and healthier. That is a big challenge for me. Don't forget we have activities to help...Well Rounded Senior and Leaner Senior led by our own Ann Menter.

Some of our programs and activities have been suspended till March due to lack of participation. The weather, snow birds, etc. all effect our attendance. BUT, that doesn't mean we are sitting back doing nothing. We have 2 new Zumba type classes beginning in January and a Friday line dancing class. Check them out...it's not too early to work off the few holiday pounds. Summer bikini weather will be here sooner than you think!

I want to thank everyone who participated in the yearly survey. Your input is very important in our grants and funding. Also, thank you to all who in the past year volunteered and participated in 2019. By being a member, this is your Center and your involvement is what you help make it.

I hope all of you who attended the many functions in December enjoyed yourselves. I want to say Thank You to all who made my Christmas extra special. Bob, Philip and I enjoyed the many gifts, cards and good wishes. I am so blessed with my extended Senior Center family.

PLEASE! READ THIS NEWSLETTER, MARK YOUR CALENDARS, CHECK THE BULLETIN BOARD, SIGN-UP SHEETS AND STAY INVOLVED. I am constantly told "I didn't know anything about it." We try very hard to keep you informed. If your membership is not current, this will be your last newsletter.

Happy New Year, Paula, Bob & Philip

Our JWH Oregon Senior Center CORPORATE MEMBERS

PLATINUM CLUB

Toledo Refining Company, GAF Society

GOLD CLUB

BP Husky Refinery, ProMedica Bay Park Hospital

FOUNDER'S CLUB

Eggleston Meinert Pavley Funeral Home, Orchard Villa, VFW Post 9816

PRESIDENT'S CLUB

Alan Miller Jewelers/Gems, Inc., Bay Area Credit Union, Buckeye Broadband, Croghan Colonial Bank, Genoa Bank, Hoeflinger-Bolander Funeral Home, Kateri Catholic Service/Cardinal Stritch High School, Kingston of Perrysburg, Ram Exterminators, Tesco Transportation Equipment Sales, Toledo United Swiss, Matthews Ford Oregon

DIRECTOR'S CLUB

Compass Care Management, Calvin United Church of Christ, Dunn Chevy Buick, East Point Rehabilitation, Envirosafe Services of Ohio, First Federal State & Trust, Freck Funeral Home, German American Festival Society, Joseph Sexton DDS & Virginia Carner DDS, Lublin Sussman Group LLP, Michael Sheehy-Ohio House of Representatives, Meinke Marina, Meijer Inc., New Sportsman Club, Oregon Inn, Oregon Police Department, Parkcliffe Alzheimer's Community, Reynolds Fishery Inc., S & D Capital Financial Advisors

FRIENDS OF THE CENTER

Dr. John Cercek, Eastern Community YMCA, Kroger, Arbors of Oregon, Toledo Academy of Beauty Culture, Michael's Café & Bakery, Mr. Emblem, Liberty Tax Service, Maumee Bay Self Storage, Maumee Bay Veterinary Hospital, Heartland of Oregon

Oregon Senior Center



A new place to bloom!

JWH Oregon Senior Center's Mission

To provide a safe and welcoming place where older adults from all walks of life come together for services, programs, and activities that reflect their diverse needs and interests, while creating an atmosphere that affirms their dignity, self-worth, independence, and continued participation in the community.

2020 Board of Directors

~ OFFICERS ~

President: Sharon Rudess , Senior Center Rep

Treasurer: Melinda Shinaver, Compass Care

Secretary: Mary Nowaczyk, Orchard Villa

~DIRECTORS ~

Marlene Buffy, Senior Center Rep

Dylan Clement, Edward Jones

Joy Gladieux, Eggleston Meinert Pavley Funeral Home

Suzie Perlaky, YMCA

Peg Weisenburger Atty.

Bernard Wineland, Senior Center Rep

Jeff Ziviski, Mercy St. Charles Hospital

~ ADVISORS ~

C.P.A.: Tucker Kissling & Associates

Legal: Melissa Purpura

Building: Keith Henninger

Council: Dennis Walendzak

~EXECUTIVE DIRECTOR ~

Paula J. Benton

Contact Us

Paula J Benton - Executive Director

Cell- 419-467-2377

paula@oscoho.org

Cassi Sutter - Outreach Coordinator

cassi@oscoho.org

Questions? Comments? Suggestions?

contact@oscoho.org

The Oregon Senior Center is funded by the Oregon Senior Services Levy, Lucas County Senior Levy, Title III-B, and grants administered through the Area Office on Aging of Northwest Ohio, Inc. The Center is also supported, in part, by the City of Oregon donations, membership, and fundraisers also contribute to the operation of the Center. Donations always gratefully accepted.

Leave the driving to us!

Appointments, shopping, medical, banking, hairdressers, to the senior center and more! Transportation provided to any Oregon resident 60 and older to and from anywhere in Oregon!

Suggested Donation:

\$3.00 roundtrip for travel to/from the Center

\$4.00 roundtrip for transport in the Oregon area.

Do you need transport across the river?

Denise can make those arrangements!

24-HOUR ADVANCE NOTICE REQUIRED

BY CALLING: 419-698-7078



Closings & Delays

Please remember that the Oregon Senior Center CLOSSES when the Oregon Schools are closed due to bad weather. If Oregon Schools are DELAYED, please call the center to see if transportation is still running. And please check your local news stations for the latest closing reports which scroll across the bottom of your TV screen.

Healthy Lifestyle

Nourish

Educate

Connect

Medical Screenings

BP Checks

January 6th 9:00-11:00am

Provided by Mary from Orchard Villa



January 7th & 21st 9:30-12:30pm

Provided by Kelly from Lucas County Health Depart

Mobility Check

4th Wednesday (January 22nd) 11:00-12:00pm

Provided by Heartland Rehab Services

Education & Activities

Thursday January 2nd 11:00am

Partners in Home Care - Coffee and it's Benefits

Thursdays 3:00pm-4:30pm - Coffee & Fellowship

Refreshments sponsored by

Eggleston Meinert & Pavley Funeral Home

Creative Classes

Acrylics

Mondays and Fridays at 12:30pm (No Class 1/20)

Free to Oregon seniors 60yrs & older, \$5.00 for Non-residents.

Dirty Pour Acrylics

Tuesdays at 9:30am

Please bring paints & canvas. Limited to 12 people.

Free to Oregon seniors 60yrs & older, \$5.00 for Non-residents.

Craft

Tuesdays at 12:30pm

All basic materials provided, please bring your own special embellishments. YOU MUST SIGN UP TO ATTEND!

Free to Oregon seniors 60yrs & older, \$5.00 for Non-residents.

Jan. 7th	Jan. 14th	Jan. 21st	Jan. 28th
Mesh Angel	Glass Lantern	Jute Cord Bowl	Bead Snowflake



Oregon Book Discussion

Thursday January 9th at 2:00pm

Located at Oregon Branch Library

Book Woman of Troublesome Creek

Author Kim Michele Richardson



Exercise and Dance

Staying Active

- Mondays January 13th & 27th at 12:30pm

Senior Style Zumba - Instructor Dina Humason

Located at OSC dance room

- Mondays at 3:30pm

Cardio Drumming - Instructor Barb Pappas

Located at Mind Over Core 842 S. Wheeling St., Oregon

- Tuesdays at 9:30am

Line Dancing - Instructor Jo Kandik

Located at OSC dance room

- Tuesdays at 2:30pm

ZUMBA GOLD TONING - Instructor Sabrina Mitchell

Located at OSC dance room

- Wednesdays at 3:15pm

Core Circuit - Instructor Barb Pappas

Located at Mind Over Core 842 S. Wheeling St., Oregon

- Thursdays at 9:30am

BALLROOM DANCING - Instructor Dina Humason

Located at OSC dance room

- Thursdays at 9:30am

Tai Chi - Instructor Kristin Calkins/UTMC

Located at OSC craft room

- Thursdays at 2:30pm

REFIT - Instructor Sabrina Mitchell

Located at OSC dance room

- Fridays 9:00am-9:30am

Intro Line Dancing - Instructor Nancy Stores

Line Dancing 9:30am-10:30am- Located at OSC dance room.

Yoga will resume in March!

Member Only Center Credits!

Center credits are earned by members when they attend any of the programs listed under the Healthy Lifestyle page and/or VOLENTEERING for the Center!

For more information regarding Center Credits please see bulletin board!

Call for program details or to sign up!! 419-698-7078

OSC Road Trips

"People don't take trips, trips take people."
-John Steinbeck

DINER'S CLUB

Wednesday January 8th

Cocina De Carlos in Perrysburg

Depart time 11:00am

Return approx. 1:30pm

Suggested travel donation \$4.00



The Well Rounded Senior

Mondays at 11:00am

Join our group discussions with a new topic and trip each month!

January topic and trip Glass Blowing

January 6th - What is glass blowing?

January 13th - The history of glass blowing

January 27th - More on glass blowing

Friday January 31st Trip to Glass Pavilion for
glass blowing demonstration

Lunch at Michaels Bar & Grill

Departs at 11:00am

Suggested travel donation \$4.00

2 out of 3 meetings must be attended to go on trip.

Shop 'Til You Drop

Wednesday January 22nd

Lunch Shorty's Roadhouse

Shopping Marshall's/Home Good

Depart time 11:00am

Return at 3:30pm

Suggested travel donation \$4.00



*Thank You Clay Choir for the
Amazing performance!*

Wish List

16 oz Bottle water ~ Decaf coffee ONLY
6in Foam plates NO PAPER ~ 6oz Foam cups

Breakfast

The Oregon Senior Center provides
FREE breakfast every **Tuesday &
Thursday at 9:00am** to Oregon
residents 60 years or older. Cost is
\$5.61 to anyone under 60 years

Lunch

Monday-Friday at 11:30am

These meals are available for donation
of \$2.50 to anyone 60 years or older.
Younger spouses are welcome to join
you. You must sign up 24 hours in
advance. Cost is a mandatory \$5.61
to anyone under 60.

Dinner

Thursday evenings at 4:30pm

The Area Office on Aging serves dinner
at the Oregon Senior Center every
Thursday evening at 4:30pm. You must
sign up Wednesday by noon.

No walk-ins.

Suggested donation of \$2.50.

Call for program details or to sign up!! 419-698-7078

Supportive Services

Grief Support

January 2nd & 16th at 10:30am

Join the 1st and 3rd Thursday of each month us for grief, loneliness, & loss support. We will explore the grieving process, thoughts, misperceptions, triggers, guilt, healing, finding meaning, and so much more. Everyone is welcomed to learn more about all aspects of grief.

Lead by: Bob Baugher with Faith UMC

Mary Wood with Calvin United Church of Christ

Julie Beitelschees with St. Paul Episcopal

Alzheimers' Caregivers Support

January 23rd at 10:30am

These meetings are designed specifically for those caring for someone with Dementia (Alzheimer's). Join us the 4th Thursday each month as we discuss and learn skills needed for the task.

Led by Carol Perry, Alzheimers' Assoc. NW Ohio

Heating & Electric Assistance

Pathway of Toledo can assist you in heating & electric bills. Just call Pathway at 419-242-7304 for more information regarding the energy assistance programs (HEAP/PIPP) that are available to seniors.

Department of Veterans Affairs

Thursday January 9th 9:00am-11:00am

VA Staff Member, Veronica, will be available to answer questions or arrange services for active duty or veteran service members regarding VA benefits, including: health benefits, service connected disability, survivor benefits, and mental health services. If you cannot make it on January 9th, you can contact Veronica directly at: 419-250-5373.

VA



Legal Consult

January 23rd at 10:00am-12:00pm

Do you have a questions about a legal matter? Do you need answers but not sure who to call? We will have Morgan Spitler, Attorney at Law available to help guide you in the right direction. This is a free consultation available to anyone 60 years and older. Please call to make your appointment today!

Trash Collection Update

The City of Oregon has changed trash providers and residents have received new trash containers. Recycling at curbside has ended. If you have questions on where to recycle or if your trash pick day has changed please see front desk.

Call for program details or to sign up!! 419-698-7078

Members under the weather or recovering

We extend our sincere sympathy

Barbara Lasko 12/4/19

Pat Vasko 12/13/19



Betty Barnes
Bob Benton
Hugh Betts
Kathy Brice
Sandy Boileau
Fatima Buck
Alice Cobb
Kim Cousino
Pat Christy
Errold Culler
Panka Eneff
Maria Fioritto

Norma Gerke
Kathy Halkeos
Rosie Hayes
Betty Hessling
Jim Harrell
Dolores Heilman
Mike Henneman
Marge Henning
Elsie Keckstein
Doris Levy
Maria Markovitch
Bernice Martin
Virginia Meyers

Dolores Mutchler
Doris Orvil
Lucille Paul
Pat Purdy
Mary Retana
Elenor Scheiba
Mary Ann Suto
Steve Suto
Ken Villhauer
Lucy Waldmannstetter
Marie Wilson
Janet Wlodary

HAPPY BIRTHDAY!

Monthly Celebration Cake Sponsored by Arbors at Oregon

Patrick	Howard	1/1	Alice	Cobb	1/13	Donna	Grondin	1/19
Dean	Lowe	1/2	Becky	Lovelady	1/13	Carol	Vincent	1/19
Ann	Menter	1/2	Sharon	Reisinger	1/13	Russell	Lamp	1/19
David	Brecht	1/4	Julie	Moritz	1/14	Diane	Folsom	1/23
Danie	Miranda	1/4	Darla	Stewart	1/14	Patricia R.	Kowalski	1/23
Kathleen	Clinker	1/6	Beverly	Leonhardt	1/15	Leta	Davis-Newman	1/24
Gerri	Hoffman	1/6	Marie	Wilson	1/15	Barbara	Vargo	1/26
Maryann	Ramsey	1/7	Patrick	Gladieux	1/16	Linda	Wamer	1/26
Rod	Reno	1/7	Sharon	Molnar	1/16	Verla	Judy	1/28
Aprilla	Miller	1/8	Sharon	Bosak	1/16	Dorothea	Besgrove	1/30
Barb	Owen	1/8	Mark	Wineland	1/17	John	Moore	1/30
Sharron	Jurski	1/10				Pat	Ricci	1/31

*From all the staff at the Oregon Senior Center,
We wish you and yours a very*



HAPPY NEW YEAR

Paula, Louise, Denise, Ann, Elroy, Zach, Al, Rick, Cassi & Lisa

Membership Reminder

This is the last reminder to turn in your membership application and dues. Membership allows many opportunities including receiving the newsletter, discounts, free holiday luncheon, voting rights, and the list continues.

Please fill out your application and turn in your dues to the front desk.

Bingo

Penny Bingo ~ Monday, Wednesday & Friday - 9:30am

High Stake Bingo \$3 ~ Thursday - 12:30pm

Bunco

Tuesdays at 12:30

11/26 Most Buncos Susie Moszkowicz
Most Games Gene Arnold
Booby Joy Baker
Susie Moszkowicz

12/3 Most Buncos Cheryl Leidel
Most Games Nancy Kowalski
Booby Joy Baker

12/10 Most Buncos Cheryl Leidel
Most Games Joy Baker
Booby Joan Allen
Verla Judy

12/17 Most Buncos Nancy Kowalski
Most Games Gene Arnold
Booby Susie Moszkowicz

Euchre

Wednesdays at 12:30

11/27 1st Bernie Wineland
2nd Rick Rowland
Joy Baker
3rd J.R. Wlodarz
Booby Janet Wlodarz

12/4 1st Kathy Holter
2nd Verna Nagy
3rd Mel Overhoser
Charles Morris
Booby Judy Person

12/11 1st Judy Pearson
2nd Bonnie Smith
3rd Bob Anderson
Booby Cat Hoogerhyde
Sharon Molnar

12/18 1st Kathy Holter
2nd Tom Castellonos
Jerry Jacquillard
3rd Charles Morris
Booby Ron Reynolds

Pinochle

Thursdays at 9:30

12/5 1st Al Papenfus
2nd Emily Paluch
3rd Omer Holman
Booby Gene Arnold

12/12 1st Bonnie Smith
2nd Omer Holman
3rd Al Papenfus
Booby Diane Schmidt

Mah Jongg

Wednesdays at 11:30

TOP 4 PLAYERS FROM 12/4 to 12/18	GAMES WON
Pauline Levesque	13
Judy Kelley	6
Dee Mutchler Jan Deleon	5
Kathy Chasteen Dotty Savastani	5
	(Total of 42 wins out of 47 games)
#1 TOP PLAYER	Pauline Levesque

Medicare BINGO with
Becky from Aetna

January 24th
11:00am

Prizes given for BINGO!

OSC January Word Search

N	F	R	O	Z	E	N	S	H	I	V	E	R	N
E	L	K	S	N	E	F	I	R	E	H	T	S	L
T	R	S	V	N	O	B	Y	F	T	N	Y	D	Y
I	O	N	T	E	K	N	A	L	B	B	N	E	P
B	E	G	G	N	O	G	O	E	L	Z	L	L	O
T	E	T	A	N	R	E	B	I	H	I	S	S	L
S	F	L	A	N	N	E	L	A	C	T	H	O	A
O	E	N	O	C	E	N	I	P	O	T	E	C	R
R	C	I	C	I	C	L	E	O	E	E	F	S	L
F	P	A	G	E	O	D	B	A	F	B	I	E	S
O	F	O	E	S	R	B	L	I	Z	Z	A	R	D
R	I	S	F	R	O	S	T	Y	S	C	A	R	F
S	E	V	O	L	G	N	E	C	I	G	E	D	N
T	L	I	F	L	O	N	G	J	O	H	N	S	N

CHILLY
FROZEN
PINECONE
LONGJOHNS
FROSTBITE
EGGNOG
FIRE
BOOTS
BLANKET
BLIZZARD
ICE
SHIVER
FROSTY
ICICLE
SLED
POLAR
GLOVES
HIBERNATE
SCARF
FLANNEL

Oregon Senior Center January 2020 Monthly Overview of Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 CLOSED	2 9:00 Breakfast Hour 9:30 Ballroom Dancing 9:30 Tai Chi 9:30 Pinochle 10:30 Grief Support Group 11:00 Educational Speaker 12:30 Bingo 2:30 Refit 3:00- 4:30 Fellowship 4:30 Dinner	3 9:00 Intro Line Dancing 9:30 Line Dancing 9:30 Bingo 12:30 Acrylics Class
6 9:00-11:00 BP Checks 9:30 Bingo 11:00 Well Rounded Senior 12:30 Acrylics Class 3:30 Cardio Drumming	7 9:00 Breakfast Hour 9:30 Dirty Pour 9:30 Line Dancing 9:30-12:30 BP Checks 12:30 Bunco 12:30 Craft Class 2:30 Zumba Gold	8 9:30 Bingo 11:00 Diner's Club 11:30 Mah Jongg 12:30 Euchre 3:15 Core Circuit	9 9:00 Breakfast Hour 9:00-11:00 Dept. of VA 9:30 Ballroom Dancing 9:30 Tai Chi 9:30 Pinochle 12:30 Bingo 2:00 Book Club 2:30 Refit 3:00- 4:30 Fellowship 4:30 Dinner	10 9:00 Intro Line Dancing 9:30 Line Dancing 9:30 Bingo 12:30 Acrylics Class
13 9:30 Bingo 11:00 Well Rounded Senior 12:30 Acrylics Class 12:30 Senior Zumba 3:30 Cardio Drumming	14 9:00 Breakfast Hour 9:30 Dirty Pour 9:30 Line Dancing 12:30 Bunco 12:30 Craft Class 2:30 Zumba Gold	15 9:30 Bingo 11:30 Mah Jongg 12:30 Euchre 3:15 Core Circuit	16 9:00 Breakfast Hour 9:30 Ballroom Dancing 9:30 Tai Chi 9:30 Pinochle 10:30 Grief Support Group 12:30 Bingo 2:30 Refit 3:00- 4:30 Fellowship 4:30 Dinner	17 9:00 Intro Line Dancing 9:30 Line Dancing 9:30 Bingo 12:30 Acrylics Class
20 CLOSED	21 9:00 Breakfast Hour 9:30 Dirty Pour 9:30 Line Dancing 9:30-12:30 BP Checks 12:30 Bunco 12:30 Craft Class 2:30 Zumba Gold	22 9:30 Bingo 11:00 Shop 'Til You Drop 11:00-12:00 Mobility Check 11:30 Mah Jongg 12:30 Euchre 3:15 Core Circuit	23 9:00 Breakfast Hour 9:30 Ballroom Dancing 9:30 Tai Chi 9:30 Pinochle 10:00-12:00 Legal Consult 10:30 Alzheimers' Support 12:30 Bingo 2:30 Refit 3:00- 4:30 Fellowship 4:30 Dinner	24 9:00 Intro Line Dancing 9:30 Line Dancing 9:30 Bingo 11:00 Medicare Bingo 12:30 Acrylics Class
27 9:30 Bingo 11:00 Well Rounded Senior 12:30 Acrylics Class 12:30 Senior Zumba 3:30 Cardio Drumming	28 9:00 Breakfast Hour 9:30 Dirty Pour 9:30 Line Dancing 12:30 Bunco 12:30 Craft Class 2:30 Zumba Gold	29 9:30 Bingo 11:30 Mah Jongg 12:30 Euchre 3:15 Core Circuit	30 9:00 Breakfast Hour 9:30 Ballroom Dancing 9:30 Tai Chi 9:30 Pinochle 12:30 Bingo 2:30 Refit 3:00- 4:30 Fellowship 4:30 Dinner	31 9:00 Intro Line Dancing 9:30 Line Dancing 9:30 Bingo 11:00 Well Rounded Senior 12:30 Acrylics Class

Please see corresponding flyer for full information on events, speakers and more

Oregon Senior Center Lunch Menu January 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>These meals are available for donation of \$2.50 to anyone 60 years or older.</p> <p>MEMBERS UNDER 60</p> <p>Lunch is a MANDATORY cost of \$5.61 and must be given directly to Louise Whitney.</p> <p>ALL Lunch reservations are REQUIRED 24 HOURS in advance by calling or signing up!</p>	<p>Lunch is served daily at 11:30. Reservations must be made 24 hrs. in advance by calling 419-698-7078</p> <p><u>Please choose "A" or "B" for your entrée</u></p> <p>Ingredients lists related to allergies call: 419-382-5791</p>	<p>1</p> <p>CLOSED</p>	<p>2</p> <p>A. Spanish Beef Patty B. Chicken Marsala Fettuccini Noodles Spinach Multi-Grain Bread Peaches Milk</p> <p>4:30 AOoA Dinner</p>	<p>3</p> <p>A. White Chicken Chili B. Vegetarian Chili Rosemary Potatoes Sliced Carrots Saltine Crackers Strawberry Swirl Pudding Milk Diet- Vanilla Pudding</p>
<p>6</p> <p>A. Meatballs w/Spaghetti Sauce B. Chicken Marsala Spaghetti Noodles Summer Vegetable Blend Wheat Roll Pears Milk</p>	<p>7</p> <p>A. Taco Beef B. Fajita Chicken Shredded Cheese Lettuce & Tomato Mexican Rice Refried Beans Flour Tortilla Fresh Fruit Milk</p>	<p>8</p> <p>A. Turkey Breast w/Gravy B. Beef w/Pepper Gravy Whipped Potatoes Brussel Sprouts Wheat Roll Fresh Fruit Milk</p>	<p>9</p> <p>A. Garlic Rosemary Chicken B. Roast Beef w/ Gravy Oven Roasted Potatoes Glazed Carrots Multi-Grain Bread Sugar Cookie Milk</p> <p>4:30 AOoA Dinner</p>	<p>10</p> <p>A. Ham & White Bean B. Vegetarian Chili Stewed Tomatoes Garden Vegetable Dinner Roll Pineapple Tidbits Milk</p>
<p>13</p> <p>A. Swiss Steak B. Baked Chicken Breast Mushroom Gravy Buttermilk Potatoes Green Beans Wheat Roll Fresh Fruit Milk</p>	<p>14</p> <p>A. Ham, Broccoli & Rice Casserole B. Savory Beef Patty Cabbage Stewed Tomatoes Multi-grain Bread Pineapple Tidbits Milk</p>	<p>15</p> <p>A. Creole Chicken B. Turkey Breast w/ Gravy Au Gratin Rotini Italian Vegetable Blend Chocolate Chip Cookie Milk</p>	<p>16</p> <p>A. Glazed Ham B. Baked Chicken Breast Poultry Gravy Succotash Glazed Carrots Corn Muffin Fresh Fruit Milk</p> <p>4:30 AOoA Dinner</p>	<p>17</p> <p>A. Beef Spaghetti Casserole B. Spinach Lasagna Green Peas Texas Bread Hot Peaches Milk</p>
<p>20</p> <p>CLOSED</p>	<p>21</p> <p>A. Cranberry Dijon Chicken B. Creole Steak Cubed Sweet Potatoes Broccoli Wheat Bread Fruit Muffin Milk</p>	<p>22</p> <p>A. Creamy Paprika Chicken B. Roast Beef w/ Gravy Whipped Potatoes Orange Carrots Wheat Bread Fresh Fruit Milk</p>	<p>23</p> <p>A. Chicken Noodle Casserole B. Beef Stroganoff Whole Kernel Corn Green Beans Multi-Grain Bread Pineapple Tidbits Milk</p> <p>4:30 AOoA Dinner</p>	<p>24</p> <p>A. Sausage Patty B. Broccoli Spinach Egg Bake Oven Roasted Potatoes Orange Juice Biscuit Hot Cinnamon Applesauce Milk</p>
<p>27</p> <p>A. Spanish Beef Patty B. Honey Mustard Chicken Whipped Potatoes Seasoned Green Peas Multi-Grain Bread Applesauce Milk</p>	<p>28</p> <p>A. BBQ Chicken Breast B. Hamburger Patty Crispy Cubed Potatoes Green Beans Hamburger Bun Fresh Fruit Milk</p>	<p>29</p> <p>A. Beef Italian Macaroni B. Lemon Pepper Chicken Broccoli & Cauliflower Hot Peaches Multi-Grain Bread Milk</p>	<p>30</p> <p>A. Pork w/ Supreme Sauce B. Liver & Onions Whipped Potatoes Sliced Carrots Wheat Bread Blueberry Muffin Milk</p> <p>4:30 AOoA Dinner</p>	<p>31</p> <p>A. Mushroom Chicken B. Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk</p>