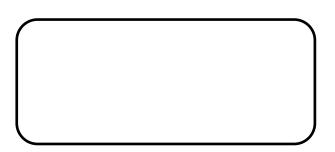
November 2019 THE EAGLE GAZETTE JWH Oregon Senior Center 4350 Navarre Avenue Oregon, Ohio 43616 NON-PROFIT U.S. POSTAGE PAID TOLEDO, OH PERMIT NO. 1011

ADDRESS SERVICE REQUESTED





## THE EAGLE GAZETTE

James "Wes" Hancock OREGON SENIOR CENTER Volume 221 ~ November ~ Issue 231

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

Phone: (419) 698-7078

#### From the Director's desk...

NOVEMBER 2019! Wow!! October certainly flew by us. Our Hobo Dinner was a complete success., Oregon Senior Center donated almost \$1,200. Thank you to everyone who helped in anyway. Now PLEASE VOTE for the Levy. Lucas County \$'s are very important.

Now how about that Bandstand Spook-tacular! Once a year we get together to throw the biggest fundraiser ever and every year we do better than the year before! Every year it is more stressful... but, oh so much fun! A good time was experienced by all creatures. THANK YOU to all who participated and sponsored our scary evening. Final monies are not all in yet, but will let you know when we know. So, put those brooms away till this time next year.

I do need to mention that 3 of our staff won for best group costume—witches and 1 celebrated her honeymoon. I just cannot pretend to be surprised! They are quite the bunch!! A big shout out to my staff and their families, THANK YOU!! (I mean the whole family...the extended families!)

The holidays are lurking right around the corner. How's that for mixing Halloween, Thanksgiving, and Christmas. We have our Thanksgiving Potluck, Holiday Bazaar, Cheeseball delivery, Members Open House Grazing, and our Art, Crafts, and New Year's Show and Celebration. Check-out the dates and mark your calendar.

I apologize in advance to you if this does not apply to you, but a decision has been made to discontinue the sweets we have been purchasing with our bread donation. We are charged 25¢ and in turn charge our Seniors 25¢. No income is recognized. Many people do not follow the rules, last week we purchased \$20 of sweets and in return collected only \$3.50. Our honor system with signage does not work. The Center doesn't have a budget for stealing. Bread is limited to 2 items a piece, and is also dismissed. People have several ways of getting more than the allotment. If you have special needs, talk to me.

My Bob has been moved to the nursing home part of Parkcliffe, it is very sad. He is unable to walk and so is very depressed. Please keep our family in your prayers.

Happy Thanksgiving, Paula

## 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

#### 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.

#### 2019 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

Oregon Senior Center

**Contact Us** 

Paula J Benton - Executive Director Cell- 419-467-2377 paula@oscohio.org

Cassi Sutter - Outreach Coordinator cassi@oscohio.org

Questions? Comments? Suggestions? contact@oscohio.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 CLOSES 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.

## Oregon Senior Center's ROMD TRIPS

#### Diner's Club

Wednesday, November 13th

Join us for lunch at Spaghetti Warehouse

Depart time 11:00am
Return approx. 1:30pm

Suggested travel donation \$3.00

#### Shop Til You Drop

Wednesday, November 19th

Lunch - Outback Steakhouse
Shopping - Franklin Park
JC Penny & Macys

Depart time 10:30am
Return at 3:30pm

Suggested travel donation \$4.00

## Day Trippin

Tuesday, November 12th

Lunch- The Black Forest Café
Sight Seeing in Oregon &
Three Girlz Urban Living

Depart time 10:45am Return at 2:30pm

Suggested travel donation \$3.00

Please sign up at bulletin board or call 419-698-7078 to secure your spot!

## The Well Rounded Senior

#### Mondays at 11:00am

Join our group & discuss new topics each month with a trip at the end of each month.

#### November's topic and trip Glass Blowing Demonstration

November 4th— What is glass blowing?

November 11th— The history of glass blowing

November 18th— More on glass blowing

November 22nd— Trip to Glass Pavilion for glass blowing demonstration.

Lunch at Michaels Bar & Grill Departs at 11:15am

Suggested travel donation \$4.00

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

Please sign up at bulletin board

## Fall Craft Shows

The Oregon Senior Center will be at the following craft shows selling our amazing craft class creations!

Nov. 2nd 10:00am-3:00pm Orchard Villa 2841 Munding Dr

Nov. 2nd 9:00am-3:00pm Kiwanas Craft Show Oregon Senior Center

Nov. 9th 10:00am-3:00pm The Gardens of St. Francis 930 S Wynn Rd

Nov. 16th 10:00am-3:00pm St. Michaels Byzantine 4001 Navarre Ave



Nov. 6th 10:30am Senior Day with the Walleye

Nov. 9th 10:00am-2:00pm AOoA Caregiver Expo Parkway Place 2592 Parkway Plaza, Maumee

Nov. 28th & 29th Oregon Senior Center closed

**Dec. 13th** 11:00am-1:30pm AOoA Holiday Party See Louise for tickets

Dec. 19th 11:30am Members Open House Grazing

Dec 30th 11:15am-2:00pm Art, Crafts, and New Year's Show Celebration Located at Oregon Senior Center

## Education Activities

Thursday Nov. 7th 11:00am Partners in Home Care Eye Health: Cataracts, Glaucoma, Macular Degeneration

Monday Nov. 18th 10:30am Mobile Vision Glasses Repairs

**Tuesday Dec. 3rd 9:30am Oregon Fire Department**Senior Fire Prevention

## SPOOKIACULAR & GRUEL COOK OFF

The Oregon Senior Center would like to thank our members and community who attended our annual fundraiser! It is because of the support from the community that we are able to offer so many programs, activities and assistance to seniors. We truly appreciate you!

We also want to thank all the volunteers that made the night possible. We depend on each and everyone of you and truly could not have done it without you! Your hearts are giving and we are thankful that you choose the Senior Center to give your time to.

To our Gruel Cook-Off contestants: You are wonderful! Every gruel was amazing and the choice was difficult. If we could award everyone, we would have. Thank you for your entry and your company.

The Oregon Senior Center greatly appreciates all the businesses that donated to our event to help raise funds. Your support and generosity are beyond measure. Thank you. Thank you Everyone for making our Annual Oregon Bandstand 2019 Spooktacular amazing! All proceeds benefit the JWH Oregon Senior Center

## LEGAL CONSULT

Do you have questions about a legal matter? Do you need answers but not sure who to call? We will have Morgan Spitler, Attorney at Law available

November 21st 10:00am-12:00pm 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!

419-698-7078

## Medical Screenings

BP Checks Tuesdays (12th & 26th) 9:30-12:30pm

Provided by Kelly from Lucas County Health Depart.

#### **Mobility Check**

4th Wednesday (November 27th) 11:00-12:00pm

Provided by Heartland Rehab Services



## THE ABILITY CENTER MAKING INDEPENDENCE POSSIBLE SINCE 1920

The Ability Center currently has funding for homeowners living in Lucas County needing home modifications through the Community Development Block Grant. Projects may include ramps, stair lifts, and grab bars.

Residents must be homeowners living in *Lucas*County and not within the city of Toledo. Applicants
must meet income requirements.

Please see Denise for information on applying

## Grief Support Group

#### November 7th & 21st at 10:30am

Join us the 1st and 3rd Thursday of each month 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

## Department of Veterans Affairs

Veronica A. Bauer, Veterans Outreach Specialist

#### Thursday November 7th 9:15am

Individual counseling with Veterans
Sign up at bulletin board



## CELEBRATING

Monthly Celebration Cake Sponsored by Arbors at Oregon

Tom	Mulligan	11/2
Mary	Sundling	11/2
Marjorie	Dempsey	11/5
Roberta	Gacsal	11/6
Rick	Rowland	11/6
Michaelina	Schimming	11/6
Brenda	Henning	11/8
Errold	Culler	11/9
Fran	Perlaky	11/9
Elizabeth	Herbst	11/11
Raymond	Gruetter	11/12
Lee	Schimmel	11/14
Mary	Wolfe	11/14
James	Fuller	11/15
Lillian	Katko	11/15
Robert	Kennedy	11/15
Kathy	Healy	11/16
Joyce	Herman	11/16
Bill	Lambrecht	11/16
Elizabeth	Hessling	11/18
Clarence	Williams	11/18
Rollie	Benson	11/19
Barbara	Klotz	11/19
Michael	Molnar	11/20
Joan	Allen	11/22
Janet	Bachmayer	11/23
Robert	Groll	11/23
Norma Kathleen	Weaver	11/23
Sandra	Cichocki	11/24
Terry	Lewis	11/24
Jean	Strzelecki	11/24
Rosemary	Nelson	11/25
Thomas	Zuchowski	11/26
Elroy	Metzger	11/27
Martin	Wineland	11/27
Richard	Wineland	11/27
Patricia	Purdy	11/28
Ronald	Baker	11/29
Joan	Pratt	11/29
Tony	DeLeon	11/30
Marge	Foust	11/30
Nancy	Kowalski	11/30
Bonnie	Krum	11/30

## Members under the weather or recovering

**Betty Barnes** Rita Beckman Bob Benton **Hugh Betts** Kathy Brice Sandy Boileau Fatima Buck Alice Cobb Kim Cousino Pat Christy **Errold Culler** Panka Eneff Donna Fielding 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** Lucille Paul Pat Purdy Mary Retana Elenor Scheiba Mary Ann Suto Steve Suto Pat Vasko Lucy Waldmannstetter Marie Wilson

Thursday Coffee & Fellowship

3:00pm-4:30pm Dinner immediately follows. Suggested donation \$2.50 Refreshments Sponsored by



We extend our sincere sympathy...

Dianne Westenbarger Richard Kuebler



## Do Something Great! Join our daily activities!

Monday

Cardio Drumming Class at Mind Over Core

Located at 842 S. Wheeling St., Oregon 3:30pm

Join this fun & physical cardio class that involves drumsticks & an exercise ball!

Led by our knowledgeable instructor, Barb Pappas!

Tuesday

Body Sculpting by Orchard Villa

Located at Oregon Senior Center dance room November 12th & 26th 10:45 - 11:45am Light Fitness

Wednesday

Yoga with Rebecca Williamson

Located at Oregon Senior Center dance room 2:00pm (No class Nov. 20th)

Learn how to care for your body through Yoga. Bring a towel, water and dress comfortable!

Core Circuit at Mind Over Core

Located at 842 S. Wheeling St. in Oregon 3:15pm

Appropriate for any experience level fitness body. This class is designed for all individuals, as you can work at your own pace and to your own comfort level.

Thursday

Tai Chi with Kristin Calkins/UTMC

Located at Oregon Senior Center craft room 9:30am

An art embracing the mind, body & spirit!
Originating in ancient China, tai chi is one of the most effective exercises for health of mind & body.

Refit with Sabrina Mitchell

Located at Oregon Senior Center dance room 2:30pm

LOW IMPACT Refit class!
Especially designed for seniors.
REFIT IS FOR EVERYONE!

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



Mondays & Fridays at 12:30pm.

Please choose one day to attend weekly.

Free to Oregon seniors 60 years of age & older,

\$5.00 for Non-residents

## Dirty Pour Acrylic Class

Tuesdays at 12:30pm.

Let your troubles melt away with this Fun & exciting class. Please bring paints & Canvas. Class is limited to 12 people, you <u>MUST</u> sign up. Free to Oregon seniors 60 years of age & older, **\$5.00 For Non-residents** 

#### **Craft Classes**

Wednesdays at 12:30pm

All basic materials provided, please bring your own special embellishments. Free to Oregon seniors 60 years of age & older, \$5.00 For Non-residents

November 6th- Reversible Hanging Snowman/Scarecrow November 13th- Reversible Hanging Snowman/Scarecrow November 20th- No Class

November 27th- Scented Snowmen & Penguin Socks







### Bay Chapter Book Discussion

Tuesday, November 19th 2:00-3:00pm
At the Oregon Library
Author: Dave Isay
Book: Callings: The Purpose and Passion of Work

#### Dance Classes

Tuesdays at 9:30am Line Dancing with Jo Kandik



Thursdays at 9:30am
Ballroom Dancing with Dina Humason



## Bunco

10/1 Most Buncos Verla Judy

Most Games Susie Muszkowicz

Booby Cheryl Leidel

10/8 Most Buncos Barbara Klotz

Most Games Lucille Cribley

Booby Nancy Kowalski

10/15 Most Buncos Kathy Hakeos Most Games Cheryl Leidel

Lucille Cribley,

Booby Barbara Klotz

Linda Mabry,

10/22 Most Buncos Nancy Kowalski

Most Games Mary-Etta Betz

Kathy Hakeos,

Booby Gene Arnold

Tuesdays at 12:30

## Euchre

9/26	1st	Dwaine Betz Tony DeLeon,
	2nd	Pat Winter
	3rd	Russ Doerr
	Booby	Bob Anderson
10/2	1st	Bill Rowland Rich Rowland,
	2nd	Tom Castellanos
	3rd	Jet Novin Jan DeLeon,
	Booby	Ron Reynolds
10/9	1st	Jerry Hilbert Bernie Wineland,
	2nd	Sandra Lee
	3rd	Rosie Hayes
	Booby	Gene Arnold
10/16	1st	Tony DeLeon
	2nd	Sharon Duorak
	3rd	Bob Anderson Judy Pearson,
	Booby	Bill Rowland
10/23	1st	Tom White
	2nd	Linda Martin Chuck Nelms,
	3rd	Tom Castellanos Pat Winer,

Wednesdays at 12:30

**Betty Anderson** 

Booby

## Bingo



Monday, Wednesday & Friday - 9:30am

Thursday - 12:30pm

## Mah Jongg

TOP 4 PLAYERS FROM 9/25 to 10/23	GAMES WON
Marge Foust Dotty Savastani	14
Pauline Levesque	10
Judy Kelly	7
Phyllis Guy	7
	(Total of 87 wins out of 100 games)
#1 TOP PLAYER	Marge Foust Dotty Savastani

Wednesdays at 11:30

## **Pinochle**

9/26	1st	Omer Holman
	2nd	Gene Arnold
	3rd	Mary Ellen Betz
	Booby	Rosie Haynes
10/3	1st	Verna Balankura
	2nd	Bonnie Smith
	3rd	JR Woldarz
	Booby	Joe Hornyak
10/9	1st	Errold Culler
	2nd	Vera B
	3rd	Rosie H
	Booby	Gene
10/17	1st	Vera B
	2nd	Gene Arnold
	3rd	Bonnie
	Booby	Emily
10/24	1st	Emily
	2nd	Omer, Verna
	3rd	Omer, Verna
	Booby	Errold C

Thursdays at 9:30

Breakfast

The Oregon Senior Center provides FREE breakfast every **Tuesday & Thursday at 9:00am** to Oregon residents 60 years or older. Cost is \$5.50 to anyone under 60 years



Monday-Friday at 11:30am

These meals are available for a small donation 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 \$5.50 to anyone under 60.



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.



## Annual Thanksgiving Potluck

Wednesday, November 20th at 11:30am

We will be serving delicious turkey, mashed potatoes and gravy. Please bring a dish to share and sign up at front desk to reserve a spot for you and your guests.

\*Please Note: NO regular scheduled activities

Medicare BINGO with Becky from Aetna

November 22nd 11:00am

Prizes given for BINGO!



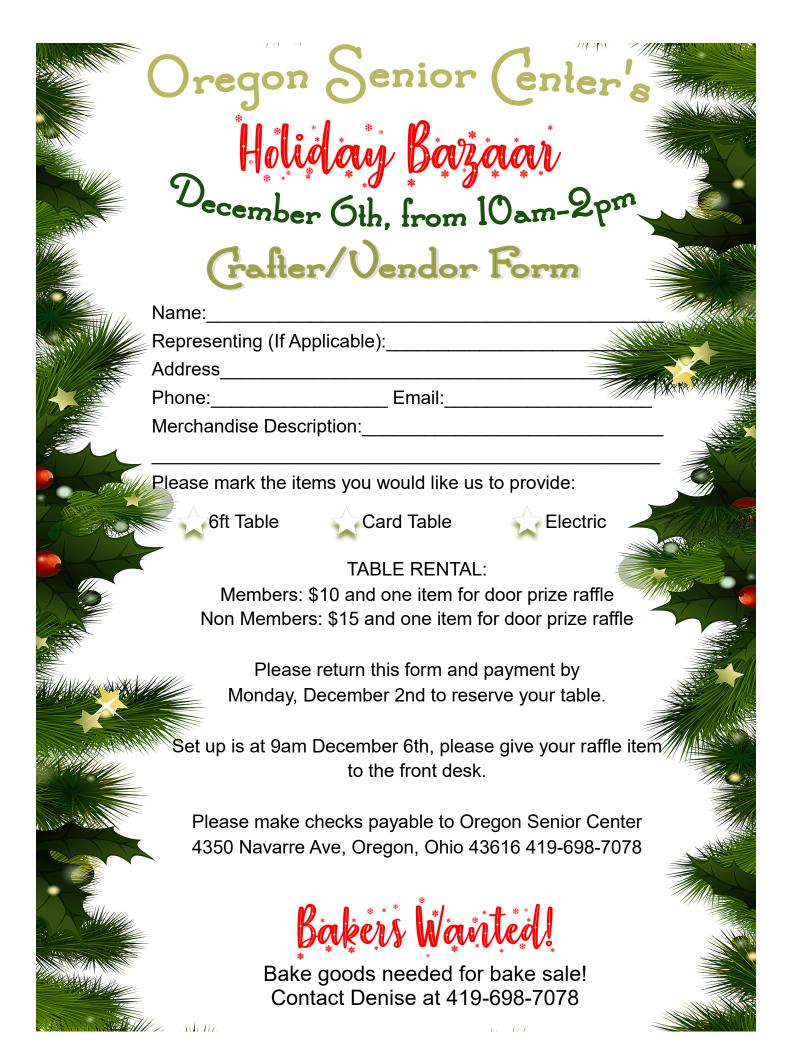
Oregon Senior Center November 2019 Monthly Overview of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Oreg	on Se	nior (	Center ce to bloom!	1 9:30 Bingo 12:30 Acrylics Class
4 9:30 Bingo 11:00 Well Rounded Senior 12:30 Acrylics Class 3:30 Cardio Drumming	5 9:00 Breakfast Hour 9:30 Line Dancing 12:30 Bunco 12:30 Dirty Pour	6 9:30 Bingo 10:30 Senior Walleye 11:30 Mah Jongg 12:30 Craft Class 12:30 Euchre 2:00 Yoga 3:15 Core Circuit	7 9:00 Breakfast Hour 9:15 Dept. of VA 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	8 9:30 Bingo 12:30 Acrylics Class
9:30 Bingo 9:30 Bingo 11:00 Well Rounded Senior 12:30 Acrylics Class 3:30 Cardio Drumming	9:00 Breakfast Hour 9:30 Line Dancing 9:30-12:30 BP Checks 10:45 Day Trippin 10:45 Body Sculpting 12:30 Bunco 12:30 Dirty Pour	9:30 Bingo 11:00 Diners Club 11:30 Mah Jongg 12:30 Craft Class 12:30 Euchre 2:00 Yoga 3:15 Core Circuit	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	15 9:30 Bingo 12:30 Acrylics Class
18 9:30 Bingo 10:30 Mobile Vision 11:00 Well Rounded Senior 12:30 Acrylics Class 3:30 Cardio Drumming	19 9:00 Breakfast Hour 9:30 Line Dancing 10:30 Shop till You Drop 12:30 Bunco 12:30 Dirty Pour 2:00-3:00 Book Club	20 11:30 Thanksgiving Potluck	9:00 Breakfast Hour 9:30 Ballroom Dancing 9:30 Tai Chi 9:30 Pinochle 10:00-12:00 Legal Consult 10:30 Grief Support Group 12:30 Bingo 2:30 Refit 3:00- 4:30 Fellowship 4:30 Dinner	22 9:30 Bingo 11:00 Medicare Bingo 11:15 Well Rounded Senic 12:30 Acrylics Class
25 9:30 Bingo 12:30 Acrylics Class 3:30 Cardio Drumming	26 9:00 Breakfast Hour 9:30 Line Dancing 9:30-12:30 BP Checks 10:45 Body Sculpting 12:30 Bunco 12:30 Dirty Pour	27 9:30 Bingo 11:00-12:00 Mobility Check 11:30 Mah Jongg 12:30 Craft Class 12:30 Euchre 2:00 Yoga 3:15 Core Circuit	28 Happy Thanksgiving! Center Closed	Center Closed

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

## Oregon Senior Center Lunch Menu November 2019

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Monday	Tuesday	Wednesday	Thursday	<u>Friday</u>
MEMBERS UNDER 60  Lunch is a MANDATORY cost of \$5.61 and must given directly to Louise Whitney.  ALL Lunch reservations are REQUIRED 24 HOURS in advance by calling or signing up!  4  A: Lemon Pepper Chicken  B: Savory Beef Patty  Oven Roasted Potatoes  Okra & tomatoes  Multi-Grain Bread  Fresh Fruit	Lunch is served daily at 11:30. Reservations must be made 24 hrs. in advance by calling 419-698-7078  Please choose "A" or "B" for your entrée Ingredients lists related to allergies call: 419-382-5791  5 A: Hamburger Patty B: BBQ Pork Rib Patty Lettuce & Tomato Scalloped Potatoes Seasoned Green Beans Wheat Hamburger Bun	6 A: Pork Roast w/Pork Sauce B: Mushroom Chicken Brown Rice Brussels Spouts Dinner Roll Fresh Fruit	7 A: King Ranch Chicken Casserole B: Chilaquiles Casserole Scalloped Tomatoes Green Beans Cornbread Fruit Cocktail	A: Chicken Noodle Casserole B: Beef w/Mushroom Gravy Spinach Sliced Carrots Wheat Roll Mandarin Oranges Milk  8 A: Sliced Roast Beef & Gravy B: Honey Mustard Chicken Baked Sweet Potato Zucchini w/Red Peppers Wheat Roll Sugar cookie
Milk	Pineapple Tidbits Milk	Milk.	Milk 4:30 AOoA Dinner	Milk
11 A: Spanish Beef Patty B: Savory Chicken Whipped Potatoes Glazed Carrots Wheat Roll Tropical Fruit Milk	12 A: Chicken Primavera B: Pasta Primavera Whole Kernel Corn Brussels Sprout Breadstick Fresh Fruit Milk	13 A: Creole Chicken B: Beef Chili Baked Potato Broccoli Dinner Roll Oatmeal Raisin Cookie Milk	14 A: Meatball Stroganoff B: Chicken A La King Brown Rice Seasoned Green Peas Biscuit Mixed Fruit Milk 4:30 AOOA Dinner	15 A: Glazed Ham B: Sliced Turkey Breast Turkey Gravy Whipped Sweet Potatoes Cabbage Wheat Roll Fruited Gelatin Milk
	19 A: Swedish Meatballs B: Chicken A La King Rotini Noodles French Green Beans Wheat Roll Hot Cinnamon Applesauce Milk	20 Thanksgiving Potluck	21 A: Spanish Beef Patty B: Chicken Marsala Fettuccini Noodles Spinach Multi-Grain Bread Peaches Milk  4:30 AOOA Dinner	A: White Chicken Chil B: Vegetarian Chili Rosemary Potatoes Sliced Carrots Saltine Crackers Strawberry Swirl Pudding Milk Diet- Vanilla Pudding
25 A: Beef w/Pepper Gravy B: Cranberry Dijon Chicken Rice Florentine Sliced Carrots Wheat Roll Fresh Fruit Milk	26 A: BBQ Chicken Breast B: Liver & Onions Whipped Potatoes Broccoli Multi-Grain Bread Pears Milk	27 A: Sliced Turkey Breast w/Gravy B: Roast Beef w/Gravy Baked Sweet Potato Green Beans Wheat Roll Pumpkin Pudding Milk	28 Happy Thanksgiving! Center Closed	29 Center Closed



## OFFICIAL LETTERHEAD FROM

# The Morth Pole

## St's that time of year again! Don't delay get your cheeseball orders in!

Orders must be turned in by December 16th to Denise. Pick up cheeseballs at The Oregon Senior Center December 20th. **Just \$5 each!** 

	Qty	Type
		Susie's Chipped Beef Cheeseball
		Paula's Bleu Cheese Cheeseball
		PJ's Braunschweiger Cheeseball
		Total number of cheeseballs
		Total amount due
Name		
Di		
Phone		Ψ
		*11*/ LK