

# Faith Sellers

## SENIOR CENTER



312 NORTH LAUREL ST

SUMMERVILLE, SC 29483

PHONE: 843-871-5053

HOURS: M-F 8:30 AM - 5:00 PM

**FEBRUARY 2020**

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## ABOUT DSI

Dorchester Seniors, Inc. is a private, Non-Profit 501(c)3 organization established in 1980 by the Dorchester County Council. DSI provides services for the senior population and is governed by a volunteer Board of Directors.

Dorchester Seniors, Inc. mission is to provide opportunities to all senior citizens of Dorchester County to enhance their educational, mental, social, spiritual and physical well-being.

To achieve this goal, Dorchester Seniors, Inc. works cooperatively with other community agencies and organizations through advocacy for senior citizens and interagency coordination including outreach, assessing needs and planning actions.



## MESSAGE FROM...



**BONNIE SANFORD - CENTER MANAGER**

Positive mind, positive life, positive year. I hope that all of you had a wonderful holiday and are all energized for the new year.

**Just wanted to remind everyone that if you haven't already renewed your Center Memberships at the front desk or online, please be sure to do so this month. This is all very important in the event of an emergency in case we need to call someone on your behalf. The information needed to complete a renewal is your current address, phone number and emergency contact numbers.**

If you have any questions, please contact me at (843) 871-5053 or by email at [bsanford@dorchesterseniors.com](mailto:bsanford@dorchesterseniors.com).



**BARB ALLEN - INFORMATION RESOURCE COORDINATOR**

**With a sigh of relief, as the song goes "the Christmas rush is through." I was speechless by the generosity of employees, members, volunteers and community. Those donations allowed us to serve 360 at-risk seniors this past holiday season. Angel Tree gifts made the seniors faces light-up with joy like a young child on Christmas morning! Thank you to all that helped with this wonderful endeavor.**

If I can be of service to you, please feel free to contact me at (843) 871-5053 ext. 105 or by email at [ballen@dorchesterseniors.com](mailto:ballen@dorchesterseniors.com). I look forward to working together to make 2020 a wonderful and promising year.



## JUST GOOD ENOUGH MUSIC GROUP

**February 6th, 10:00am - 11:00am**  
Come join in a good time celebrating with wonderful songs & praise.



## HEART ATTACK ASSESSMENT PLAN

(Presented by AmeriLife)  
**February 20th, 10:00am - 11:00am**  
Join in for an informative presentation about heart attacks, symptoms to look for and tips to prevent them.



## NEW YEAR, NEW ME

(Presented by Charleston Health)  
**February 11th, 10:00am - 11:15am**  
Come listen to Karyn Meadows speak about how to cleanse your mind, body and spirit and stay healthy all year long.



## FASHION SHOW

**February 28th, 10:00am - 11:00am**  
Celebrate Black History Month with our Fashion Show! Come dressed as your favorite African American historian or African attire. Prizes will be awarded.



## SUMMERVILLE JOY SINGERS

**February 18th, 10:00am - 11:00am**  
Come have a good time celebrating with wonderful songs & praise with the singers from Summerville Baptist Senior Choir.



## BLACK HISTORY MONTH CELEBRATION & TRIVIA

**February 28th, 10:00am - 11:00am**  
Join us for a special trivia celebrating the achievements by African Americans and a time for recognizing the central role of blacks in U.S. history.

## Cybersecurity Essentials for Seniors

Senior citizens are the highest risk demographic for digital security issues like identity theft and phishing. According to the FBI, seniors lose well over \$2 billion annually to hackers and scammers. What can you do to protect yourself?

- Use strong passwords. Do not use the same password over and over. Make sure it is at least 12 characters long.
- Use two-factor authentication. This security setting sends a PIN number to your phone when you sign in to a website. This helps verify your identity.
- Store your passwords safely. It is best to use password management software. If you write passwords down, do not store them somewhere where a visitor or family member can easily access them.
- **Be wary of “phishing.”** It is common for criminals to send emails that appear to come from friends, relatives, or companies asking for personal information. Do not share personal information such as credit card numbers over email.
- **Don’t enter login or payment information to unsecured sites. Secure website will display a green “padlock” icon and the text “https” in the top left of your browser window.**
- Avoid clicking links in emails. Clicking links in emails can download malware onto your computer.
- Backup your computer. Backup your computer to the cloud or a physical external hard drive weekly so that you can recover files if your computer is compromised or stolen.
- **Don’t trust pop-up windows.** Windows that pop up unexpectedly asking for login information or encouraging you to download something are almost never legitimate.
- Keep your computer updated. **Software updates are important for “patching” holes in your computer’s security.**
- **Don’t share personal information on social media.** Criminals often look to social media for personal information they can use to impersonate you online. Do not share location, birthdays, and similar information on social media.

Cited from InMyArea.com



# SPECIAL INTERESTS

## INTERMEDIATE SPANISH

Mondays, 9:15am - 12:00pm  
Member Marcos Villacreses, from Ecuador, teaches Intermediate Conversational Spanish.



## BIBLE STUDY

Wednesdays, 10:30am - 11:30am  
Mary Tucker leads a non-denominational Bible Study. All faiths are welcome!

## ELECTRONIC HELP

Wednesdays, 10:00am - 11:30am  
Electronics got you all frazzled? Join our "get help" class & get your electronic questions answered.

## AARP MEETINGS

February 3rd, 9:30am - 11:30am Board meeting  
February 19th, 1:30pm - 2:30pm Member meeting



## BINGO

February 4th, 12th, 19rd, 25th  
10:00am - 11:00am  
Join us weekly as we play for sponsored prizes.

## BOOKMOBILE

February 6th, 27th, 10:30am - 11:30am  
Come check out what the Dorchester County Library Bookmobile has to offer this month! Find that special book or movie just for you!



## FEBRUARY BIRTHDAY CELEBRATION

February 7th, 11:45am - 12:00pm  
If you are a member of the center & have a birthday this month, please join us! Please be sure to put your name on the Birthday sign-up sheet in the Rose Room.

## PRESCRIPTION PICKUP

February 10th, 10:00am - 11:30am  
We will provide transportation to Walgreen's & Wal-Mart (Main St. locations) to pickup your prescriptions.  
Sign-up at Front Desk. Cost \$1.

## SENIOR SELF DEFENSE

(Sponsored by Natsu Mura Karate & Kobu)  
February 12th, 10:00am - 11:00am  
February 26th, 10:00am - 11:00am  
Come learn senior friendly self-defense tactics!  
Sign-up at Front Desk. Cost \$5.



## VALENTINE'S DAY

### TRIVIA TIME

(Presented by Jen Bragg)  
February 13th, 10:00am - 11:00am  
Come and join in for some fun trivia with prizes!

## VALENTINE'S DAY

### CARD MAKING

February 14th, 10:00am - 11:00am  
Come make a Valentine card for that "special" someone!

## BLOOD PRESSURE SCREENING

(Sponsored by Intrepid)  
February 19th, 9:30am - 10:30am  
Stop in for a free blood pressure check.

## MORNING MOVIE

February 21st, 10:00am - 11:30am

### *It's Complicated*

(Drama/Romance)  
When attending their son's college graduation, a couple reignite the spark in their relationship. But the complicated fact is they're divorced and he's remarried.

## NARFE MEETING

February 24th, 12:30pm - 2:30pm



## NUTRITION PROGRAM

(Sponsored by Clemson Extension)  
February 24th, 10:00am - 11:00am  
Come listen to an informative presentation on healthy eating habits for seniors.

## VALENTINE'S DAY CRAFT

(Presented by Royal Oaks)  
February 27th, 10:00am - 11:00am  
Handmade crafts are the most fun! Come make something unique for that special someone or for yourself!

# CALENDAR OF EVENTS—FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sign-up for Special Activities is on a 1st come basis &amp; must be done in person.</p> <p>Fees must be paid at time of sign-up to reserve your spot.</p> <p>Calendars are subject to change after printing.</p>	<p>Items in BOLD are new activities/special events. See item details for description.</p> <p>Events with an asterisk (*) are part of the 50+Fit Program. See Front Desk for more information.</p>			
<p>3</p> <p>8:00 Weight Training *</p> <p>8:30 Pinochle</p> <p>9:00 Weight Training *</p> <p>9:15 Intermediate Spanish</p> <p>9:30 AARP Board Mtg.</p> <p>10:00 Chair Fitness</p> <p>12:30 Dominos</p> <p>1:00 Bridge</p>	<p>4</p> <p>8:00 Aerobics *</p> <p>9:00 Aerobics *</p> <p>9:45 Walking Club</p> <p>10:00 Yoga *</p> <p>10:00 BINGO-AmeriLife</p> <p>12:00 Mahjong</p> <p>1:00 Int. Quilting</p> <p><b>2:00 Open Artist's Workshop</b></p> <p>2:30 Tai Chi *</p> <p>3:45 Line Dance *</p>	<p>5</p> <p>8:00 Weight Training *</p> <p>9:00 Weight Training *</p> <p>10:00 Fall Risk Screening</p> <p>10:00 Electronic Help</p> <p>10:30 Bible Study</p> <p>12:30 Clogging</p> <p>2:00 Open Craft Workshop</p>	<p>6</p> <p>8:00 Aerobics *</p> <p>9:00 Aerobics *</p> <p>9:45 Walking Club</p> <p>10:00 Yoga *</p> <p><b>10:00 "Just Good Enough" Music</b></p> <p>10:30 Bookmobile</p> <p>11:00 Cornhole</p> <p>12:30 Line Dance *</p> <p>1:00 Woodcarving</p> <p>1:00 Adult Coloring</p>	<p>7</p> <p>8:30 Hand &amp; Foot</p> <p>8:45 Zumba Gold *</p> <p>10:00 Bridge</p> <p>10:00 Wii Games</p> <p>10:00 Crochet &amp; Tatting</p> <p>11:45 Birthdays</p> <p>12:30 Open Cards &amp; Games</p>
<p>10</p> <p>8:00 Weight Training *</p> <p>8:30 Pinochle</p> <p>9:00 Weight Training *</p> <p>9:15 Intermediate Spanish</p> <p>10:00 Prescription Pickups (\$1)</p> <p>12:30 Dominos</p> <p>1:00 Bridge</p>	<p>11</p> <p>8:00 Aerobics *</p> <p>9:00 Aerobics *</p> <p>9:45 Walking Club</p> <p>10:00 Yoga *</p> <p>10:00 New Year, New Me – Charleston Health</p> <p>11:15 Seated Volleyball</p> <p>12:00 Mahjong</p> <p>1:00 Int. Quilting</p> <p>2:00 Open Artist Workshop</p> <p>2:30 Tai Chi *</p> <p>3:45 Line Dance *</p>	<p>12</p> <p>8:00 Weight Training *</p> <p>9:00 Weight Training *</p> <p>10:00 Electronic Help</p> <p>10:00 Self Defense (\$5)</p> <p>10:00 BINGO</p> <p>10:00 Open Card/ Game Group</p> <p>10:30 Bible Study</p> <p>12:30 Clogging</p> <p>12:30 BUNCO</p> <p>2:00 Open Craft Workshop</p>	<p>13</p> <p>8:00 Aerobics *</p> <p>9:00 Aerobics *</p> <p>9:45 Walking Club</p> <p>10:00 Yoga *</p> <p><b>10:00 Valentine's Trivia</b> w/ Jen Bragg</p> <p>11:00 Cornhole</p> <p>12:30 Line Dance *</p> <p>1:00 Woodcarving</p> <p>1:00 Adult Coloring</p>	<p>14</p> <p>8:30 Hand &amp; Foot</p> <p>8:45 Zumba Gold *</p> <p>10:00 Bridge</p> <p>10:00 Crochet &amp; Tatting</p> <p>10:00 Valentine Card Making</p>

# CALENDAR OF EVENTS—FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17  Closed for Holiday  	18 8:00 Aerobics * 9:00 Aerobics * 9:45 Walking Club 10:00 Yoga * 10:00 Summerville Joy Singers 12:00 Mahjong 1:00 Int. Quilting <b>2:00 Open Artist's Work</b> 2:30 Tai Chi * 3:45 Line Dance *	19 8:00 Weight Training * 9:00 Weight Training * 9:30 BP Screening - Intrepid 10:00 BINGO 10:00 Electronic Help 10:30 Bible Study 12:30 Clogging 1:30 AARP Member Mtg. 2:00 Open Craft Workshop	20 8:00 Aerobics * 9:00 Aerobics * 9:45 Walking Club 10:00 Yoga * 10:00 AmeriLife Heart Attack Assessment Plan 11:00 Cornhole 12:30 Line Dance * 1:00 Woodcarving 1:00 Adult Coloring	21 8:30 Hand & Foot 8:45 Zumba Gold * 10:00 Morning Movie 10:00 Bridge 10:00 Crochet & Tatting 12:30 Open Cards & Games
24 8:00 Weight Training * 8:30 Pinochle 9:00 Weight Training * 9:15 Intermediate Spanish 10:00 Nutrition: Clemson Ext 12:30 Dominos 12:30 NARFE 1:00 Bridge	25 8:00 Aerobics * 9:00 Aerobics * 9:45 Walking Club 10:00 Yoga * 10:00 BINGO 12:00 Mahjong 1:00 Int. Quilting <b>2:00 Open Artist's Work</b> 2:30 Tai Chi * 3:45 Line Dance *	26 8:00 Weight Training * 9:00 Weight Training * 10:00 Self Defense(\$5) 10:00 Electronic Help 10:00 Open Card/ Game Group 10:00 Fashion Show 10:30 Bible Study 12:30 Clogging 2:00 Open Craft Workshop	27 8:00 Aerobics * 9:00 Aerobics * 9:45 Walking Club 10:00 Yoga * 10:00 Valentine Craft: Royal Oaks 10:30 Bookmobile 11:00 Cornhole 12:30 Line Dance * 1:00 Woodcarving 1:00 Adult Coloring	28 8:30 Hand & Foot 8:45 Zumba Gold * 10:00 Bridge 10:00 Crochet & Tatting 10:00 Black History Month Celebration & Trivia



If you are interested in being a greeter or appointment scheduler during the AARP tax season, contact LaQuinta West at 843-871-5053 or at [lwest@dorchesterseniors.com](mailto:lwest@dorchesterseniors.com).

*Also...*

Be on the lookout for some new and exciting things in the volunteer department?  
**More details will be announced soon!**



**Appointment scheduling will begin on February 6, 2020.**

**Call 843-871-5053 to schedule.**

The **AARP Foundation Tax Aide** program offers **FREE** tax preparation assistance. You don't have to be an AARP member, and there's no age requirement to get tax help from IRS-certified volunteers.

## WALKING CLUB

**Tuesdays & Thursdays**  
**9:45am - 10:45am**

Walking Club Group meets in the lobby. The walks take place outside at Doty Park. Laps/mileage will be maintained & recorded by group leader. Ongoing incentives for members who cumulatively reach 10, 25, & 50 miles.



## CLOGGING

Wednesdays

12:30pm - 2:30pm

Put on your dancing shoes & join us as Instructor Julia Tourtellotte teaches beginner & intermediate level clogging.



## FITNESS CENTER

**Monday - Friday, 8:30am - 5:00pm**

Come work on your physical wellness in the DSI Fitness Center. This air-conditioned room has multiple exercise machines capable of helping seniors of all physical capability levels stay fit!

# 50+ FIT EXERCISE CLASSES

***DSI 50+ Fit costs \$20 per month & include all classes listed below.***

***You must be a member of the DSI 50+ Fit program to participate. See the Front Desk to sign-up.***

## WEIGHT TRAINING

**Mondays: 8:00am - 9:00am, 9:00am - 10:00am**

**Wednesdays: 8:00am - 9:00am, 9:00am - 10:00am**

A weight workout designed to increase muscular endurance & bone density, while strengthening and toning your total body. A chair is available for standing support. Please bring a mat, towel, 3lb. weights and water. Instructor: Cathy Lawter.

## AEROBICS

**Tuesdays: 8:00am - 9:00am, 9:00am - 10:00am**

**Thursdays: 8:00am - 9:00am, 9:00am - 10:00am**

Get up and move with an aerobics class that's safe, heart-healthy, and gentle on the joints. A chair is available for standing support. Please bring a mat, towel, and water. Instructor: Cathy Lawter.

## TAI CHI FOR HEALTH

**Tuesdays, 2:30pm - 3:30pm**

Proven to improve muscular strength, flexibility, balance, posture, and stamina, as well as lowering blood pressure and strengthening the immune system. Instructor: Maurice Olfus.

## LINE DANCING

**Tuesdays, 3:45pm - 4:45pm**

**Thursdays, 12:30pm - 1:30pm**

Boot Scoot, Cupid Shuffle or Electric Slide into this *FUN* dancing class! Instructor: Evelyn Ward.

## YOGA

**Tuesdays & Thursdays, 10:00am - 11:00am**

Revitalize your body, relax your mind, increase energy, & reduce stress. Bring a mat & towel. Instructor: Marlene Cuggy.

## ZUMBA® GOLD

**Fridays, 8:45am - 9:45am**

Zumba® Gold is based on the same dance moves used in the original Zumba class. The Gold class is less intense with dance routines designed for beginners and older adults. Instructor: Lilibeth Barker.

## ANNOUNCEMENT

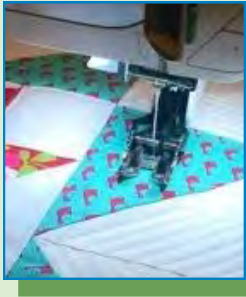
Due to room capacity concerns & instructor insurance regulations, DSI is thrilled to announce the addition of classes being offered. DSI will begin offering (2) morning sessions of *Aerobics* & (2) morning sessions of *Weight Training*.

*You may only attend (1) session of Aerobics and (1) session of Weight Training each day. (2) classes are offered.*

Class capacity is set for 45 persons & will be done on a first come, first served basis. Once the maximum of 45 persons is reached, the class door will be closed & you should plan to attend the next scheduled class.

Please direct all questions and concerns to:  
*Alexandria Singletary, Activities Coordinator.*





## INTERMEDIATE QUILTING

**Tuesdays, 1:00pm - 3:30pm**

All experienced quilters welcomed! Come out and enjoy socializing and quilting. This is not an instruction based class; the group may be in the middle of a project but all are welcome to come! We do provide some supplies, however you may also get a list from the class members.

## OPEN ARTIST WORKSHOP

**Tuesdays, 2:00pm - 3:30pm**

This is an open group for all artists using any mediums such as oils, watercolors, acrylic, charcoal, etc. to come and work on their pieces and share support for each other. No materials or instruction provided. Must bring own supplies, including table coverings for your work area.

## OPEN CRAFT WORKSHOP

**Wednesdays, 2:00pm - 3:30pm**

Join us in learning the techniques of different craft mediums from jewelry making, cross stitch, sewing any and all forms. You must bring your own supplies however some supplies will be provided for certain projects and all are welcome to join!

## WOODCARVING

**Thursdays, 1:00pm - 2:00pm**

Come and share support for each other. Bring your own wood pieces. New members welcome!

## ADULT COLORING

**Thursdays, 1:00pm - 2:00pm**

Come join others who love to color for this relaxing time, to socialize and make new friends! Please bring your own coloring books and supplies. No instruction or supplies provided.

## CROCHET & TATTING

**Fridays, 10:00am - 11:00am**

New/experienced members welcome. Mary Altrock teaches all levels of crochet. Theresa Orren teaches tatting - a form of decorative lace making.





## DICE & TILE GAMES

### MEXICAN DOMINOES

**Mondays, 12:30pm - 3:30pm**

Also known as *Trains*. Frank Thomas teaches this version of dominoes. If you have a set of Mexican Dominoes, please bring them. New members welcome!

### MAHJONG

**Tuesdays, 12:00pm - 3:30pm**

New/experienced players welcome!

### BUNCO

**February 12th, 12:30pm - 2:30pm**

New/experienced players welcome!

## CARD GAMES

### BRIDGE

**Mondays, 1:00pm - 4:30pm**

**Fridays, 10:00am - 4:30pm**

Experienced, advanced players only

### PINOCHLE

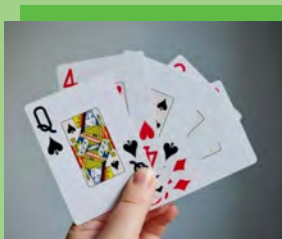
**Mondays, 8:30am - 4:30pm**

Some experience preferred.

### HAND & FOOT/CANASTA

**Fridays, 8:30am - 4:30pm**

New/experienced players welcome!



### CORNHOLE

**Thursdays, 11:00am - 12:00pm**

This popular bean bag tossing game will help develop your eye-hand coordination!

### OPEN CARD & GAME GROUP

**February 7th, 21st**

**12:30pm - 4:30pm**

**February 12th, 26th**

**10:00am - 4:30pm**

Grab some friends & come out to play your favorite card or board game! Room open to anyone wishing to play any type of game.

### Wii GAMES

**February 7th, 10:00am - 11:00am**

Come play video games! New/experienced players welcome!

### SEATED VOLLEYBALL

**February 11th, 11:15am - 12:15pm**

Join us for this senior friendly version of volleyball!

# DSI BOARD OF DIRECTORS

## MESSAGE FROM...

TONY OGLIETTI - CHAIRMAN,  
DSI BOARD OF DIRECTORS



*Welcome new directors -*

As the DSI Board of Directors begins another calendar year, we are pleased to welcome the following new directors:

From Summerville: Louise Carroll, Haren Main, Pat Palen, Art Rooney, Bill Toombs  
From St. George: James Hodges, Pamela Kelly

Please take a moment to thank these individuals for volunteering their time to plan for the future of Dorchester Seniors, Inc.

*What is the future of DSI?*

The Board will continue their efforts in determining what services might be provided 3 to 5 years from now and where these services would best be located to serve the growing senior population in Dorchester County. If you have thoughts about this important issue and would like to discuss those, please attend a meeting of the DSI Governance Committee and/or a meeting of the Board of Directors. Meeting dates and times are posted at both Senior Centers several days prior to the meetings. Senior center members are welcome to attend as visitors.

## DSI SERVICES NEWS

### DSI Service Programs

#### Home Delivered Meals

Dietitian approved nutritious meals served to homebound seniors weekdays, excluding holidays.

#### Congregate Group Dining

Dietitian approved nutritious meals served to in a group setting seniors weekdays, excluding holidays.

#### Center Transportation

Provided through DSI vehicles to and from each DSI senior center. Allows seniors to participate in activities and congregate meal program.

Service programs are available at no cost to persons 60 years and older who qualify based on an assessment process.

If you would like to receive program services from DSI, please request an assessment by calling Trident Area Agency on Aging at 843-554-2275.

Special thanks to every individual, church, civic organization and business for all of the donations we received for our seniors.

Your hard work and effort are very much appreciated because you helped make Christmas special for our seniors!

Year after year, we are amazed with the response from you, our faithful donors!




Individuals must be assessed prior to receiving a funded meal. Call 843-871-5053 to inquire about meals.

Private pay individuals may purchase a meal by calling 843-871-5053. Private pay meals cost \$5. Reservations are required 1-day in advance of lunch visit.

# LUNCH MENU

## FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Beef Stew with Potatoes & Vegetables Turnip Greens Tropical Fruit Corn Bread	4  Smothered Chicken Squash Lima Beans Oranges Roll	5  Pot Roast with Gravy Mashed Potatoes Stewed Okra & Tomatoes Applesauce Roll	6  Turkey Casserole Spinach Cauliflower Pears Roll	7  Italian Baked Chicken Cheesy Broccoli Carrots Mandarin Oranges Roll
10  Hamburger Steak Pinto Beans Broccoli Fruit Cocktail Roll	11  Parmesan Chicken Yams Green Beans Pears with Cinnamon Roll	12  Turkey with Gravy Okra & Tomatoes Mashed Potatoes Oranges Roll	13  Beef Tips with Gravy Rice Cabbage Tropical Fruit Roll	14  Chicken Fricassee Squash Mustard Greens Peaches Roll
17  Closed for Holiday  	18  Chicken Noodle Casserole Beets Mixed Veggies Applesauce Roll	19  Beef Roast with Gravy Mashed Potatoes Zucchini with Red Peppers Pineapple Roll	20  Italian Herb Pork Chop Sweet Potatoes Herb Peas Mandarin Oranges Roll	21  Turkey Sloppy Joe Potato Wedges Turnip Greens Cranapple Crisp Roll
24  Herb Roast Turkey Brown Rice Broccoli Chocolate Pudding Roll	25  Meatloaf Black Eye Peas Scalloped Potatoes Mandarin Oranges Roll	26  Sautéed Chicken Brussel Sprouts Carrots Applesauce Roll	27  Meatballs with Gravy Baked Yams Squash Tropical Fruit Roll	28  Garlic Herb Pork Loin Mashed Potatoes Collard Greens Mixed Fruit Crisp Roll
				1% Milk Served Daily with Lunch  