

Dorchester Seniors, Inc.



JANUARY 2024

FAITH SELLERS SENIOR CENTER

312 NORTH LAUREL ST.
SUMMERVILLE, SC 29483
PHONE: 843-871-5053

DAVID SOJOURNER SENIOR CENTER

5361 EAST JIM BILTON BLVD.
ST. GEORGE, SC 29477
PHONE: 843-563-3709

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DORCHESTER SENIORS, INC.- SUMMERVILLE/ST. GEORGE



YouTube
DORCHESTER SENIORS INC.



Website
WWW.DORCHESTERSENIORS.COM

CENTER INFORMATION

DORCHESTER SENIORS, INC.

We are two centers, but one family focused on one mission.

STAFF FOR BOTH CENTERS

LAQUINTA WEST

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CARLA GRUBER

Membership & Volunteer Coordinator

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MESSAGE FROM

LaQuinta West

Executive Director

As we bid farewell to the old and embrace the new, let's reflect on the lessons learned, the challenges overcome, and the growth experienced in the past year. May the upcoming year be filled with hope, joy, and new opportunities. Here's to embracing change, cherishing moments, and creating a brighter future together. Happy New Year!

A Letter From a Member

In late December I received a letter from a former member who moved to Ohio a few years ago. I want to share that letter because it encompasses a major part of our why.

"When I was at the center I met so many wonderful people. I enjoyed Bingo, Just Good Enough Band, and volunteering. The Senior Center gave me a purpose everyday. I remember packing bags for the homebound. I remember my driver Linda, I really liked her. My last day at the center was filled with good memories. I want to thank the Senior Center staff for a wonderful time. Thanks for my memories". ~ Esther S.

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, DSI works cooperatively with community agencies and organizations through advocacy for senior citizens and interagency coordination including outreach, assessing needs and planning actions.

IMPORTANT INFORMATION



Save the Date

DORCHESTER SENIORS INC.'S 3RD ANNUAL

SPRING GALA

Dinner, Dancing, Raffle, Open Bar, & Silent Auction

SATURDAY, APRIL 20, 2024 | 6:00 PM TO 9:30 PM

312 NORTH LAUREL STREET | SUMMERVILLE, SC 29483



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We proudly support the Dorchester County Seniors!
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I am a Registered Nurse and Senior Real Estate Specialist. My Unique talents has afforded me the opportunity to help countless Seniors with navigating their Real Estate Transaction with NO DRAMA! Let me do the same for you!

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843-970-0404

www.angieprimusrealestate.com

Seniors Real Estate Specialist
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Angie is a Sponsor and volunteers monthly conducting virtual exercise / fitness classes for our Seniors.

Parks Funeral Home

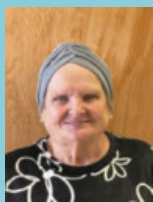
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St. George Member Spotlight Phyllis Wotring

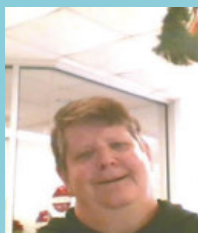
We warmly welcome our new member, Ms. Phyllis Wotring. Ms. Phyllis was originally from Laurelville, Ohio and has been in South Carolina a little over a year.

What was your profession? My husband was a welder and then we ran our own landscaping business. I spent 15 years in real estate.

What are your hobbies? I enjoy gardening, flowers and crocheting. Making crafts is fun too. I enjoy attending church.

What have you enjoyed doing here? I have enjoyed painting, cornhole, and the card game spoons.

What is something we don't know about you? I love animals and people. I have a bird feeder in my yard but most of the seeds are eaten by a squirrel!



Summerville Volunteer Spotlight Tina Poore

Length of Time at Dorchester Seniors: 2 years

What do you enjoy most about Volunteering at Faith Sellers Center? Helping people at the Center.

Your hobbies and interests: Shopping and singing songs and Carols

Your Favorite quote: "The Lord is my Shepherd"

What are your favorite Foods? Macaroni and Cheese and Lasagna.

What are your Favorite Colors? Yellow, Green and Blue.

DSI 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 in a group setting to 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 Services from DSI, please call Ivory M. Harrison at 843-830-5839 for more information.



DSI Membership Fees:

Dorchester County Residents **\$ No Charge**

Out-of-County Residents **\$ 24 year**

*The annual membership is open to anyone 50 years of age or older. This membership **does not** include access to the 50+ Fit Program (extra \$20 charge per month). The above fees can be paid either in-person or online.*

You can pick up a Membership Application from the Membership Coordinator at either DSI Senior Center location or complete a Membership Application online via the DSI website at www.dorchesterseniors.com.

There are numerous ways, and many good reasons to get involved with the Dorchester Seniors Inc. We invite you to get to know us and our vibrant community of active seniors.



Help us fulfill our mission of helping the senior community in Dorchester County.



- **Volunteers delivering meals in their personal vehicles (Mileage Reimbursement)**
- **Volunteers to ride along with our drivers to deliver meals**
- **Speakers willing to educate our members**
- **Volunteers to lead a class of their interests**

Summerville (843)871-5053 or St. George (843)563-3709

If you get a call from someone claiming to be from Medicare, or working on behalf of Medicare, it's a scam!

**MEDICARE WILL NOT CALL
TO OFFER YOU:**

- Test kits
- Vaccines
- Miracle cures
- A plastic card
- A chipped card

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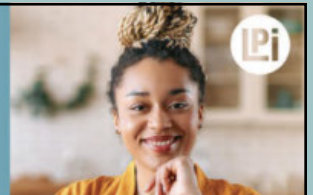


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EXERCISE & WELLNESS CLASSES

WALKING CLUB

Tuesdays & Thursdays,
9:00am – 10:00am
10:00am - 11:00am

Walking Club Group meets at Doty Park. Laps and mileage will be maintained & recorded by group leader. Ongoing incentives for members who cumulatively reach 10, 25 & 50 miles.

Instructor : Haren Main

Asst. Instructor: Esther Brooks

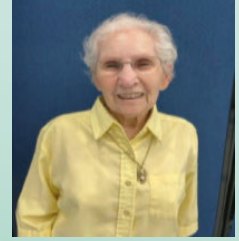


BEGINNER CLOGGING

FRIDAY 11:00AM-12PM

ADVANCED CLOGGING

FRIDAY 1:00PM-2:15PM



Instructor: JULIA TOURTELLOTTE

Line dancing, move over. Clogging is the next level of Fun! Wear tap shoes, jingle-tap clogging shoes, or smooth-soled shoes that don't grip the floor. Beginner & Intermediate level.

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. Visit Faith Sellers Senior Center front desk to sign up.

WEIGHT TRAINING

Mondays & Wednesdays, 8:15am - 9:05am
9:15am - 10:05am

A weight workout designed to increase muscular endurance & bone density, while strengthening 3lb. weights and water.

Instructor: Cathy Lawter



AEROBICS

Tuesdays & Thursdays, 8:15am - 9:05am
9:15am - 10:05am

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.**

CARDIO STRENGTH

Fridays, (1st, 2nd & 4th weeks), 8:30am - 9:20am

Combination of low impact aerobic exercises, dumbbell exercises and body weight exercises to improve cardiovascular health, muscular strength and endurance.

Instructor: Cathy Lawter

LINE DANCING

Tuesdays, Wednesdays, Thursdays,
1:00pm - 2:00pm

Welcome to Happy Hour! Come join us for a fun filled hour, of dancing, laughing, and making new friends.

Prerequisites: Boot Scoot, Cupid Shuffle or Electric Slide.

Instructor: Evelyn Ward



BEGINNERS LINE DANCING

Wednesdays, 11:30am-12:30pm

Designed for the budding dancer in you. Don't put it off any more. It's time to put on your dancing shoes!

Instructor: Karen Bunch



ZUMBA® GOLD

Mondays, 11:30Am - 12:30pm

Fridays, 9:30am - 10:30am

Zumba® Gold is less intense with dance routines designed for beginners and older Adults.

Instructor: Donna Ottone



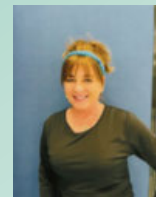
YOGA

Mondays & Wednesdays,
10:20am - 11:05am

Revitalize your body, relax your mind, increase energy, & reduce stress.

Please bring a mat, towel, and water.

Instructor: Marlene Cuggy



TAI CHI FOR HEALTH

Tuesdays, 2:30pm - 3:30pm

Proven to improve muscular strength, flexibility, balance, posture, stamina, and lowering blood pressure and strengthening the immune system.

Instructor: Maurice Olfus.



FAITH SELLERS SENIOR CENTER HIGHLIGHTS



BOWLING TRIP TO ROYAL LANES

\$January 4th, 9:45a-11:30a

We are back with more bowling fun, You'll never **STRIKE** out with us! Sign up at the desk.



EUCHRE

Beginning January 9th, 10a-12p

We are offering a new card game by popular demand. Get in on the ground floor to learn and make some new friends. **Every Tuesday.**



MY STORY

Monday January 8th, 11a-12p

Everyone has a story to tell. We would like to make a copulation of those stories from Dorchester Seniors and put them in a book.



"I Have A Dream "Presentation

January 12th, 10:30a-11p

Including a message from Reverend Geddis. Help us honor this world changing man.



MASTER GARDENERS

Mondays, Wednesdays, Fridays, 9a-12p

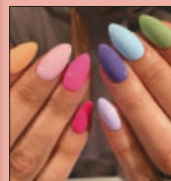
Our new partnership with Clemson Extension will enable us to become better gardeners.



Karen Bunch and her East Coast Shaggers

Friday January 26th, 10a-11p

Our very own Ms. Karen and friends will dazzle you as they **CUT THE RUG !**



DCCTC Cosmetology

December 8th, 10:30a-12p

DCCTC students will be pampering us with manicures once again . Please sign up at the desk



Alzheimer Association w/Susan Almon-Pesch

Wednesday December 27th, 11a-12p

If you or a friend are caring for a loved one suffering from Alzheimer's, please join us.



**CALL SC DHEC TO SCHEDULE
YOUR COVID VACCINE APPOINTMENT
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Brought to you by: Trident Area Agency on Aging

SUMMERVILLE CALENDAR OF EVENTS — JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED for THE NEW YEAR 	2 CLOSED for THE NEW YEAR	3 9a-12p Master Gardeners 10a-11a Bingo w/Aetna 11a-12p NEW YEAR CELEBRATION 1p-4p Bridge 1p-3p Mahjong 2p-3p Puzzles	4 9a-11a Walking Club 10a-11a Walking Club 10a-11a Rug Hooking 10a-11a New Year Predictions 2024 10a-11a Beg. Spanish 10:30a –11:30a Bible Study 11a-3p AARP Safe Driving \$\$ 12:30p-1p Gentle Line Dancing 1p-3:30p Woodcarving	5 8:30a-2p Pinochle 9a-12p Master Gardeners 10a-12p Crochet/Needlework 9:45a-11:30a Bowling Trip\$ 10a-11a Basic Electronic Help (Sign up) 11a-12p Corn Hole 11a-12p Beg. Clogging 1p-2:15p Adv. Clogging
8 8:30a-9:30a Hand & Foot Canasta 9a-12p Master Gardeners 9:30a-10a Celebrate Life 10a-11a Chair Exercises w/ Donna Ottone 11a-12p My Story 12a-3p Dominos 1p-2p Adult Creative Coloring	9 9a-10a Walking Club 10a-11a Walking Club 10a-11a Ms. Gwen's Golden Keys 10a-12a Euchre 10:30a-12:30p The Summerville Red Hatters 11a-1p DCCTC Manicures 11a-12p Cornhole 1p-3p Int. Quilting 2p-4p Open Artist 3:30p-3:30p Guitar	10 9a-12p Master Gardeners 10a-11a Bingo w/ Mike Bridges Benefits Advocate 11a-12p Jewelry Making (sign up) 1p-4p Bridge 1p-3p Mahjong 2p-3p Puzzles	11 9a-10a Walking Club 9:30a-11:00a Walmart \$ 10a-11a Beg. Spanish 10a-11a Jeopardy w/ SC House Calls 10a-11a Walking Club 10a-11a Rug Hooking 10:30a –11:30a Bible Study 1p-3:30p Woodcarving	12 8:30a-2p Pinochle 9a-12p Master Gardeners 9:45a-10:30a Gentle Exercise w/Cathy 10:30a-11a "I Have A Dream", Presentation w/ Rev. Geddis 10a-12p Crochet/Needlework 11a-12p Corn Hole 11a-12p Beg. Clogging 1p-2:15p Adv. Clogging
15 CLOSED  In honor of Martin Luther King Jr.	16 9a-11a Walking Club 10a-11a Walking Club 10a-11a TAAA Nutrition 10a-12a Euchre 11a-12p Oasis w/ Marcia Germaine 11a-12p Cornhole 1p-3p Quilting 2p-4p Open Artist	17 9a-12p Master Gardeners 10a-11a Bingo w/ Palmetto Project 11a-12p Minister Angie Smith 11a-12p Prevent T-2 1p-4p Bridge 1p-2:30p AARP 1p-3p Mahjong	18 9a-10a Walking Club 10a-11a Walking Club 10a-11a Spanish 10a-11a Welcome Club Meeting 11a-12p Craft Time w/ Nancy & Patricia 10a-11a Rug Hooking 10:30a-11:30a Bible Study 1p-3:30p Woodcarving	19 8:30a-2p Pinochle 9a-12p Master Gardeners 9:30a-12p National Popcorn Day 10a-11a Just Good Enough Band 10a-12p Crochet/Needlework 11a-12p Cornhole 11a-12p Beg. Clogging 1a-2:15p Adv. Clogging

SUMMERVILLE CALENDAR OF EVENTS — JANUARY 2024

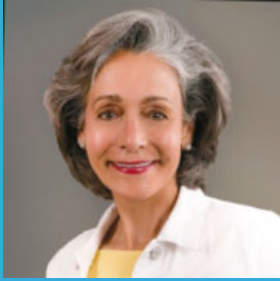
Monday	Tuesday	Wednesday	Thursday	Friday
22 8:30a-9:30a Hand & Foot Canasta 9a-12p Master Gardeners 10a-11a Celebrate Life 11a-12p Simplify w/ Pat Greenly 12p-3p Dominoes 1p-2p NARF	23 9a-11a Walking Club 10a-11a Walking Club 10a-12a Euchre 10a-11a Musician John Congdon 11a-12p Cornhole 1p-3p Intermediate Quilting 2p-4p Open Artist	24 9a-12p Master Gardeners 10a-11a Bingo w/ The Village of Summerville 11a-12p Prevent T-2 11a-12p Beltone Hearing Screening 1p-4p Bridge 1p-3p Mahjong	25 9a-10a Walking Club 10a-11a Walking Club 10a-11a Rug Hooking 10a-11a Spanish 10a-11a Ms. Gwen and her Golden Keys 10:30a – 11:30a Bible Study 1p-3:30p Woodcarving	26 9a-12p Master Gardeners 8:30a-2p Pinochle 10a-12p Crochet Needlework 10a-11p Karen Bunch and her East Coast Shaggers 10a-11a Computer class w/Josephine 11a-12p Cornhole 11a-12p Beg. Clogging 1p-2:15p Adv. Clogging
29 8:30a-9:30a Hand & Foot Canasta 9a-12p Master Gardeners 10a-11a Clemson Extension Nutrition 12a-3p Dominos 1p-2p Adult creative	30 10:00a – 11a Trip to Second Chance Thrift Store \$ 10a-11a Jingo 10a-12a Euchre 11a-12p Cornhole 1p-3p Intermediate Quilting 2p-4p Open Artist	31 9a-12p Master Gardeners 10a-11a Bingo w/Wellcare 11a-12p Prevent T-2 11p-12p Alzheimer Association w/ Susan Almon-Pesch 1p-4p Bridge 1p-3p Mahjong	Pickle Ball Every Monday, Wednesday Friday 2:30-4:45 CHOIR Practice Thursday 11:30 GUITAR Tuesday and Thursday 3:00 – 3:30	

COMMUNITY CORNER

Deck the Halls Contest Entries



COMMUNITY CORNER



PREVENT T-2 DIABETES

Elevate your well-being with Wellness Coach Lisa Burbage!

This program is also beneficial in prevention of High Blood Pressure and Dementia .

Unleash lasting change through our continuing dynamic program.

Prevent T-2 promotes healthy life choices resulting in a vibrant life.

Let's spark the journey to wellbeing together!

Join us January 17th, 24th, and 31st from 11am-12pm

Holiday Wreath Making with

Summerville Garden Club

Thank you dear friends!



Happy 100th Birthday

Ms. Duberry !!



Dorchester Seniors, Inc. has partnered with Clemson Extension to offer our community, the knowledge that the Master Gardener brings. Their extensive training qualifies them to answer gardening problems that are common to South Carolina residents.

Everyone is welcome. They will be present at our facility every Monday, Wednesday and Friday, from 9:00am-12:00pm. Let's grow together!

SOUTH CAROLINA

Master Gardener

BY CLEMSON® EXTENSION



DAVID SOJOURNER SENIOR CENTER HIGHLIGHTS



PAINTING WITH LINDSEY

January 25th 10:00am-12:00pm

Put brush to canvas and have fun painting with Lindsey on a beautiful picture to take home.



TOGETHER IN FAITH

Every Wednesday 11:00am-12:00pm

Join us for bible study. Everyone welcome.



BINGO

January 9th 11:00am-12:00pm

January 19th 10:30am-12:00pm

January 23rd & 30th 11:00am-12:00pm

Come play bingo for sponsored prizes.



WALMART TRIP

January 29th, 10:00am-12:00 pm

Join us as we take a supply trip to get all of your needs. At our local Walmart!



FITNESS CLASSES

Sit & fit Tuesdays 1:00pm-2:00pm

Zumba Gold Thursdays 2:00pm-3:00pm

Virtual Fitness Class January 11th 10:00am-11:00am

Get fit and have fun.



MOVIE DAY

January 12th & 26th 10am-12:00pm

Join us as we take a trip to our local farmers market to allow seniors access to local fruits and vegetables.



TECH HELP

January 18th & 25th 11:00am-12:00pm

Do you need help with your tablet, phone, or computer? We want to help you.



PREVENTING CATARACTS WITH DR. KERRY SOLOMON

January 16th 11:00 am-12:00pm

Come join us to learn how to care for your eyes with Mrs. Angie Callison from Carolina Eye Care.

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ST. GEORGE CALENDAR OF EVENTS — JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed In Observance Of New Years	2 Closed In Observance Of New Years	3 10a-11a Modified Baseball 11a-12p Together in Faith 1p-4p Crochet Class	4 10a-11a Corn Hole 11a-12p Indoor Volley Ball 1p-2p Open Crafting 2p-3p Zumba Gold	5 10a-11a Just Good Enough Ministry Group 1p-2p Sit and Fit 1p-4p Crochet Class
8 10a-11a Giant Spoons 11a-12p Hot Potato 1p-2p Crossword Surprise	9 10a-11a Family Feud 11a-12p Bingo 1p-2p Sit and Fit 2p-4p Open Crafting	10 10a-11a Oldies, Goldies, & Newbies 11a-12p Together in Faith 1p-4p Crochet Class	11 10a-11a Virtual Fitness w/ Angie Primus 11a-12p Indoor Volley Ball 1p-2p Open Crafting 2p-3p Zumba Gold	12 10a-12p Movie Day 12p-1p January Birthday Celebration 1p-2p Sit and Fit 1p-4p Crochet Class
15 Closed In Observance Of Martin Luther King Jr. Day	16 10a-11a Wheel Of Fortune 11a-12p Dr. Kerry Solomon- Treating and Preventing Cataracts 1p-2p Sit and Fit	17 10a-11a Modified Baseball 11a-12p Together in Faith 1p-4p Crochet Class	18 10a-12p TAAA Kayla Fitzgerald Nutrition Rites Program 11a-12p Tech Help 2p-3p Zumba Gold	19 10:30a-12p Sponsored Bingo w/ Lin Shuman Intrepid Hospice 1p-2p Sit and Fit 1p-4p Crochet Class
22 10a-11a Giant Spoons 11a-12p Pass the Pickle 1p-2p Crossword Surprise 2p-4p Dominos	23 10a-11a Solve the riddle 11a-12p Bingo 1p-2p Sit and Fit 2p-4p Open Crafting	24 10a-11a Jeopardy 10:30 Book Mobile 11a-12p Together in Faith 1p-4p Crochet Class	25 10a-12p Painting w/ Lindsey 11a-12p Tech Help 2p-3p Zumba Gold	26 10a-12p Movie Day 11a-12p Adult Coloring 1p-2p Sit and Fit 1p-4p Crochet Class
29 10a-12p Walmart Trip 11a-12p Crossword Surprise 1p-2p Hot Potato	30 10a-12p Chair Travel 11a-12p Bingo 1p-2p Sit and Fit	31 10a-11a Modified Baseball 11a-12p Together in Faith 1p-4p Crochet Class	Private Pay Meal is \$7.00 to reserve or cancel a meal, call nutrition support 843-834-8423 By 1p.m	<u>Memberships are free for Dor- chester County residents 50 or older. All others are \$24 per year.</u>

NEW YEAR

WORD SEARCH

Find and circle the words.



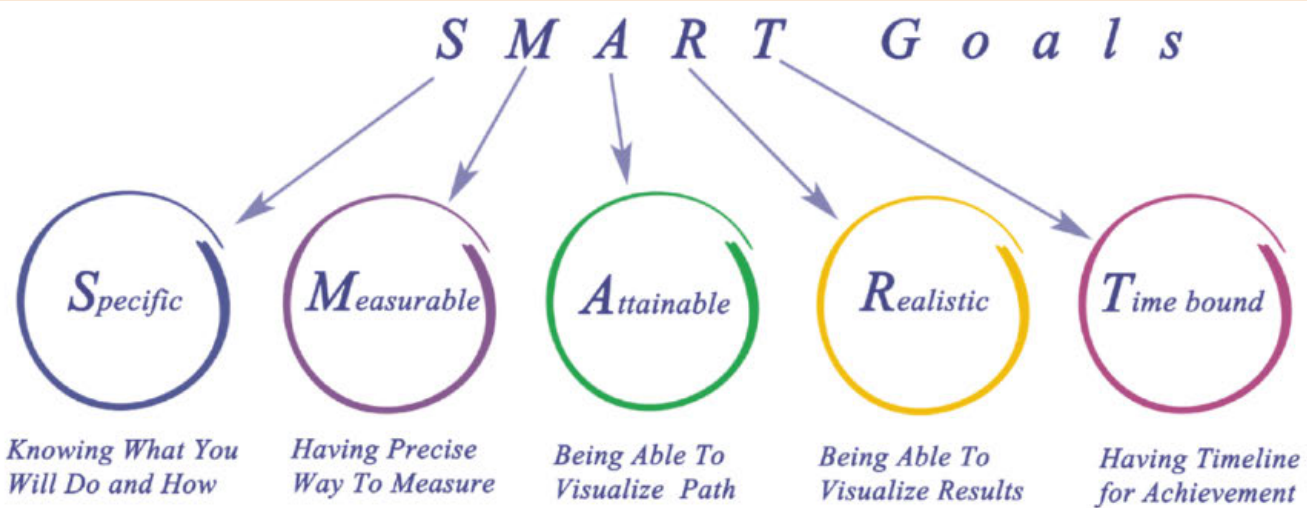
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R	U	L	N	E	W	Y	E	A	R	C	L	C	M
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T	K	F	W	N	T	W	P	E	A	U	N	L	F
R	E	S	O	L	U	T	I	O	N	N	J	E	A
X	Y	Z	D	U	L	O	R	H	A	T	A	B	M
H	F	R	I	E	N	D	S	R	C	D	N	R	I
U	X	G	B	P	A	R	T	Y	K	O	U	A	L
M	E	M	O	R	I	E	S	S	P	W	A	T	Y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

Firework
Midnight
Tradition
Memories

Party
Family
Friends
January

New Year
Celebrate
Resolution
Countdown

NEW YEAR GOALS



1

2

3

4



SENIOR CARE
INSURANCE SERVICES

Call Today: (843) 991-2695



Tonya M. Bell

Insurance Services Professional

- New to Medicare?
- New to the Area?
- Losing group retiree coverage?
- Confused, have questions?
- Tricare or VA?

Medicare Plans • Supplemental Plans • Prescription Plans "D" • Advantage Plans "C" • Life Insurance
Annual Enrollment period October 15th through December 7th

For additional information or to setup an In-Home Appointment Call (843) 991-2695
Email: passionatesenioradvisor@gmail.com



**Your local agent
for home & auto**

Tony Pope, Agent
843-851-2222

1661 N Main St.
Summerville, SC 29486
www.tonypope.com



HELP IS A PHONE CALL AWAY

Do you need assistance caring for a family member?

Does your loved one have a disability, special needs, or mental health issues?

Do you know a senior who needs socialization?

We provide door to door transportation, nutritious meals, activities and much more.

ALL OUR SERVICES ARE FREE WITH MEDICAID.



TUCKER'S
ADULT HEALTH DAY CARE

(843) 542 – 5184 | (843) 542 – 5186

JANUARY 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u>  Closed for Holiday	<u>2</u>  Closed for Holiday	<u>3</u> Turkey and Dressing Bake Buttered Carrots Cabbage Fruited Gelatin Banana	<u>4</u> Country Style Steak in Brown Gravy Mashed Potatoes Collard Greens Cornbread Banana	<u>5</u> Oven Fried Chicken Okra & Tomatoes White Lima Beans Fruit Cocktail in Juice
<u>8</u> BBQ Riblet June Peas Country Corn Hot Dog Bun Applesauce	<u>9</u> Lima Beans & Ham Mixed Greens Cornbread Peach Crisp	<u>10</u> Pulled Turkey in Gravy Sweet Potato Patties Cabbage Banana	<u>11</u> Spaghetti W/ Meat Sauce Squash Casserole Green Beans Cherry Gelatin W/ Pears	<u>12</u> Smothered Chicken Mashed Potatoes Glazed Carrots Tropical Fruit Mix
<u>15</u>  Closed for Holiday	<u>16</u> Chicken Tenders Steamed Broccoli Buttered Corn Pineapple Tidbits in Juice	<u>17</u> Spanish Rice W/ Beef Steamed Cabbage Black-eyed Peas Banana	<u>18</u> Herb Baked Chicken Leg & Thigh Sweet Potatoes Green Beans Cranberry Gelatin	<u>19</u> BBQ Pulled Pork Baked Beans Turnip Greens W/ Roots Cornbread Butterscotch Pudding
<u>22</u> Charbroiled Beef Patty W/ Onions Okra & Tomatoes Tropical Fruit Mix Mac & Cheese Fig Bar	<u>23</u> BBQ Turkey Sweet Potato Patties Green Beans Pineapple Pudding	<u>24</u> Hamburger Pasta & Tomatoes Roasted Butternut Squash June Peas Peaches in Juice	<u>25</u> Lemon Pepper Chicken Leg & Thigh Pinto Beans Collard Greens Cornbread Cookies	<u>26</u> Salisbury Steak in Brown Gravy Mashed Potatoes Steamed Broccoli Banana
<u>29</u> Smoked Sausage W/ Onions Sweet Potato Patties Green Limas Pears in Juice	<u>30</u> Meatballs In Red Sauce June Peas Mixed Fruit Juice Penne Pasta Fresh Apple	<u>31</u> Turkey and Dressing Bake Buttered Carrots Steamed Cabbage Fruited Gelatin		Milk is served daily; bread or roll on most days.

PREPARED BY SENIOR CATERING