

January 2024

SHIRLEY DOANE SENIOR CENTER NEWSLETTER



1412 Sixth Street E • Menomonie, WI 54751 •
Phone 715.235.0954 • www.menomonieseniorcenter.org
Like Us On Facebook @ Shirley Doane Senior Center

HAPPY NEW YEAR!

NOTE FROM THE DIRECTOR

Wishing you a Happy New Year and may good changes come to you as well! Change is sometimes difficult to accept, as we are often reminded of that fact, but that usually indicates it is good for us. For me it means I am going outside of my "Comfort Zone!" The older I get the more I realize that going outside of my comfort zone is good for me - just not my first choice. I resist change, even if it is something relatively insignificant. As it turns out it is rarely as difficult as I had feared but wouldn't life would be easier if everything stayed the same? Easier maybe but boring! However, since we have no choice but to transition to the New Year, let us look forward to facing what is ahead and maybe even finding excitement in the upcoming changes in 2024. And if we are finding the New Year too challenging, let us vow to reach out to others to compare notes and how to make things easier. Just remember that our Senior Center is always a good place to reach out to others! We are so lucky to have each other here so let's have a good New Year together! I am looking forward to it! HNY! - Donna

January highlights in addition to our regular activities...

Senior Center Annual Meeting Thursday, Jan. 25th, 11:00 a.m. PLEASE come see what YOUR Senior Center has been up to in 2023, and vote for new board members. This is YOUR Senior Center and we care about what you think. See Insert!!!

Some THANK YOU'S are in order...

- ◆ **THANK YOU** to our members who enjoyed our Christmas Meal & to **Gary Buckley** for the corn he grew and donated, some of which we served with our Christmas Dinner— YUM!
- ◆ **THANK YOU** to **WEAU** for spotlighting our Dementia Day Services group and the Artful Expressions program. We appreciate the publicity & the kind and thoughtful staff at WEAU.

2024 Membership Drive Membership \$10 per year

YOUR MEMBERSHIP IS VERY IMPORTANT TO US. PLEASE JOIN OR RENEW YOUR MEMBERSHIP TODAY, WITH THE ENCLOSED REMITTANCE ENVELOPE MAKE THIS YOUR SENIOR CENTER TOO! MEMBERSHIP IS EVERYTHING!

2024 MEMBERSHIPS PAID IN DECEMBER

**Denotes New Members—Welcome!!!*

Vern Moss	Paul & Wendy Clark*
Margaret Breisch	Bill & Lenore Mercer
Barb Shumacher	Leola & Ron Reshaw*
John Mago*	Rose Christainson
Nancy & LeRoy Buss	Rosemary Christianson
Lois Schultz	Gary Meyer
Pat & Greg Fox	Janece Lega
Lois Shackleton	Tiiu Feirn
Irene Schultze	Penne Freyberger
Jan Friest	Hans Timper
Mildred Rice	Anita Klamm
Janet Mangette	Della Benston
Sarah Amen*	Janet Close*
Connie Milovich	Sherry Nimmo
	Tom & Joan Harris
	Jean Davis
	Marilyn Miller
	Becky Rogers

Insert Pages

- ◆ **January Menu/Calendar**
- ◆ **Memorials-Donations**
- ◆ **Notices**
- ◆ **Annual Meeting**
- ◆ **Foot/Nail & 2024 Holidays**
- ◆ **Special Group Meetings**
- ◆ **January Meal**
- ◆ **2024 Day Trips**
- ◆ **Membership Drive**



PERSONAL PERSPECTIVE



Happy New Year!!

**2023 was an amazing year at the Senior Center. We experienced lots of “first time since COVID” situations. What a blessing it is to have the ability to enjoy each other’s company *in person*. I love to see new friendships bloom at this wonderful place. My wish for this new year is that everyone at the Senior Center can continue to make new connections, have fun, and stay healthy.
Stay Warm Everyone!!!**



**With Happy Thoughts,
Jaden Czysz**

Stronger Seniors Resumes on January 9, 2024

The Menomonie Senior Center is happy to announce that our own ‘Stronger Seniors’ program is resuming thanks in part to Mayo Clinic Health System. Please call the Center to reserve your spot. Class size limited.

Tuesdays and Thursdays:
January—May

9:45am-10:45 am
Intermediate Class

11:00am-11:45am
Basic Class



*Please Note: Spring Break
-No Classes In March, 2024*

EXPLORING DEMENTIA CAREGIVING



Monday
January 22, 2024
10:30am-Noon
at the

**Shirley Doane
Senior Center**

If you care for someone with dementia you are invited to join us at the Senior Center for care strategies, resources and support.

Dementia Adult Day Services (DADS) is available for a nominal fee for those being cared for. To find out more about the availability, cost and to make a reservation please call the Senior Center at 715-235-0954

LOOKING FOR A PLACE TO WALK INDOORS THIS WINTER?

THE GYMNASIUM AT
THE SENIOR CENTER IS
OPEN FOR WALKERS
EVERY MONDAY
WEDNESDAY & FRIDAY
FROM NOON
UNTIL 3:00PM
EVERYONE WELCOME!

WEIGHTS AVAILABLE
FOR USE
WHILE WALKING.

INQUIRE IN THE
SENIOR CENTER OFFICE!

Foot & Nail Clinic

(EXPECT YOUR APPT TO LAST 1 HOUR)

Please call the Senior Center for an appointment at 715-235-0954.

The Foot Clinic will be held this month on the 1st, 2nd, 3rd and 4th Wednesday of January 2023.

Next Dates: January 3rd, 10th, 17th & 24th

Appointment Times: 8:30 a.m. – 11 a.m.

Place: Senior Center Fee: \$20 per person

Becky Czysz, RN, Foot Care Nurse Mickey Wolfe, Volunteer Assistant. Lanna Laird, Volunteer Backup Asst.

Appointments are required as time is limited. See & Save Insert Calendar For 2024 Schedule





Person of the Month

Barb Welch



Barb has been working in the ADS room for over 6 years, and she works 3 days a week. When Barb retired from teaching special education at the Charter School in the Menomonie district, she started volunteering at the Menomonie Senior Center. This got her a spot on the Board of Directors for 6 years.

Barb is a true Menomonie citizen, born and raised! She graduated from MHS and UW-Stout. She has been on a few community boards in the past & truly enjoys giving back to her community.

Barb says she encourages people to volunteer at the Menomonie Senior Center and anywhere else. She says you won't regret it! She hopes everyone had a Merry Christmas and a Happy New Year!



HAPPY JANUARY BIRTHDAYS!

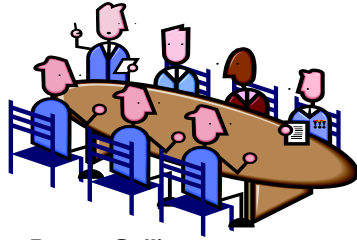
Betty Beghun 1	Lorayne Baldus..... 13	Kathleen Hirsch.....21	Edvin Olson..... 28
Don Heifner 2	Larry Madsen..... 13	Charles Smith.....21	Larry Schlough..... 28
Janet Rhodes 2	Susan Thibado 13	Dawn Steinmeyer21	Mary Semph 29
Dan Sembach 2	Tiiu Feirn..... 14	Shirley Edgeberg22	Terry Siebold 29
Rich Metzger 3	Mary Kallio 14	Tawni Kind..... 22	Greg Zeits 29
Janet Spina 3	Phil Lockwood 14	Chuck Maves..... 22	Charlotte Hamilton 30
Galen Hulback..... 4	Linda Zeits 14	Jim Neikirk 22	Sandy Rogers 30
Martha Bauer 5	Joanne Cowley..... 15	Frances Powell 22	Carol Squires 30
Toni Best..... 5	Bob Mcfaggan 15	Fran Smestuen 23	Leona Hulverson..... 30
Dorothy Schneider... 5	Anna Mclung..... 16	Kathleen Meyers-Welch...24	Kay Krave..... 31
Deb Haugrose 6	Paula Meixner 16	Susan Thurin 24	
Curtis Peterson..... 6	Sharon Connors 17	Sandra Clafin-Chalton 25	
William Bird 7	Jeanette Fremouw... 17	Maureen Scott 25	
David Casper..... 7	Lorelei Sharbano.... 17	Maggie Foote 26	
Janet Mangette..... 7	Marie Bannington.... 18	Martha Hove..... 26	
Elaine Makis 9	Arby Brown 18	Jane Kingzett 26	
Joyce Robbins..... 10	Mavis Cornellier 18	Donna Tietz..... 26	
Velma Wilbur..... 10	Helenmae Debee.... 18	Dorothy Enger 27	
Peter Siler..... 11	Nancy Polzer 18	Eric Friest..... 27	
Arlene Billmeyer.... 12	Jon Hove 20	Forrest Lovett 27	
Jeri Fix..... 12	Maggie White 20	Pat Eggert..... 28	
Kay Stanton 12	Jaena Howells 21	James Ley 28	
Deb Wesolek..... 12	Kenneth Brown 21	Glinda Mouille 28	



Shirley Doane Senior Center 2023 Board of Directors

Board President: Tina Tharp
 Board Vice President: Karen Martinson
 Board Secretary: Jo Gust
 Board Treasurer: Bonnie Christianson
 Backup Secretary: Mickey Wolfe

Fran Frank
 Rosalie Werner
 Jane Kingzett
 Jan Pejsa
 Bill Arndt
 Bill Mercer
 Karen Siegl



Senior Center Director: Donna Collins
 Front Office: Karen Snyder & Sara Amen
 Office Assistant: Jaden Czysz
 ADS Managers: Barb Welch & Fran Frank
 DADS Managers: Carol Bergelin & Heather Jerrie
 ADS/DADS Assistant: Sharon Zachow
 Webmaster: Joe Hagaman

January Board meeting will be immediately following the Annual meeting on January 25, 2024. If you are interested in joining a meeting please let us know one week in advance. Board meeting minutes are available upon request. Email address: seniors@wwt.net 715.235.0954

IMPORTANT NOTICES

HAPPY NEW YEAR!

Feel better by taking these Senior Center exercise classes:

Yoga - Tuesday & Thursday, 8:30 -9:15a.m. \$3.00 each -Ongoing classes twice a week

Stronger Seniors Tuesday & Thursday -Free Classes Resume January 9th
Intermediate—9:45am to 10:45am
Basic—11:00am to 11:45am

Tai Chi Mondays, 9:00—10:30a.m. Free Ongoing classes once a week

Walking In The Gym- Monday, Wednesday & Friday Noon to 3:00 pm

Shirley Doane Senior Center

Shirley Doane Senior Center is a 501 (C) (3) non-profit organization supported in part by United Way of Dunn County. The Center supports United Way campaign efforts.



of Dunn County



LABEL

715-235-0954 seniors@wwt.net
 Menomonee, WI 54751
 1412 6th Street East

**SHIRLEY DOANE
 SENIOR CENTER**

January Newsletter

Electronic Service Requested

Non-Profit Org.
 U.S. Postage Paid
 Menomonee, WI
 54751
 Permit No. 345

**SPECIAL DONATIONS & MEMORIALS GIVEN
IN DECEMBER, 2023**



Thank you for your generosity!

Memorials:

Julie Schuknecht
In Memory of
John & Barb Deutscher

Gayle Holte
In Memory of Jim Holte

Leah Beurkle
In Memory of Curtis Buerkle

Lynda Cran
In Memory of Mary Van Norman

Laila Davis & Family
In Memory of Richard Davis

Berta & Tom Kuehn
In Memory of Randy Miller

Marcia & Dave Curry
In Memory of Randy & Janice
Miller

Howard & Charlotte Lee
In Memory of Ron Jordan

Eugene Ruenger & Barbara Flom
In Memory of Harlyn Larson

Stan Huffel
In Memory of Jim Solie

MONETARY DONATIONS:

JoAnn Deml
Cash Donation

Carol Sorsoleil
Cash Donation

Beta Sigma Sorority
Cash Donation

Connie Milovich
Cash Donation

Gladys Waller
Cash Donation

Allan May
Cash Donation

Tom & Joan Harris
Cash Donation

Lois Schultz
Cash Donation In honor of
Elinor Morlock's 96th Birthday

Carol Gullikson
Greeting Cards

Janeen Millard
Crochet Kit

Mary Turri
Crocheted towels

Elinor Morlock
Donation to Crafters

Judy Nitchkey
Donation to Crafters

Connie Hoyt
Greeting Cards

As a direct result of your generosity your Senior Center finishes 2023 with a balanced budget and welcomes 2024 with what looks to be a good year. We are grateful for your support and will be looking forward to see you enjoying the Senior Center in the New Year!

Did You Know...

**THE SHIRLEY DOANE SENIOR CENTER IS A 501 (c) (3)
ALL CASH DONATIONS GIVEN TO THE MENOMONIE SENIOR CENTER DURING
2023 COULD POSSIBLY BE USED AS A TAX DEDUCTION. CHECK WITH YOUR
TAX ACCOUNTANT TO SEE IF YOU QUALIFY. IF YOU NEED A DONATION /
THANK YOU LETTER LET US KNOW, WE WILL BE HAPPY TO SEND YOU ONE
FOR YOUR TAX RECORDS. THANK YOU SO MUCH FOR HELPING TO
SUPPORT YOUR SENIOR CENTER!**

WINNERS OF OUR 2023 HOLIDAY RAFFLE!



Angie Kryshak— Purple/White Star 90x102 Quilt

Anita Larson— Fit Bit Watch

Rosemary Christianson— Beautiful Table Runner

Thanks to everyone who supported us by purchasing raffle tickets!



Dunn County Retired Educators' Association

January Meeting Announcement

The Dunn County Area Retired Educators' Association will meet Monday, January 8, at The Village at White Pine, 921 22nd Ave. NE, Menomonie, 12:00 noon, for a **PIZZA PARTY**. (Please note location change).

All retired public school employees, preschool through university, are welcome to attend for camaraderie and great pizza!

Please call Jean at 715.235.8285 by Jan 4th to RSVP.

ADULT DAY SERVICES & DEMENTIA ADULT DAY SERVICES

... are OPEN at the Senior Center and welcoming new friends!

These day programs are designed to provide respite time for caregivers to take care of errands or take time for themselves without the worry of caring for their loved one. Our excellent program managers, assistants and volunteers provide a comfortable, loving environment in the Leisure Services Building. Come on in and check us out any time Monday through Friday 10 a.m. 2:30 p.m. We are always working on fun and exciting things your loved one will enjoy!

These pictures are proof!

DEMENTIA ADULT DAY SERVICES (DADS) - Mondays & Tuesdays 10:00- 2:30

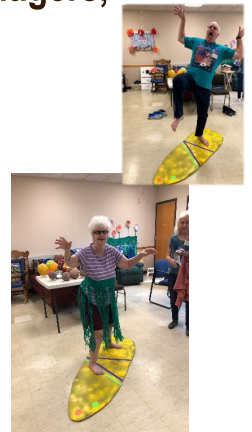
ADULT DAY SERVICES (ADS) - Wednesdays, Thursdays, & Fridays 10:00- 2:30

Serving adults of all ages needing caregiving. We accept new participants any day or days and any combination of hours during these 5 days a week.

For more information call @715-235-0954
or email the senior center at seniors@wwt.net

SHIRLEY DOANE
SENIOR CENTER

1412 6th Street East
Menomonie, WI 54751
715-235-0954 seniors@wwt.net
Web: menomonieseniorcenter.org



ALWAYS FUN!!!

REMINDER!

Weather Conditions that Close the Senior Center

Just a reminder that the Shirley Doane Senior Center will be closed for the day because of weather when the Menomonie Schools are closed DUE TO WEATHER ONLY.

Most of the local television and radio stations announce these closings, also WEAU posts these closings online.



SHIRLEY DOANE
SENIOR CENTER

**OFFICIAL NOTICE OF THE
2024 ANNUAL MEETING
OF THE SHIRLEY DOANE SENIOR CENTER**

DATE: THURSDAY, JANUARY 25, 2024 11:00 A.M.

**A SPECIAL INVITATION TO THE
*2024 SENIOR CENTER'S
ANNUAL MEETING***

The growth of YOUR Senior Center has been challenged over the last several years. We are getting back to normal operations and seriously take the responsibility and commitment to making OUR Senior Center the best experience possible. Please come and hear how YOUR Senior Center did in 2023. Bring your ideas, concerns and support and find out who will be nominated for the vacant seats on the Center's Board of Directors. As always, WE need each other to make this all work!

~ The Shirley Doane Senior Center Board of Directors

DATE: THURSDAY, JANUARY 25, 2024

TIME: 11:00 A.M.

PLACE: SHIRLEY DOANE SENIOR CENTER

HOPE TO SEE YOU ALL HERE!

SENIOR CENTER 2024 HOLIDAYS

NUMBER	HOLIDAYS	DATES
1	NEW YEARS DAY-Friday before	Friday, December 29, 2023
2	NEW YEARS DAY	Monday, January 1, 2024
3	MARTIN LUTHER KING JR. DAY	Monday, January 15, 2024
4	GOOD FRIDAY	Friday, March 29, 2024
5	MEMORIAL DAY	Monday, May 27, 2024
6	4TH OF JULY	Thursday, July 4, 2024
7	LABOR DAY	Monday, September 2, 2024
8	THANKSGIVING-Thursday	Thursday, November 28, 2024
9	THANKSGIVING-Friday	Friday, November 29, 2024
10	CHRISTMAS EVE	Tuesday, December 24, 2024
11	CHRISTMAS DAY & DAY AFTER	Wed, December 25 & Thurs, December 26, 2024
12	NEW YEAR'S EVE	Tuesday, December 31, 2024



1412 Sixth Street E
Menomonie, WI 54751
715-235-0954



FOOT & NAIL CLINIC 2024 CALENDAR WEDNESDAYS

8:30-11 a.m.

Appointments Required. \$20.00 fee due at time of service.

JANUARY

Wednesday, January 3
Wednesday, January 10
Wednesday, January 17
Wednesday, January 24

FEBRUARY

Wednesday, February 7
Wednesday, February 14
Wednesday, February 21
Wednesday, February 28

MARCH

Wednesday, March 6
Wednesday, March 13
Wednesday, March 20
Wednesday, March 27

APRIL

Wednesday, April 3
Wednesday, April 10
Wednesday, April 17
Wednesday, April 24

MAY

Wednesday, May 1
Wednesday, May 8
Wednesday, May 15
Wednesday, May 22

JUNE

Wednesday, June 5
Wednesday, June 12
Wednesday, June 19
Wednesday, June 26

JULY

Wednesday, July 3
Wednesday, July 10
Wednesday, July 17
Wednesday, July 24

AUGUST

Wednesday, August 7
Wednesday, August 14
Wednesday, August 21
Wednesday, August 28

SEPTEMBER

Wednesday, September 4
Wednesday, September 11
Wednesday, September 18
Wednesday, September 25

OCTOBER

Wednesday, October 2
Wednesday, October 9
Wednesday, October 16
Wednesday, October 23

NOVEMBER

Wednesday, November 6
Wednesday, November 13
Wednesday, November 20
Wednesday, November 27

DECEMBER

Wednesday, December 4
Wednesday, December 11
Wednesday, December 18
Wednesday, December 25



2024 Dates

Jan 22	Jul 22
Feb 26	Aug 26
Mar 25	Sep 23
Apr 22	Oct 28
May 27	Nov 25
Jun 24	Dec 23

Exploring Dementia

*A support group for those caring
for someone living with dementia*

Fourth Monday of the Month

10:30 am to Noon

The Dementia Adult Day Services (DADS) program is an option during this meeting. To find more about this program and availability, contact the Senior Center at 715-235-0954

**Shirley Doane Senior Center
1412 Sixth Street E, Menomonie**

Walk & Talk



First Thursday of the Month

12:30—1:20pm

**SHIRLEY DOANE
SENIOR CENTER**

No registration required.

**Questions? Contact the Aging
& Disability Resource Center**

At 715-232-4006

Are you connected with the Aging and Disability Resource Center (ADRC)? Do you know all we have to offer? Do not wait until you need us to get to know us. Come and walk and talk with ADRC staff, receive general information and/or answers to your specific questions.

2024 Dates

January 4	July 11
February 1	August 1
March 7	September 5
April 4	October 3
May 2	November 7
June 6	December 5



**Questions? Contact the Aging
& Disability Resource Center
At 715-232-4006**



THE PURPLE PERK



**AT THE MENOMONIE SENIOR CENTER
1412 Sixth Street E, Menomonie WI**

**A welcoming place for
individuals, families, and
friends of those living with
memory changes. Come
join us for coffee,
conversation, and activities
in a safe and
inclusive space.**



**THE 3RD MONDAY OF THE MONTH
10:00-11:30 A.M.**

**Feb. 19
March 18
April 15
May 20**



**June 17
July 15
Aug. 19**



**Sept. 16
Oct. 21
Nov. 18
Dec. 16**



Women Connected

**A SUPPORT GROUP
FOR WOMEN CAREGIVERS**

*Menomonie Senior Center
1412 6th St. E., Menomonie, WI*

11:30 a.m. 2nd Wednesday of the month 2024

*Jan. 10
Feb. 14
March 13
April 10*

*May 8
June 12
July 10
Aug. 14*

*Sept. 11
Oct. 9
Nov. 13
Dec. 11*

**For more information contact
the Aging & Disability
Resource Center
At 715-232-4006**

**Gain a sense of empowerment
and reduce the feelings of
loneliness and social
isolation. Share tips and
improve or learn new, healthy
coping skills.**

SHIRLEY DOANE
SENIOR CENTER

Interested in learning more?

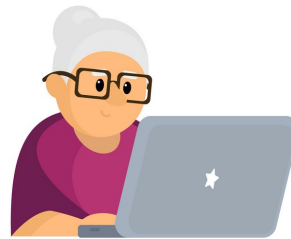
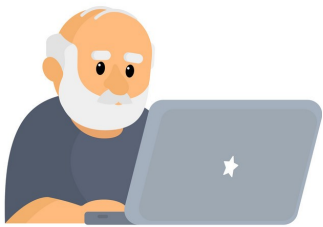
Here are some easy ways
to get connected!

1412 6th Street East
Menomonie, WI
54751

1. Connect with us on Facebook!



@Shirley Doane Senior Center



2. Check out our Website!



menomonieseniorcenter.org



3. Give us a call at 715.235.0954

OR come in during open hours and we
would love to give you a tour/answer
any questions!

Mon & Fri 9am-3pm

Tues Wed Thurs 9am-4pm



As seen on
WEAU 13
News!



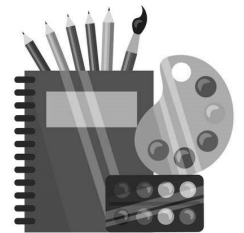
Artful Expressions

SECOND MONDAY OF THE MONTH
10:30 - NOON

SHIRLEY DOANE SENIOR CENTER
1412 6TH ST. EAST  MENOMONIE
CALL: 715-235-0954 TO REGISTER

This free program is for people with dementia and their care partners. Explore the arts and find your creative spark!

Program sponsored by
 MAYO CLINIC



Membership Goal for 2024!

This year our goal is to have **1,100 memberships purchased!**



This poster is on the bulletin board at the Menomonie Senior Center! Come by and take a look as we continue to update it all year!

SHIRLEY DOANE

\$8 Per Ticket

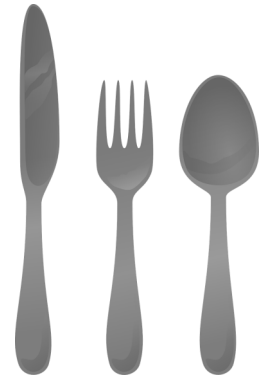
SENIOR CENTER

No Take Outs!

Senior Center In-House Meal

January 17th, 2024

11:30-12:30 PM



Menu Includes:

**Swedish Meatballs
Over Noodles
Vegetable
Salad
Bread
Dessert**

RSVP by

January 12th, 2024

Spots are limited!

Only 150 seats available!



**If you make a
reservation and can't
make it, LET US
KNOW.**

Call 715-235-0954 to reserve your spot

Upcoming Day Trips With The Senior Center!



Saint Paul Saints Game

June 19th, 2024

Tickets: \$85



Twins/Brewers Game

July 21st, 2024

Tickets: \$110/person



Beautiful

A Carole King Musical

Chanhassen

August 21st, 2024

Tickets: \$115/person




More information coming soon!



January 2024 Elderly Nutrition Program Menu.

ENP located at Tantara Apts. Mon. through Fri.

**JAN 17TH
SENIOR CENTER
IN HOUSE MEAL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 	<p>2</p> <p>Herb baked chicken, Oven roasted sweet potatoes, Spinach salad, Apple crisp</p>	<p>3</p> <p>Baked spareribs, Sauerkraut, German potato salad, Perfect pinto beans, Pumpkin bread</p>	<p>4</p> <p>Roast beef, Mashed potatoes, Brown gravy, Whole kernel corn, Cherry torte bar</p>	<p>5</p> <p>Crumb topped baked fish, Basil garlic potatoes, Broccoli cuts, Fruit ambrosia salad</p>
<p>8</p> <p>Beef stroganoff, Noodles, Seasoned peas, Fresh banana</p>	<p>9</p> <p>Roast turkey, Mashed potatoes, Turkey gravy, Herbed baby carrots, Wheat bread, Applesauce</p>	<p>10</p> <p>Shepard's pie, Stewed tomatoes, Bread pudding with raisins, Vanilla butter sauce</p>	<p>11</p> <p>Baked fish fillet, Lemon butter sauce, Twice baked potatoes supreme, Broccoli cuts, Wheat bread, 24 hour fruit salad</p>	<p>12</p> <p>Three bean chili with canned beans, Mixed green salad, Cornbread, Angel food cake, Maple whipped cream</p>
<p>15</p> 	<p>16</p> <p>Baked ham & pineapple, Scalloped potatoes, Pinto beans & bacon, Creamy frosted white cake</p>	<p>17 SENIOR CENTER IN HOUSE MEAL! Swedish Meatballs over Noodles Vegetable Dessert Salad</p>	<p>18</p> <p>Deluxe chicken pot pie, Herbed baby carrots, Dinner roll, Cherry cobbler</p>	<p>19</p> <p>Tuna noodle casserole, Colorful coleslaw, Apricots</p>
<p>22</p> <p>Pork chops with apples, Mashed sweet potato, Seasoned peas, Wheat bread, Sugar cookies</p>	<p>23</p> <p>Beef pot roast, Brown gravy, Roasted red potatoes, Carrots with parsley, Whole wheat rolls, Banana cake</p>	<p>24</p> <p>Barbecue glazed chicken, Au gratin potatoes, Whole kernel corn, Wheat bread, Watermelon</p>	<p>25</p> <p>Ham & cheese sandwich, Just bean soup, Crackers, Creamy coleslaw, Diced pears</p>	<p>26</p> <p>Italian meat sauce, Spaghetti noodles, Spinach cranberry salad, Garlic bread sticks, Iced brownie</p>
<p>29</p> <p>Salisbury steak, Gravy, Parslied potatoes, Stewed tomatoes, Wheat bread, Pineapple tidbits</p>	<p>30</p> <p>Roast turkey, Mashed potatoes, Turkey gravy, Sliced carrots, Perfect peach cobbler</p>	<p>31</p> <p>Meat lasagna, Romaine and onion salad, Garlic bread, Mandarin oranges</p>		