

July/August 2024

SHIRLEY DOANE SENIOR CENTER NEWSLETTER



1412 Sixth Street E • Menomonie, WI 54751 • Phone 715.235.0954 • www.menomoneseniorcenter.org

LIKE US ON FACEBOOK @ Shirley Doane Senior Center

NOTE FROM THE DIRECTOR

Happy Fourth of July!

Such a nice thing to be able to say! We look forward to this time of year and what a beautiful summer we have had so far—(albeit wet.) I appreciate enjoying the outdoors as I am sure you do as well. Spending time with family and friends in an outside venue is always memorable. Even just being outside alone can be a renewing experience. Speaking of an outside venue, we recently attended a St. Paul Saints baseball game. What a Hoot! The weather was wonderful and you members who joined us made it such a good time. Thank You! Coming up in July is a trip to Target Field to see the Twins play the Brewers. There are a few seats left if you are interested but however you make the summer months memorable, savor these days! Of course it is always welcomed when you choose to make memories with your fellow Senior Center Members here at the center! You are all good folk deserving of a good summer!

Take Care, Donna

Thank You to our new & renewed Members who paid dues in June.

* denotes New Member—

WELCOME!!!

Theresa Tiffany
Dorothy Thompson*
Kris Merker*
Penny Bryant*
Cheryl Bean
Diane Rust
Susan Calhoun
Peggy Forester*
Jane & John Heit**
Deb Hoage*
Patricia Evans*
Audrey Keil*
Joann & Marshall Brinkman*
Carrol Hulback
Corine Milovich
David & Lynn Bonjour

Senior Center News and Notes!

Christmas Trip—Irving Berlin’s White Christmas See Insert
Thursday, November 13, 2024 & October 9, 2024 (Just added!)

Senior Center Closed (in observance of July 4th)

Thursday, July 4 & Friday July 5,

Chair Yoga Tues & Thurs - Note: Summer Hours time changed to 1:30 p.m. through July 25th. Resume 8:30 am start time on July 30th No Yoga 7/16 & 7/18

Foot & Nail (by appt only)

Tues & Weds, 8:30-11 a.m. (No Clinic 8/30 nor 9/1)

Bingo Fridays in July & August @ 1-3 p.m. &

after July and August Meals in the gym

Bingocize with the Dunn County ADRC Tues & Thurs - 9:30 am See Insert

Adult Day Services Mon, Weds Thurs, and Friday 10am - 2:30pm

Thank You to Dave & Cindy Quilling for Our Strawberry Fest Sponsorship

Thank You to Our July 24th Meal Sponsor- Who wishes to remain anonymous

Sponsorship for our August 14, 2024 Meal is still available!

Stronger Seniors resuming September 10th

775 PAID MEMBERSHIPS SO FAR THIS YEAR!!!
PLEASE PAY YOUR MEMBERSHIP DUES OR JOIN OUR WONDERFUL SENIOR CENTER TODAY.
LET’S ALL JOIN IN 2024!

Insert Pages

- ◆ July & August Calendars
- ◆ July & August Menus
- ◆ Memorials & Donations
- ◆ July/August People of Month
- ◆ Christmas 2024 Trip
- ◆ CIL “ADA 34” Celebration
- ◆ July Spaghetti Meal Flyer
- ◆ August Meatloaf Meal Flyer
- ◆ Twins v Brewers Game Flyer
- ◆ St. Paul Saints Trip Pictures
- ◆ ADRC Bingocize & Groups





Personal Perspective



Hello Everyone!

Yay for summer! We have two months in one newsletter this time, how fun?! There is a *lot* of useful information in this newsletter, so make sure you read it carefully. We wouldn't want you to miss anything! I hope everyone has an amazing summer & I hope to see all of your smiling faces here at the Senior Center.



What did the pig say on a hot summer day?
I'm bacon.

With Happy Thoughts,
Jaden Czysz



Foot & Nail Clinic

NEW CLINIC DAYS HAVE BEEN ADDED TO THE SCHEDULE!

OFFERING APPOINTMENTS ON THE 1ST 2ND & 3RD TUESDAY OF THE MONTH IN ADDITION TO THE WEDNESDAY CLINIC TIMES

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

The Foot Clinic will be held the 1st, 2nd, 3rd & 4th Wednesdays of July & August & the 1st 2nd & 3rd Tuesdays & Wednesdays of August

(EXPECT YOUR APPT TO LAST 1 HOUR)

Next Dates: July 2, 3, 9, 10, 16, 17 & 24, 2024
August 6, 7, 13, 14, 20, & 21, 2024

Time: 8:30-11:00 a.m.

Place: Senior Center Fee: \$20 per person

Nurses: Becky Czysz, RN & Ruth Potter, RN
Mickey Wolfe, Volunteer foot care assistant
Lanna Laird, RN, Backup foot care assistant

Appointments are required as time is limited.

Exploring Dementia for Caregivers

*4th Monday of Every month
10:30 am-12 pm
at the*

Menomonie Area Senior Center

**Next support group meetings
Jul 22 & Aug 26**

*Day Services available
during meetings
715-235-0954*



DUNN COUNTY AREA RETIRED EDUCATORS' ASSOCIATION Monday, July 8th @ Noon

**At the Menomonie Moose Lodge
RSVP please—715-505-8285 by 7/4
All retired public school employees,
preschool through university
are welcome!**

**A picnic style lunch will be served along
with activities & socializing. School supply
donations will be collected for distribution
by West Cap to area districts.
Please RSVP @ 715-505-8285**

HAPPY JULY/AUGUST BIRTHDAYS!

JULY

David McNaughton 01	Eileen Howe 19	Sheri Nero..... 03	Eugene Hanson..... 19
Donna Weix..... 01	Jean Duestch20	Denise Vick 03	Helen Johnson 19
Lucy Zingsheim 01	Bonnie Friesner.....20	Nancy Burrit 04	Vicki Slocumb..... 19
Judy Erickson—Evan 02	Betty Moldenhauer.....20	Shirley Christenson..... 04	Carolyn Solberg 19
Lorraine Hintzman 02	Marilyn Arnsdorff.....21	Debra Clark..... 04	LuAnn Webb 19
Elizabeth Ziehme 02	Michael Pilla 21	Dr Lorene Vedder 04	Mary Benson 20
Janet Close..... 04	Sheila Rahne.....21	Matthew Kohlwey..... 05	Barb Foster..... 20
Elma Lopez de Jesus 04	Carol Bevill22	Jon Miller 05	Donna Holst..... 20
Dan Arnsdorff..... 05	Carol Bressler22	Carl Burgeson 06	Linda Johnson 20
Ed Berry 05	Kathleen Dial.....22	Laura Giede..... 06	Sandy Eckert..... 21
Agnes Patterson..... 05	Bill Hayden22	Sandra Lindow 06	Debbie Register..... 21
Janet Rose-Pilla..... 05	Joyce Klatt22	Dorice Nelson 06	Bea Bigony 22
Sharon DeMar 06	Wayne Quilling22	Dan Paulson 06	Martha Brandly..... 22
Deanna Franklin 06	Rachel Tilseth.....22	Martha Perez 06	Kitz Cleary 22
Vivian Hanestad 06	Lynn Dickmann23	Audrey Cropp 07	Helen Redlich 22
Robert Long..... 06	Lynn Ebert.....23	Gladys Earl 07	Barbara Slaymaker 22
Jake Evan..... 07	Patricia Fesender.....23	Elizabeth Gordon 07	Virginia Smith..... 22
Debbie Hughes..... 07	Verlys Reese23	Marcia Hansen 07	Dennis Spader 22
Laural Larrabee..... 07	Dennis Reinhart23	Georgette Hovind 07	Jean Warp..... 22
Tamara Schneider 07	Michael Werner23	Trudy Olson 07	Dean Lausted..... 23
Lawrance Silviestro..... 07	Richard Jaeger.....24	Rexetta Halverson..... 08	Valoriea Loesch 23
Deb Cady 08	Tina Lee24	Kenton McRoberts 08	Sandy Richards 23
Sue Erickson 08	Dick Martinson.....24	Lenore Mercer 08	Elizabeth Kramer..... 24
Chris Hulback..... 09	Kathy Myren.....24	Jan O'Neill 08	Dennis Lausted 24
Marion Lang..... 09	Mary Richards24	Julianna Schmidt..... 08	Dorothy Sterry 24
Lynne Neilsen 09	Lois Schultz24	Barb Schumacher..... 08	Joyce DeLeon..... 25
Arden Alexander..... 10	Ocille Steinmeyer24	Catherine Usborne..... 08	Janeene Gellerman 25
Donna Hubbs..... 10	Anna Pesek.....25	Robin Zelm..... 08	Ardie Heise..... 25
Juliann Kettner 10	Bill Arndt26	Tom Larson..... 09	Howard Lee 25
Mary Schaefer..... 10	Shirley Bengtson.....26	Mark Quilling 09	Judy Pechmiller 25
Larry Koerth..... 11	Jeanette Fontaine26	Mike Thibado 09	Linda Seeley..... 25
Rebecca Luecke..... 11	Sharon Gilles26	Geri Bates 10	Vince Hague..... 26
Lynne Quilling 11	Joyce Kettner26	Kay Bauer 10	Pauline Knutson 26
Joan Sandfort..... 11	Pauline Schultz.....26	Joyce Borman 10	Donald Kolek 26
Mary Krueger 12	Ed LaVenture27	Phlayne Olson 10	Carol Reddicks 26
Mary Olson..... 12	Holly Wagner.....27	Twila Tiller..... 10	Larry Wieman 26
Martha Swanson..... 12	Patricia Crepas.....28	Kathy Mousel 11	Mitzi Bolin..... 27
Karen Donelly..... 13	Vicki Maves28	Bruce Rhoades..... 11	Krista Fuhrman 27
Candy Jordan 13	Jim Pejsa 28	Mary Ann Bilsle..... 13	Vicki Jordan..... 27
Rosa Melgarejo 13	Dick Rueckl..... 28	Margaret Brostrum..... 13	Christie Pittman..... 27
John Miller..... 13	Andrew Welsch28	Barb Niemi-Arntzen 13	Pastor Stan Shackleton 27
Rose Mary Stoll 13	Nancy Alseth.....29	Bob Redlich 13	Diane Mercil..... 28
Mary Kolstad..... 13	Rita Miller29	Cletus Wolfe 14	David Williams 28
Nancy Kraft..... 14	Tom Baier30	Bill Kuesel..... 15	Jean Biggs..... 29
Millie Lensilink-Hague 14	Kathy Moe30	Lynn LaVenture..... 15	Jean Hintzman..... 29
Amy Riddle-Swanson..... 14	Faye Swenson.....30	Ron Rodey 15	Elinor Morlock..... 29
Debra Drinkman 16	Kathy Diedrich31	Tom Schmelzle..... 15	Karen Riebe 29
Judy Peplinski..... 16	Joyce Solie31	Alan Vasey..... 15	Sherri Schlough..... 29
Kelly Werner..... 16	Lucy Stevens.....31	Roxanne Freeland 16	Gary Hinrichs 30
David Hulverson..... 17	Hans Timper31	Mary Ellen Marquardt..... 16	Lanna Laird..... 30
Barb Flom 18	AUGUST	Sandy Middlestadt..... 16	Cindy Quilling..... 30
Joe Krier..... 18	Carol Pittman01	Elanor Gaines..... 17	
Lois Sipple..... 18	Jean Holden01	Jean Fuhrman..... 18	
Susan Calhoun 19	Robert Jensen.....02	Rose Kraszewski 18	
Mary Ruth Cornett 19	Carol Saxton02	Tina Tylee 18	
	Gary Barnett03	Eva Wahl 18	

Shirley Doane Senior Center 2024 Board of Directors

Board President: Tina Tharp

Board Vice President: Karen Martinson

Board Secretary: Bonnie Christianson

Board Treasurer: Shari Homstad

Backup Secretary: Rosalie Werner

Jane Kingzett

Jan Pejsa

Jo Gust

Bill Arndt

Bill Mercer

Karen Siegl

Carla Berscheit

Senior Center Director: Donna Collins

Assistant Director: Sara Amen

Office Assistants: Karen Snyder & Jaden Czysz

Day Services Manager: Heather Jerrie

Day Services Staff: Fran Frank, Carol Bergelin

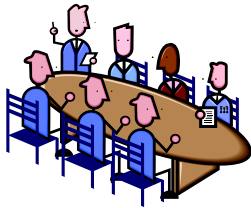
Barb Welch, & Sharon Zachow

Webmaster: Joe Hagaman

Board meetings are held the second Tuesday of each month at 9 a.m. If you are interested in attending, please let us know one week in advance.

Email address: seniors@wwt.net

Phone: 715.235.0954



SENIOR CENTER CLOSED

THURSDAY, July 4, 2024

And FRIDAY, July 5 2024

To Observe The Holiday

NO ACTIVITIES OR PROGRAMS

VOLUNTEERS...

**THANK YOU FOR ALL YOU DO...
YOU DO MAKE A DIFFERENCE!**

If you have a few hours to spare, please call to find out where you can sign up to help.

Thank You!

See July & August Calendars for full listing of events and activities for your enjoyment!

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**

July/August Newsletter

Electronic Service Requested

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

JULY
Person of the Month
Anita Hendrickson



Anita has spent 34 years in Menomonie. She attended UW-Stout in 1969 and met her husband there. He joined the Navy, and Anita got to spend some time on the East Coast.

Anita has worked various secretary jobs, and worked in the kitchen at American Lutheran Home. She enjoys coming up with ideas to make greeting cards.

The Senior Center holds a special place in Anita's heart, as she used to bring her mother here to play BINGO. She enjoyed bringing her mom here because of the friendliness of people, and she said she feels it is a safe place to be. Anita is a wonderful volunteer in our Adult Day Services program and we are thankful for everything that she does.

AUGUST
Person of the Month
Tina Tharp



Tina Tharp has been a welcome volunteer at our senior center since 2014. She has led senior strength training classes at the center through her work for the Mayo Clinic Health System. In 2019, she joined the Senior Center Board of Directors and was the Secretary for three terms; she now serves as the Board president.

When her work schedule allows, she is always willing to help with events and projects and brings a progressive dimension to the plans and goals of the center. She has helped secure grants for the senior center and recently assisted with receiving a grant for the Adult Day Service program.

Tina hopes to see you this summer at the Senior Center Popcorn stand on Tuesday evenings during the Ludington Guard Band concerts. Thank you Tina!!

AT THE SENIOR CENTER



Combining the game of BINGO with inclusive exercises for everyone!!
Come play & meet new people while learning about nutrition!

EVERY TUESDAY & THURSDAY
9:30AM
COME JOIN THE FUN!



**THE CENTER FOR
INDEPENDENT
LIVING
FOR WESTERN
WISCONSIN**



OFFERING:
**FREE BLOOD PRESSURE &
BLOOD SUGAR SCREENING**
**2ND TUESDAY OF THE MONTH: JULY 9TH
AND AUGUST 13TH**
10:00AM – NOON

**SPECIAL DONATIONS &
MEMORIALS GIVEN TO
THE SENIOR CENTER
IN JUNE 2024**

**Thank you for
your overwhelming
generosity!**



Memorials:

**Joe & Joyce Kettner
IMO Charles Schroeder**

**Shari & Dan Homstad
IMO Jacq Collins &
Norma Webb**

Donations:

**Dave & Cindy Quilling-
Meal Sponsorship**

**Anonymous—
Meal Sponsorship**

**VOLUNTEERS NEEDED FOR OUR DAY SERVICES PROGRAM!
MONDAYS, WEDNESDAYS, THURSDAYS & FRIDAYS
THIS IS A MOST REWARDING VOLUNTEER OPPORTUNITY!
PLEASE CALL 715.235.0954 FOR DETAILS. HOURS FLEXIBLE!**

ADULT DAY SERVICES

Comfortable, Loving Atmosphere.

**CARING FOR A LOVED ONE AND FINDING IT HARD
TO GET THOSE LITTLE ERRANDS RUN, OR JUST
NEED SOME PERSONAL TIME TO YOURSELF?**

We can help...

**ADULT DAY SERVICES (ADS)
Mondays, Wednesdays,
Thursdays & Fridays
10 A.M.—2:30 P.M.**

**We are reaching out to meet the need for
affordable respite care in our community. If you, or someone
you know needs this extra help, please stop by any of these
days and times to see how we interact with those entrusted
to our care.**

For more information

call: 715-235-0954

Or email: seniors@wwt.net



Volunteers Needed for Day Services

POPCORN IN THE PARK



**July 2nd
July 9th
July 16th
July 23th
July 30th
August 6th**

**Wilson Park
Menomonie**

**Join us at the band concerts for
good music & good popcorn!!
Call 715.235.0954 to volunteer.**



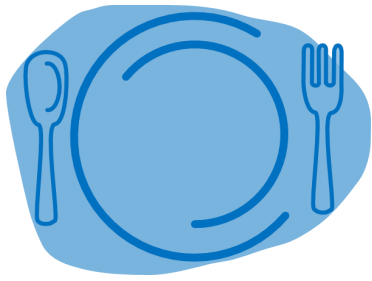
ADA CELEBRATION AND RESOURCE FAIR

July 16th 11am-3pm
2920 Schneider Ave. SE
Menomonie WI, 54751

Join us at CILWW along with the Caravan for Disability Freedom and Justice to celebrate 34 years of the ADA. Connect with the history of activism and advocacy on current national, regional, and local issues.



FOOD-GAMES-COMMUNITY



No Take-Outs

SHIRLEY DOANE
SENIOR CENTER

1412 Sixth Street • Menomonie • 715.235.0954

EVERYONE
WELCOME

MEATLOAF MEAL

August 14th, 2024

11:30am-12:30pm

Shirley Doane Senior Center's
Meal Fundraiser!

Please RSVP by August 9th!
715-235-0954

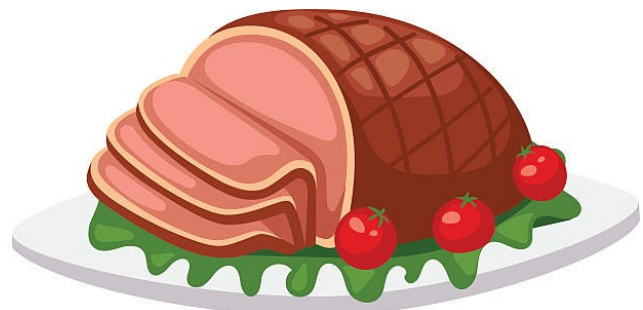
In House Meal

Menu Includes:

Meatloaf, Mashed Potatoes & Gravy,
Vegetable and Dessert

Tickets

\$8 per meal



All profits go towards the Senior Center Activities and Programs. Questions please call 715-235-0954.

No Take-Outs

\$8 / Ticket

Spaghetti In-House Meal

July 24th, 2024

11:30am-12:30pm

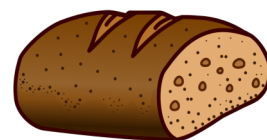
Menu:

Spaghetti

Bread

Salad

Dessert



RSVP by

July 19th, 2024

**If you make a reservation & cannot
make it, PLEASE call and let us know!**

715.235.0954

Seats are limited.

**We are very thankful
for our anonymous
sponsor this month!**

**SHIRLEY DOANE
SENIOR CENTER**



SHIRLEY DOANE
SENIOR CENTER



**Chanhassen Dinner
Theatres Presents:**

**Senior Center Tour
\$120 per person
Call 235-0954 to reserve
Good seats still
available!**

Irving Berlin's WHITE CHRISTMAS

Itinerary:

- 9:00 a.m. Bus Departs For Chanhassen Dinner Theater (From Marketplace)**
- 10:30 a.m. Arrive Chanhassen Dinner Theaters, Chanhassen, Minnesota**
- 11:00 a.m. Dinner Choices: Chicken Chanhassen, Grilled Top Sirloin, Vegetable Lasagna, Cajun Pasta Primavera, Vegan Imossi-Loaf, Orange Roughy, Boneless Fried Chicken Tenders, Cranberry Pear Salad, Cheeseburger**
- 1:00 p.m. Curtain Time: White Christmas**
- 3:45 p.m. Depart From Chanhassen Dinner Theater (approximate time)**
- 6:00 p.m. Return to Marketplace Foods (latest approximate time)**

Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love A Piano," "How Deep Is the Ocean" and the perennial title song, White Christmas is an uplifting, wholesome musical that will delight audiences of all ages.

Chanhassen Dinner Theater is known for its delicious food and wonderful performances. Ticket price includes dinner, tickets, transportation and all taxes and gratuities except voluntary driver gratuity.

Menomonie Senior Center, 1412 6th Street E, Menomonie, WI 54751 715-235-0954

All Menu's and exact times are subject to change

Wednesday, November 13, 2024

AND Wednesday, October 9th, 2024

(ADDED NEW DATE!!!)



St Paul Saints Trip At CHS Field!



SHIRLEY DOANE
SENIOR CENTER

1412 Sixth Street • Menomonie • 715.235.0954

LET YOUR SENIOR CENTER
TAKE YOU OUT TO A BALLGAME!

TWINS vs BREWERS

AT TARGET FIELD

Sunday, July 21st, 2024

10:00 am-5:30 pm



ITINERARY:

- 10:00 a.m.** Depart Marketplace Foods, Menomonie
- 11:30 a.m.** Arrive Target Field
- 11:30—1:00 p.m.** On your own to have lunch, buy snacks or just go to your seat and relax and enjoy the view!
- 1:10 p.m.** **GAME TIME!!!!**
- 2:30 p.m.** Seventh Inning ***STRETCH*** (Approximate Time)
- 4:00 p.m.** Depart Target Field (Approx. Time)
- 5:30 p.m.** Arrive back at Marketplace Foods, in Menomonie (Approx. Time)

Senior Center Tour
\$110 per person
Call 235-0954 to reserve today!

Description: Join us for a “Summer Fun-Day on a Sunday!” What better way to enjoy the warmer weather than to take in a major league Ball Game! Whether you are a Twins or a Brewers Fan this promises to be a delightful day at Target Field. Our excellent seats are in the SHADE for this game.

Day tour price includes your ticket to the game and transportation only. Food, beverages and snacks at the ballpark are **NOT** included. There are many delicious food choices to be had at Concession areas located close

Snacks on the bus are provided courtesy of:

American Lutheran Communities, Menomonie ~ Thank You!!

Shirley Doane Senior Center, 1412 6th Street E, Menomonie, WI 54751, 715-235-0954

July 2024 Elderly Nutrition Program

Menu subject to change

Wednesday July 24th
Senior Center Meal 11:30-12:30

ENP at Tantara Apt Mon-Fri

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Roast beef with brown gravy, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	2 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	3 Bratwurst on a bun, Tater tots, Watermelon, Strawberry shortcake	4 CLOSED 	5 Baked fish with lemon butter sauce, Baked potato w/sour cream, Broccoli, Buttered rye bread, Fresh strawberries
8 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	9 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice	10 Roast pork with gravy, Mashed potatoes with gravy, Seasoned peas, Wheat bread, Sweet cherries	11 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	12 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Wheat bread, Strawberry cheesecake
15 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	16 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	17 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	18 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	19 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
22 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	23 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	24 SENIOR CENTER MEAL SPAGHETTI BREAD SALAD DESSERT 	25 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	26 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding
29 Italian meatballs with sauce, Rotini, Parslied cauliflower, Garlic bread, Mandarin oranges	30 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	31 Baked ham, Scalloped potatoes, Broccoli, Dinner roll, Applesauce		

August 2024 Elderly Nutrition Program

Menu subject to change

ENP at Tantara Apt Mon-Fri

SENIOR CENTER IN HOUSE MEAL
WEDNESDAY AUGUST 14TH 11:30-12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breaded baked fish, Baked potato with sour cream, Carrots with parsley, Strawberry shortcake	2 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
5 Roast beef with brown gravy, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	6 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	7 Herb baked chicken, Baby bakers, Peas and carrots, Wheat bread, Blueberries	8 Hamburger on bun with lettuce/onion/pickle, Potato salad, Red gelatin with mandarin oranges	9 Baked fish with lemon butter sauce, Baked potato w/sour cream, Broccoli, Buttered rye bread, Fresh strawberries
12 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	13 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice	14 SENIOR CENTER MEAL MEATLOAF MASHED POTATO GRAVY VEGETABLE DESSERT 	15 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	16 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Wheat bread, Strawberry cheesecake
19 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	20 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	21 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	22 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	23 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
26 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies	27 Cornflake chicken, Roasted vegetable rice pilaf, Creamy cucumber salad, Tropical fruit	28 Roast beef, Mashed potatoes with brown gravy, Country blend vegetables, Dinner roll, Blueberry crisp	29 Barbecued spareribs, Baked beans, Spiral pasta salad, Fresh banana	30 Tuna salad sandwich on wheat, Lettuce leaf, Hearty vegetable soup, Peachy pudding