

# LifeSpan

Together We Can!

**LIFESPAN MON VALLEY ACTIVE LIFE CENTER**

**HOURS OF OPERATION**

**Monday-Friday 9 AM TO 3 PM**

**(412) 664-5434**

**4313 WALNUT STREET McKeesport, PA 15132**

**Amy Marcic (Center Supervisor)**

Accredited by



National Institute of Senior Centers



"IRISH" YOU WOULD JOIN IN THE FUN AT THE  
**ST. PATRICK'S DAY CELEBRATION**  
 ON 03/17/25 STARTING AT 10:30 AM!

WEAR YOUR FAVORITE GREEN ST. PATRICK'S DAY OUTFIT AND DANCE THE AFTERNOON AWAY WITH THE HI-LITES PERFORMING AT 12:30 PM.

LUNCH WILL BE SERVED AT 11:30 AM  
 HAM AND CABBAGE, PARSLIED POTATOES, WHOLE WHEAT BREAD, FRUIT CUP , A FUDGE SANDWICH COOKIE, COFFEE, TEA AND  
**GREEN PUNCH.**

APPETIZER WILL BE SERVED AT 10:30 AM  
 SIGN UP AND PAY BY FRIDAY 03/07/25  
 \$15

TICKETS ARE ON SALE NOW FOR THE  
 VALENTINE'S DAY PARTY ON FRIDAY 02/14/25  
 DO YOU KNOW WHAT MAKES THE BEST VALENTINE'S DAY?  
 IS IT CHOCOLATES, FLOWERS, TEDDY BEARS?  
 NOOOOOO...IT'S THE BELAIRS  
 LOVE, LUNCH, TREATS AND SO MUCH MORE!  
 LUNCH WILL BE SERVED AT 11:30 AM AND  
 THE BELAIRS WILL PERFORM AT 12:30 PM!  
 \$25 OR \$20/WITH PERKS CARD  
 SIGN UP AND PAY BY 02/05/25

sorry, we're  
**CLOSED**

WE WILL BE CLOSED  
FRIDAY FEBRUARY 21, 2025  
 FOR OUR TEAM MEETING  
 WE WILL RESUME NORMAL  
 HOURS ON MONDAY FEBRUARY 24TH AT 9 AM

COMING SOON  
 A SEWING CLUB!  
 WATCH THE NEWSLETTER FOR DETAILS



OUR RESTAURANT TRIP FOR THE MONTH OF FEBRUARY IS DENUNZIO'S ITALIAN TRATTORIA

2644 MOSSIDE BLVD  
 MONROEVILLE, PA 15146  
WEDNESDAY 02/19/25

SIGN UP BY WEDNESDAY 02/12/25  
 WILL CALL WITH PICK UP TIMES



ARE YOU INTERESTED IN OPERA TICKETS FOR THE BENEDUM THEATER?  
 I HAVE 8 TICKETS (FREE) AVAILABLE FOR  
 MADAMA BUTTERFLY  
 SUNDAY 03/30/25 AT 2 PM  
 I WILL CALL WITH PICK UP TIMES  
 FROM THE CENTER  
 Sign up if interested by Wednesday 03/10/24  
 IF MORE THAN 8 PEOPLE SIGN UP,  
 I WILL HAVE A RAFFLE





**THIS IS YOUR  
LAST  
CHANCE**



**LET'S GO BUCS!**

**WE ARE GOING TO THE PIRATE GAME, IT'S  
THE HOME OPENER AGAINST THE YANKEES**

**ON FRIDAY 04/04/25 4:12 PM GAME**

**\$60**

**SECTION 129/ADA SEATING WITH**

**A \$5 LOADED VALUE PER TICKET FOR FOOD.**

**SIGN UP AND PAY BY 02/05/25**

**AND THE**



**LET'S GO BUCS**

**WE ARE GOING TO THE PIRATE GAME ON  
WEDNESDAY 07/02/25 4:12 PM GAME**

**\$35**

**SECTION 129/ADA SEATING WITH**

**A \$5 LOADED VALUE PER TICKET FOR FOOD.**

**SIGN UP AND PAY BY 05/16/25**

**OR SET UP A PAYMENT PLAN**

**WITH AMY TODAY!**

# ▶ What is **On the Move**?

## **On the Move is**

- A physical therapist developed group exercise program to improve walking
- A fun way to meet others and exercise
- Recognized as an Evidence-Based Program by the Administration for Community Living (ACL)
- Backed by research

## **People who Participate in On the Move**

- Become more confident in their walking
- Walk farther without having to stop and rest
- Walk faster which is related to fewer falls and less disability
- Find it easier to do daily tasks



“  
*When you're younger, you don't have to think about how to make your body work. On the Move helped get us back to doing things like we did when we were younger.*  
”

## **HOW ON THE MOVE WORKS:**

- > Specialized walking and stepping patterns promote improved timing and coordination for walking
- > Two 50-minute exercise classes each week
- > All classes are done to music
- > Led by a certified instructor
- > Exercises are tailored to individual abilities

## **WHO IS THE PROGRAM FOR?**

People who:

- > Want to improve their walking or balance
- > Are fearful of falling
- > Have chronic conditions such as arthritis, heart disease, or diabetes
- > Can walk on their own but may be unsteady or have some difficulty
- > Want to exercise and have fun

# onthemove

Group Exercise for Improved Mobility in Older Adults

Walking is important for maintaining independence and preventing falls. **Improve the quality of your walking by joining an On the Move group exercise program.**

## How do I sign up for On the Move?

Visit Lifespan Mon Valley Senior Center on Friday, January 24th between 10-11:30am to speak with On the Move representatives and sign up for the class! A mandatory baseline session will also be held on the morning of February 5th.

Classes will begin on February 12th and be held on Wednesdays and Fridays from 12:30-1:30pm.



## Meet the Creators of On the Move



**Jennifer S. Brach, PhD, PT, FAPTA** is a professor in the Department of Physical Therapy at the University of Pittsburgh. Her research, which is funded by the National Institute on Aging and the Patient-Centered Outcomes Research Institute,

focuses on interventions to improve mobility in older adults. In conjunction with Dr. Jessie VanSwearingen, she created the program On the Move: Group Exercise for Improved Mobility in Older Adults® in 2013. She has been helping older adults exercise since she was a high-school student and is thrilled to offer the On the Move program to the community.



**Jessie VanSwearingen, PhD, PT, FAPTA, FGSA** is a professor in the Department of Physical Therapy at the University of Pittsburgh. She teaches graduate courses in neuroscience, neuromotor control, and geriatric physical

therapy. Her research interest includes assessment and treatment to enhance neuromotor control in older adults. Dr. VanSwearingen's inspiration for the creation of On the Move stemmed from her experience training her furry canine friends in agility.



For more information about the program, visit our website: [onthemove.pitt.edu](http://onthemove.pitt.edu)

onthemove  
Group Exercise for Improved Mobility in Older Adults

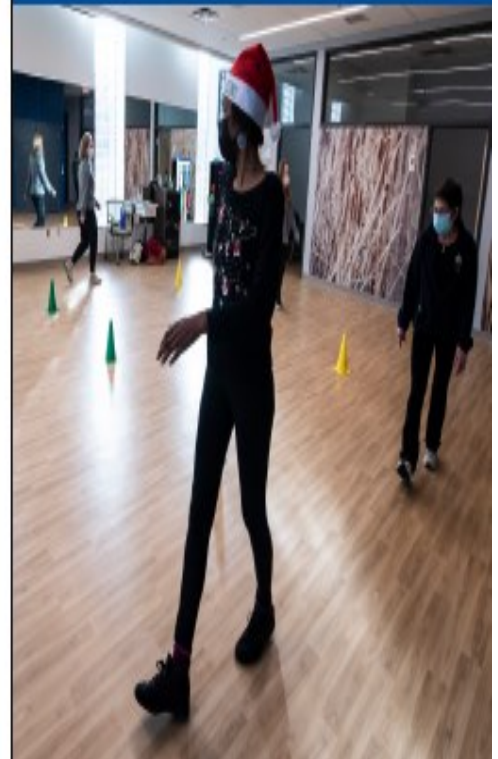


# onthemove

Group Exercise for Improved Mobility in Older Adults



**An Evidence-Based Group Exercise Program for Improved Mobility in Older Adults**



# MONDAY



10:00 AM S.A.I.L. EXERCISE



11:30 AM LUNCH IS SERVED (\$2 SUGGESTED DONATION)

12:00 PM BINGO AND CARD CLUB, AND WOMEN BILLIARDS  
(INSTRUCTOR LEAD)

2:00 PM MEXICAN TRAIN



**Women Billiards Instructor Lead**

**EVERY Monday 12:30 PM**

**RIVERS CASINO TRIP**

**MONDAY 02/24/25**

**SIGN UP BY 02/17/25**

**WILL CALL WITH PICK  
UP TIMES**



**LISA FROM QUALITY INSIGHTS WILL BE HERE ON**

**MONDAY 02/10/25**

**ENJOY A VALENTINE THEMED TALK ON HEALTHY FOR THE  
HOLIDAYS AT 10:45 AM**

**MEET TARA ZALUSKI**

**ON MONDAY 02/03/25 10:45 AM**

**LEARN ABOUT**

**Partnering for Safer Homes, Stronger  
Communities and Better Living.**

**12 PM MEMBERSHIP BINO**

**(\$5 PACKAGE INCLUDES: 2 BOARDS,  
3 SPECIALS AND A JACKPOT)**



You are invited to learn how to stay active, stay heart-healthy with our Silver Sneakers® 101 workshop!

Silver Sneakers® is here to help you do more of what you love.

Come learn about the Silver Sneakers® benefit and meet other members like you!

**DAVID MINKEL FROM SILVER SNEAKERS WILL BE HERE ON MONDAY  
02/17/25 AT 10:45 AM**

**MARK YOUR CALENDARS!**



# TUESDAY



**10:00 AM CARDIO DRUMMING WITH NORMA**

**11:30 AM LUNCH IS SERVED (SUGGESTED \$2 DONATION)**

**12:15 PM PLAY POKENO (BRING YOUR PENNIES)**



**12:30 PM ART CLASS WITH LOU**

DO YOU LOVE

DOING CRAFTS?

MAKE A (FREE)

VALENTINE CENTERPIECE  
WITH JOANNE WELCH ON

02/04/25!

ONLY 6 SPOTS AVAILABLE.

SIGN UP TODAY!

ART CLASS

12:30 PM- 1:30 PM



DRUMMING WITH NORMA

NEW ROUTINES EVERY WEEK!

JOIN US TUESDAY

IN FEBRUARY

02/04, 02/11, 02/18 AND 02/25

Join

Lou's Art Class

Tuesday in FEBRUARY

02/04, 02/11, 02/18 AND

02/25

Instructor: Lou Romanchak

PENNY PO-KE-NO

Every Tuesday At

12:15 PM



## PERK DAY

ENJOY A YUMMY BREAKFAST WITH YOUR

PERK CARD ON

TUESDAY 02/11/25 AT 9:30 AM

CEREAL, EGG/MUFFIN SANDWICH, FRENCH TOAST WITH SYRUP,  
SAUSAGE, MUFFINS, TOAST, COFFEE, TEA, AND ORANGE JUICE

SIGN UP BY WEDNESDAY 02/05/25

## PERK DAY

IT'S TACO TUESDAY WITH YOUR PERK CARD!

TUESDAY 02/25/25 AT 12:30 PM

ENJOY A TACO BAR WITH ALL YOUR FAVORITE  
TOPPINGS

SIGN UP BY WEDNESDAY 02/19/25

# WEDNESDAY

11:00 AM METRO CHAIR EXERCISE

11:30 AM LUNCH IS SERVED

(SUGGESTED \$2 DONATION)

12:15 PM LCR DICE GAME

\*2ND WEDNESDAY OF EVERY MONTH

ADVISORY MEETING AT 12 PM

LCR FOLLOWS

\*2ND WEDNESDAY OF EVERY MONTH



## THE CHEESECAKE FACTORY RESCHEDULED

415 S. 27TH STREET

PITTSBURGH, PA 15203

WEDNESDAY 02/26/25

SIGN UP BY WEDNESDAY 02/19/25

WILL CALL WITH PICK UP TIMES

FALL IN LOVE LEARNING HOW TO MAKE  
YUMMY DELICIOUS VALENTINE SUGAR  
COOKIES ON

WEDNESDAY 02/05/25 STARTING AT  
12:15 PM.

PLEASE ALLOW YOURSELF TIME FOR  
THE DOUGH TO CHILL AND FOR US TO  
BAKE THE COOKIES.

CLASS WILL BE OVER APPROXIMATELY  
AT 3 PM.

10 VALENTINE SUGAR COOKIES FOR  
\$10 MUST BE SIGNED UP AND PAID BY  
FRIDAY 01/31/25

OUR RESTAURANT TRIP FOR THE MONTH OF  
FEBRUARY IS

DENUNZIO'S ITALIAN TRATTORIA

WEDNESDAY 02/19/25

SIGN UP BY WEDNESDAY 02/12/25

WILL CALL WITH PICK UP TIMES



## Be A Part of The Advisory Committee Meeting

Your voice counts! Share your thoughts  
on...

- Promotional ideas and public awareness.
- Help develop subcommittees.
- Contribute input and feedback.
- Aide with organizational and center development.
- Strategic planning and decision making.
- Comradery
- Attend monthly meetings the Second Wednesday of each month at 12 PM.

## ACADEMY OF PODIATRY

WILL BE COMING TO LIFESPAN WEDNESDAY  
02/12/25 AT 12:30 PM.

PROVIDING ON SITE FOOT CARE  
(NAIL TRIMMING, CALLOUSES, INGROWNS,  
AND MORE!)

You will need your insurance card, as we do  
bill Insurances. You may be responsible for  
copay/co-insurance/deductible depending  
on your plan.

Insurances cover every 60 days for nail care.

If you wish to be seen before the 60 days,  
you may self pay.

FALL IN LOVE LEARNING HOW TO MAKE THESE YUMMY DELICIOUS VALENTINE SUGAR COOKIES ON


WEDNESDAY 02/12/25 STARTING AT 12:15 PM.

PLEASE ALLOW YOURSELF TIME FOR THE DOUGH TO CHILL AND FOR US TO BAKE THE COOKIES.

CLASS WILL BE OVER APPROXIMATELY AT 3 PM.

10 VALENTINE SUGAR COOKIES FOR \$10

MUST BE SIGNED UP AND PAID BY FRIDAY 02/07/25.



*the best*  
**VALENTINE SUGAR COOKIES**

*Ingredients*

1 cup butter, room temperature  
1 cup sugar  
1 1/2 t vanilla  
1 egg  
1 t water  
3 cups flour  
1 1/2 t baking powder  
1/4 t salt

Cream butter, sugar and vanilla.

Add egg and water. Beat until light and fluffy.

Combine flour, baking powder and salt.  
Sift together.

Blend dry mixture into creamed mixture, divide  
dough in half. Wrap each half in waxed paper or  
plastic wrap and chill for one hour.

Bake at 375 degrees for 6-8 mins. Watch them  
carefully, take out of oven before edges turn  
brown.

*Icing*

Start with 2 cups of powdered sugar. Add 1 tea-  
spoon vanilla and 1 tablespoon melted butter. Stir  
in teaspoons of milk one at a time until you reach  
desired consistency.



# THURSDAY



10:00 AM S.A.I.L. EXERCISE



Stay Active  
& Independent  
for Life (SAIL)

11:00 AM CROCHETING/KNITTING CLUB

EVERY 2ND AND 4TH THURSDAY

11:30 AM LUNCH IS SERVED (\$2 SUGGESTED DONATION)



12:00 PM BINGO

MEMBERSHIP BINGO

ALL REGULAR GAME CARDS, ALL  
SPECIAL GAME CARDS AND ALL  
JACKPOT GAME CARDS  
ARE \$.25 EACH



COMFORT CARE HOSPICE WILL  
BE HERE ON THURSDAY

02/20/25 AT 10:30 AM

KRISTY ALWAYS HAS  
SOMETHING FUN TO DO!



Get in touch with your creative side and have fun at a rewarding creative workshop. Join Joyce from Oak Street Health on THURSDAY 02/06/25 from 10-11:30 AM. You can create your own suncatcher for a sunny 2025!

Hope to see you here!

THE CROCHETING/  
KNITTING CLUB  
MEETS

Every Second &  
Fourth Thursday  
Of Each Month At  
11:00 AM



**KHADIJAH IS BACK!**

**SHE WILL BE  
REVIEWING MEDICARE CHANGES  
FOR 2025**

**ON 02/13/24 AT 10:45 AM  
YOU DON'T WANT TO MISS THIS!**

# FRIDAY

2025

MEMBERSHIP

DUE NOW!



JOIN IN THE FUN  
AND PLAY UNO  
EVERY FRIDAY  
AT 12 PM

11: 30 AM LUNCH IS  
SERVED

(SUGGESTED DONATION  
OF \$2 FOR LUNCH)



MAKE A VALENTINE DOORMAT ON

FRIDAY 02/07/25 AT 12:15 PM \$12

DOORMAT, PAINT, BRUSH AND STENCILS PROVIDED.

MUST BE SIGNED UP AND PAID BY

WEDNESDAY 02/05/25 \$12 EACH

ONLY 10 SPOTS AVAILABLE

## Members Special Benefits

- Bingo on Monday & Thursday
- Recreation Room/Pool Table
- Computers
- Lending Library
- Informational Speakers
- Wii Bowling
- Free Wi-Fi
- \$.75 unlimited coffee
- Trips Discounts
- Party Discounts
- S.A.I.L. Exercise Program
- Card Clubs
- Sewing Room
- Crafts
- Free monthly Give a ways with perk card
- Free Art Class

NON MEMBERS PAY additional:

Monday Bingo \$8.00

Thursday Bingo \$3.00

Party \$5.00

NOT ELIGIBLE FOR GIVE A WAYS



## JOIN Kathy from CCAC for

Neurographic Art on FRIDAY 02/28/25, 03/07/25,  
03/14/28 (days subject to change) FROM 10-11:30 AM

Employ mindfulness techniques that help to solve personal problems. Neurographic art offers a way to explore your inner thoughts through design.



LifeSpan Mon Valley Active Life Center at Olympia

# \$1000 BINGO & Lunch

**PAYOUT: \$15 REGULAR GAMES, \$50 SPECIALS AND \$500 JACKPOT!**

**Saturday February 15, 2025**

**\$25.00**

Doors Open at 10:00 AM—Bingo starts at 12:00 PM

Ticket Includes: Lunch, Bingo Package and Door Prize Entry

Bingo Package Includes: 6 paper board/20 sheets for all regular games,  
3 paper board/5 sheets for all specials

Olympia Shopping Center-4313 Walnut St.

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley active life center at Olympia



# Winter Weather Advisory

For inclement weather closings please tune into...

WTAE TV - Channel 4

KDKA TV - Channel 2



**WE ARE ACCEPTING DONATIONS WHICH COULD INCLUDE, BUT ARE NOT LIMITED TO, GIFT CARDS, CANDY, LOTTERY TICKETS, NON-PERISHABLE FOOD ITEMS, CANDLES, INDIVIDUALLY WRAPPED ITEMS, AND ANY NEW OR SLIGHTLY USED ITEM FOR CHINESE AUCTION BASKETS**

**FOR OUR CARD/GAME DAY PARTY ON SATURDAY 05/03/25.**



PLEASE SEE AMY, DIANNE OR JEAN FOR DETAILS



**SAVE THE DATE!!! IT'S A CARD/GAME PARTY**

**PICK YOUR FAVORITE CARD GAME, BOARD GAME, DICE GAME, ANY GAME WILL DO.**

**GET YOUR PLAYERS, PICK A TABLE AND HAVE FUN!**

**\$25 A PERSON SATURDAY 05/03/25**

**THERE WILL BE LUNCH, CHINESE AUCTION BASKETS, SHARE THE WEALTH, SOUVENIORS, DOOR PRIZES AND SO MUCH MORE!**

**DETAILS COMING SOON IN THE NEWSLETTER FOR THE CARD/ GAME PARTY. STAY TUNED!**



ARE YOU ENERGETIC, COMFORTABLE BEING IN FRONT OF A LARGE CROWD, AND HAVE EXCELLENT COMMUNICATION SKILLS? THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER NEEDS A SATURDAY BINGO CALLER.

YOUR DUTIES AS A BINGO CALLER INVOLVE ANNOUNCING NUMBERS TO BINGO PLAYERS AND MONITORING THE GAME TO IDENTIFY WINNERS.

IT WOULD BE EVERY 3RD SATURDAY OF EACH MONTH.

DATES ARE AS FOLLOWS IN 2025: 2/15, 3/15, 4/19, 5/17, 6/21, 07/19, 8/16, 9/20, 10/18, 11/15 AND 12/20



Bethel Park | Chartiers | Imperial | Mon Valley | Knoxville | Steel Valley



# VOLUNTEERS NEEDED



**CONTACT YOUR LOCAL CENTER FOR OPEN VOLUNTEER OPPORTUNITIES!**

Bethel Park - 412-831-7111  
Chartiers - 412-276-5056  
Imperial - 724-218-1669

Knoxville - 412-420-8147  
Mon Valley - 412-664-5434  
Steel Valley - 412-233-4847

# Groundhog Day Word Search



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

CLOUDY      FORECAST      PREDICT      SUNNY  
EARLY      GROUNDHOG      SHADOW      WEATHER  
FEBRUARY      HIBERNATE      SPRING      WINTER

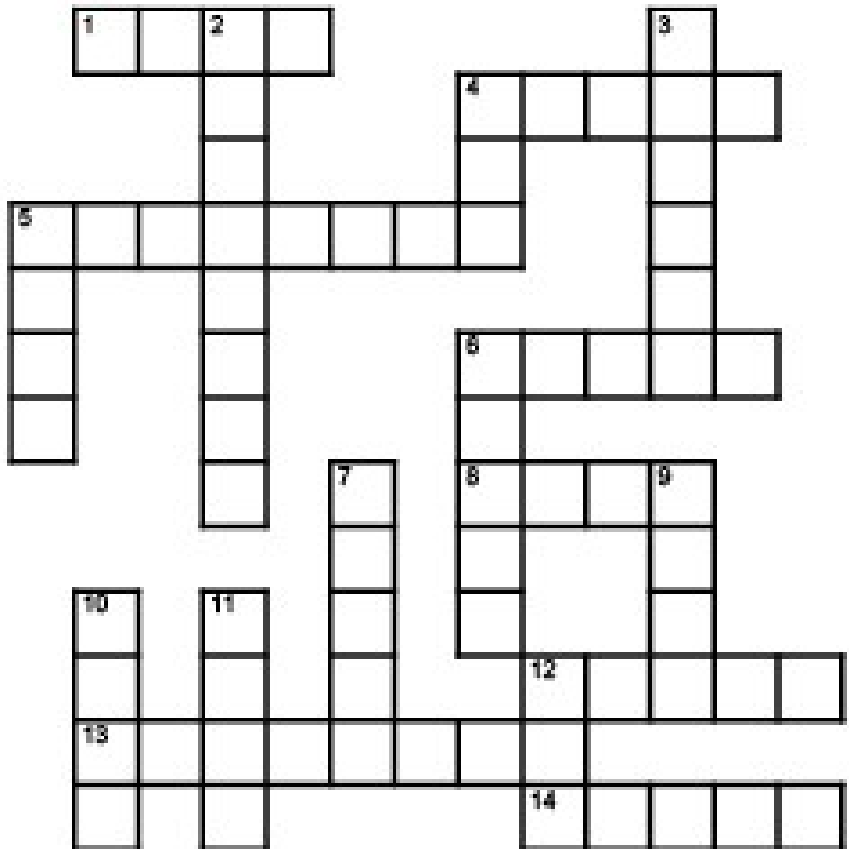


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Be My Valentine

**Across**

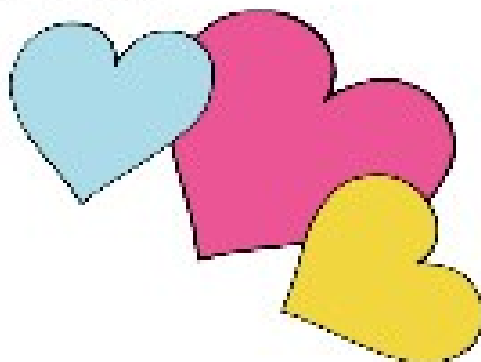
- 1. A special item given to show love and appreciation.
- 4. A symbol commonly associated with love and emotion.
- 5. The act of pursuing someone romantically.
- 6. Sweet treats that come in various flavors and shapes.
- 8. A color often associated with love and romance.
- 12. Beautiful and fragrant plants often associated with love.
- 13. A container for sending a special message or gift.
- 14. Symbolic birds representing love and peace.




**Down**

- 2. The month that celebrates love and Valentine's Day.
- 3. A close companion with whom one shares affection and trust.
- 4. A gesture of affection where two people embrace tightly.
- 5. A small piece of paper with a heartfelt message.
- 6. The Roman god of love, often depicted with bow and arrow.
- 7. A heavenly being often depicted with wings and a halo.
- 9. A gentle touch of lips as a sign of affection.

- 10. A heartfelt piece of writing expressing emotions.
- 11. A feeling of deep affection and care.
- 12. A vibrant color symbolizing love and passion.



- Angel
- Candy
- Card
- Courting
- Cupid
- Doves
- Envelope
- February
- Friend
- Gift
- Heart
- Hug
- Kiss
- Love
- Pink
- Poem
- Red
- Roses

Mon	Tue	Wed	Thu	Fri
<b>3 Maple Glazed Pork w/Gravy</b> (1 slice pork w/cider gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts Cal 724 WW Bread w/Margarine 1/2 C Banana Pudding 1 Pkg Graham Crackers	<b>4 Pub Steak Cheeseburger</b> (1 Beef Patty, 1 Sl Cheese, 1 Pkt Ketchup) 1 WW Sandwich Roll 1/2 C Broccoli w/Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826	<b>5 Ham &amp; Cheese Frittata</b> (1 Frittata) 1 C Greek Salad w/Dressing 1/2 C Roasted Red Potato Wedges Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681	<b>6 Orchard Salad w/Chicken</b> (3/4 C diced Chicken 1 Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 740	<b>7 Macaroni &amp; Cheese</b> (3/4 C Macaroni & Cheese w/ WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie Cal 671
<b>10 Stuffed Pepper</b> (1 Stuffed Pepper w/meat sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Bread w/Margarine Cal 810 1 Sl Pound Cake w/1/4 C Peaches	<b>11 Broccoli &amp; Cheese Stuffed Chicken</b> (1 Chicken Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601	<b>12 Petite Beef Tenderloin Medallions</b> (1 slice beef w/m jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 712	<b>13 Italian Hoagie</b> (3 Sl ham, 2 Sl Salami, 2 Sl Cheese) Lettuce, Tomato, Onion (On WG Hoagie Roll) 1 C Tossed Salad w/Dressing Fresh Apple Cal 680	<b>14 Mojo Marinated Cod Filet</b> (1 Cod Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange Cal 663
<b>17 Firehouse Chili</b> (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 656	<b>18 Chicken w/Gravy</b> (1 chicken breast w 1/4 /C Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine Apple & Lorna Doone Cookie Cal 681	<b>19 Stuffed Cabbage Roll</b> (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine  Cal 620	<b>20 Chicken Avocado Salad</b> (3/4 C diced Chicken, 1 SS Cup Guacamole) Salad (2 C Lettuce, Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686	21  <b>CENTERS</b> <b>CLOSED</b>
<b>24 Meatloaf w/Gravy</b> (1 Sl Meatloaf e/1/4 C Gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine 1 Mini Loaf Banana Bread Cal 726	<b>25 Chicken Cordon Bleu</b> (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 815	<b>26 Beef Stroganoff</b> (1 C Beef Stroganoff) 1 C Tossed Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Sl Pound Cake w/ 1/4 C Berries Cal 742	<b>27 BBQ Turkey Flatbread</b> (1/2 C Chipped Turkey 1 Sl Cheese, 1 Tbsp Coleslaw, 1 Tbsp BBQ Sauce) 1/2 C Potato Salad WG Flatbread 1/2 C Fresh Cantaloupe Cal 666	<b>28 Sweet and Sour Salmon</b> (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748