

## Member News

### May Is:

- National Stroke Awareness Month
- Arthritis Awareness
- Spring Home Improvement & Landscaping
- Older Americans Month
- National Asthma & Allergy Awareness
- National Better Hearing & Speech
- National Physical Fitness and Sports Month
- Nations Senior Health Fitness Day (last Wednesday of May)

### SPILL THE T...

Greeting,  
I would like to share what I like about Allegheny Senior Center. Beginning at the door, it's handicap accessible. When you come in the members are friendly and helpful. The food is delectable and there are plenty of activities to keep you busy. I am thankful for the Bible Study on Wednesday and Friday. I also love to participate in the Yoga Class. I am always glad to see and talk to my friends.  
Love,  
Margaret DeSeignoria

### MESSAGE FROM THE IN-CENTER COUNSELOR

I am Felicia Washington, the In-Center Counselor at PSC Allegheny. I am here to provide support, advocacy, information and assistance with social service matters. I am available both by phone: 267-286-1455 and in-person (appointment or walk-in) Monday thru Friday from 8:30 am to 4 pm.

I am able to assist you with a variety of benefits and services that include the following:

- Liheap
- Snap Benefits
- Information & Referral
- Philabundance Food Boxes
- Housing
- Property tax/ Rent Rebate
- Emergency Fund
- Center Membership

If you are 55 or older and interested in joining PSC Allegheny, please do not hesitate to meet with me to complete a membership application and receive a new member's informational packet.

**Felicia Washington**  
In-Center Counselor

Philadelphia Senior Center is funded by the Pennsylvania Department of Aging, the United Way, corporations, foundations and individuals. U.W. Donor Choice #000095




info@newcourtland.org

215-226-0761

Philadelphia, PA 19132  
1900 W. Allegheny Ave.

## Hello Allegheny Senior Center Members and Friends,

Happy Mothers' Day to all the Mothers & Grandmothers !!!

Happy Memorial Day to Everyone.

Spring is here. The weather is warmer and the flowers are blooming.

It's time to remove the heavy winter coats for a light jacket or sweater.

This month, Allegheny Senior Center has some fun filled activities planned for you.

Come join us on May 5th for our Mother's Day Celebration. 100 Ladies In Red. Make sure you wear red and bring a friend.

We wish everyone that is going on our trip to Wildwood, on 5/22/2016-5/26/2016, a safe and enjoyable trip.

And don't forget our Memorial Day Celebration on May 27, 2016.

We have a multitude of activities scheduled at Allegheny Senior Center. Hot & Cold Meals are prepared on site. Several Exercise classes, Arts & Crafts, Jewelry, Bible Study, Line Dancing, Bingo, and Cards.

Come join us !

Sincerely,

**Jackie Wyley**

Manager, PSC – Allegheny Branch

## Speakers, Special Events & Parties

### PCA Emergency Fund Bake Sale Wednesday, May 4, 10:00am

\*Cost: \$1.00 a slice  
PCA needs OUR help! Let's raise the funds for the Emergency Fund! We are asking if you can donate a baked good for this fundraiser?

PrimeTime Health Promotion  
**Fox Chase Cancer Center presentation on Cervical Cancer**  
Wednesday, May 4, 10:00am \*Free  
Information will be provided on the signs and symptoms and preventive methods. Please come with you questions and concerns.

Mother's Day Celebration  
**100 Ladies In Red**  
Thursday, May 5, 11:00am \*Free  
Come and fellowship with your sister-friend, let's celebrate you by wearing RED on this day. Enjoy some words of wisdom from our guest speaker, a tasty meal for lunch and nice soothing music. If you would like to share some words of wisdom, please sign-up at the front desk so we can add you to the celebration.

CARIE  
**Medicare Fraud and Prevention Program**  
Wednesday, May 11, 10:00am \*Free  
Did you know that billions of dollars are lost to Medicare fraud and abuse each year? Money lost to fraud means increased premiums for beneficiaries, increased taxes for all of us, and less money available for programs that assist caregivers. This is a don't miss presentation!

### Dine Around & Shopping Trip: Old Country Buffet & Wal-mart

Wednesday, May 11, 11:00am  
\*Cost varies  
Enjoy a light lunch with you fellow members and the do a little shopping. Remember just odds and ends. Please sign-up at the front desk if you would like to go on the trip.

### Associated Services for the Blind Monday, May 16, 10:00am \*Free

Find out what services they provide, come with your questions and concerns.

### Older American Month Celebration Theme: Blaze The Trail

Wednesday, May 18, 10:00am \*Free  
Come out and celebrate YOU (Western Style). If you are attending this event please make sure you register for lunch. We would love for you to kick up your heels while you take in the ambience of your center. Music will be provided by Steve Cofield .

PrimeTime Health Promotion  
**What's New in Diabetes?**  
Tuesday May, 24, 11:00am \*Free  
This one-hour program will provide older adults with the most up-to-date information concerning current treatment trends related to diabetes, so they can discuss treatment options with their healthcare providers with confidence.

PrimeTime Health Promotion  
**Fox Chase Cancer Center presentation: Skin Cancer**  
Wednesday, May 25, 11:00am \*Free  
Information will be provided on the signs and symptoms and preventive methods. Please come with you questions and concerns.

## Ongoing Events

**Chat & Chew**  
**Monday-Friday, 9:00am**  
Start your day off right with a cup of coffee or tea, a light breakfast and fun conversation with your friends. Also enjoy reading the paper a listening to relaxing music.

**Computer Lab**  
**Monday-Friday, 10:00am**  
Take this time to enjoy playing Internet games or to advance your computer skills on your own. Cost: Free

**50/50 Drawing**  
**Monday, Wednesday & Thursday, 10:00am-11:30am**  
Please see Mr. Johnson or Ms. Dutton to purchase your ticket. All proceeds benefit the Center. Winner gets half of the pot. Tickets are buy 2 get 1 FREE. Cost: \$1.00 each ticket

**NewCourtland LIFE Living Well Learning Well Tai Chi**  
**Weekly: Monday & Wednesday, 11:00am-12:00pm**  
A Chinese system of SLOW meditative physical exercise designed for relaxation, balance, and health. This class is lots of fun come and out get fit! Cost: Free

**Line Dancing**  
**Monday: 10:00am-11:00am**  
**Wednesday: 1:00pm-2:00pm**  
Arnold Zacharias leads this weekly class. Come and learn and latest line dances. Cost: Free for Members. 2 coupons per class (Non-Member)

**Bible Study**  
**Weekly: Mondays, 10:00am**  
Led by members Lelia Jarvis and Kathleen Young. Join this group for an educational study of the Bible. Cost: Free

**Muscle Tone**  
**Mondays, 11:00am**  
Stretch and tone uses lightly challenging weights and stretching to enhance flexibility and stability, improving balance. Cost: Free

**Painting Class**  
**Mondays, 10:00am-11:00am**  
Join Tioga's painting class with Sheena Garcia, this class will allow you to express yourself through painting. Also learn how to match different colors to make one beautiful color. Cost: \$1.00 per class

**Jewelry by Design** Led by Instructor Jennifer Thomas  
**Weekly: Monday & Thursday, 12:45pm**  
Participants create and design their own accessories using beautifully designed beads and other signature crafted pieces. Show off and take home your very own hand-made bracelets, necklaces and much more. Cost: \$2.00

**House Party**  
**Mondays, 1:00pm**  
Do you like to dance to soul music along with some R&B? If so join Janet Ford & get FIT! Cost: \$1.00 coupon per class

**Make it/Take it!**  
**Mondays, 1:00pm-3:00pm**  
This do it yourself class allows you to make handmade, one of a kind items such as greeting card, gift bags, gift boxes and take them home with you the same day! If you enjoy sweet sentimental one of a kind items, this is the class for you! Join us and began a project today! Cost: \$1.00 coupon per class

**Choir**  
**Weekly: Mondays, 1:00pm**  
Let by instructor Mattie Giles and Carolyn Alexander, Love to sing or perform? Lift your voice with our AWESOME choir. Enjoys traveling to various Centers, Nursing Homes and performing for our members at home with their sweet inspirational sounds. Cost: Free

**Podiatrist Dr. Mike**  
**1st and 3rd Tuesdays of every month, 8:30am -11:30pm**

**Pottery & Ceramics**  
**Tuesdays, 10:00pm**  
Are you ready to get back into the groove with pottery and ceramics? Join Artist George Apotsos and learn how to make hand-made objects as well as use the many molds to make premade objects and figurines. Now is the time to show off your talent! Cost: \$3.00 coupons pre class

**NewCourtland LIFE Living Well Learning Well Seated Strength Training**  
**Tuesdays, 11:00am-12:00pm**  
This class offers a total body workout that targets the upper and lower body with a variety of exercises that can be done while seated! Join Ahmad Pyett for this 7-week course! Cost: Free

**Enhance Fitness** Led by Instructor Eric Ramos  
**Weekly: Tuesday, 11:00am**  
**Thursday, 9:30am**  
Need a boost of energy? Join the exercise class to "ENHANCE" flexibility and stretching. Learn to incorporate exercise and dance all while having fun. It's not a workout it's a party!

**Carl's Fruit Stand**  
**Every Tuesday, 12:00-2:00pm, Room 2**  
Carl has a great selection of fruits, veggies, snacks and even drinks. Prices vary but are very reasonable! Please stop by to check it out!

**Exploring the Internet/ Teach Me to Touch**  
Led by Instructor William Brown  
**Weekly: Tuesdays, 12:45pm**  
Interested in learning basic computer skills, how to send or receive an email, Google general information, or to simply personalize and design your own cards to sent to family & friends? Experience today's technology. Learn to touch, swipe, and navigate the Ipad. Join this class! Cost: Free

**Sewing Class**  
**Weekly: Tuesdays at 1:00pm**  
**Thursdays at 10:00am**  
Join Bessie Gordy to sew your very own, one of a kind item such as clothing, purses, pillows and anything else you can think of! Create your own masterpiece! Cost: \$1.00 coupon per class

**Quilting Class**  
**Wednesdays, 10:00am-12:00pm**  
Create original artistic quilts with colorful fabrics and threads. Sewing and design come together for on-of-a-kind creations. Cost: Free

**Bible Class**  
**Wednesdays, 10:00am**  
Non-denominational study group. Cost: Free

**Bingo**  
**Wednesdays & Fridays, 10:15am**  
Join us for fun and prizes.

**Senior Fit** Led by Instructor Diane Thomas  
**Weekly: Wednesdays & Thursdays, 10:30am**  
Led by Instructor Diane Thomas. Join this exercise class for incredible stretch and ton movements. Senior Fitness specializes in the use of light hand-held exercise equipment such as weights and fitness balls. Receive a total workout standing or sitting. Cost: Free

**Aerobic Fit Muscular Strength**  
**Wednesdays, 11:15am-12:00pm**  
Join Norma Leon in the nation's leading fitness program for older adults. This exercise program can reduce your risk of heart disease by up to 50%; double your muscle strength in three to four months and reduce the risk of diabetes by as much as 75%. Cost: Free

**Journey's Way Peer Discussion**  
**Wednesdays, 12:45pm**  
Share your thoughts about life, love, lost and change. Cost: Free

**Creative Crafts & Crochet**  
**Wednesdays, 1:30pm-2:30pm**  
Class led by Elizabeth Cason. Join the class and make some interesting pieces out of some unique items. Cost: \$1.00 per class

**Phenomenal Women**  
**Every other Thursday, 10:00am-11:00am**  
Come share your life stories over a cup of tea with Georgette King and have the experience brought to life on paper planting the seed for the children who will follow. Cost: Free

**In-Center Counselor Speaks Out**  
Led by Felicia Washington  
**Weekly: Wednesday, 11:30am** (and as needed)  
Our Center counselor gives information and updates on social services available. Some of the sources include property taxes rebate, emergency oil, liheap entitlements, benefits, and much more. Cost: Free

**Chair Massage w/ John Johnson**  
**1st & 3rd Thursday of every month, 11:00am.** Cost: Free

**Macramé Class**  
**Every Other Friday at 12:45pm**  
(Please check monthly calendar for dates)  
Led by Bessie Gordy, join the class and learn how to make a planter holders, pocket book, table mats settings and much more. Cost: \$1.00 coupon per class

**Crotchet and Knitting** Led by Instructor Elizabeth Cason  
**Weekly: Fridays, 10:00am**  
Enjoy crotchet or knitting? Join this class to learn new ways to create different items such as hats, scarves, tote bags & plenty more. Cost: \$1.00 coupon per class

**Bible Study**  
**Fridays, 10:00am-11:00am**  
Class led by Minister Calvin Myers, this is a free, non-denominational study group. Cost: Free

**Sing-A-Long**  
**Weekly: Fridays, 11:00am-12:00pm**  
Join us for an entertaining hour of singing and fun. Cost: Free

**Line Dancing**  
**Weekly: Fridays, 1:00pm**  
Led by Instructor Gloria Kingcade. Love to dance? Show off your skills? Learn the latest line dance steps as you move and groove to the latest line dance hits  
Cost: Free for Members. 2 coupons per class (Non-Member)

**Gentle Chair Yoga**  
**Weekly: Fridays, 1:00pm-2:00pm**  
This yoga class combines breathing, exercise, stretching and meditating for a full body workout in a chair, yoga increases flexibility and strength, tones the body, reduces tension and boosts energy. Cost: Free

**Brain Games**  
**Fridays, 2:00pm**  
Lets give our brains a workout! Enjoy this time to exercise you mind with crossword puzzles, scrabble and much more.

**Low Impact Zumba** Led by instructor Janet Ford  
**Weekly: Fridays, 2:30pm-3:30pm**  
teaches hypnotic Latin rhythms! Easy-to-follow moves (seated for low impact) create a one-of-a-kind fitness program. Cost: Free

**Games:** Pinochle & Pity Pat (daily)

**Flower Arrangement**  
**3rd Thursday** Cost: \$2.00 per class

**Pretzel Sale 1st Monday**  
**Wii Game Play 1st Friday: 1:00pm-2:00pm**

**Movie Time 1st Friday: 1:00pm-2:00pm**

**Music Time 2nd Friday: 1:00pm-2:00pm**

## Healthy Eating Choices for May

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Chicken Cheese Steak on Wheat Roll</li> <li>Steak Fries w/ Ketchup</li> <li>Spring Mixed Salad w/ Lettuce</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey Salad Sandwich on Wheat Bread</li> <li>Macaroni Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Vanilla Wafers</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Grilled Italian Sausage w/ Onions and Peppers</li> <li>Baked Potatoes</li> <li>Sautéed Spinach</li> <li>Tossed Salad</li> <li>Dinner Roll w/ Margarine</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chicken Salad Platter</li> <li>Cole Slaw</li> <li>Bread Sticks</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Pineapple Chunks</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Beef Stroganoff w/ Egg Noodles</li> <li>Sliced Carrots</li> <li>Toss Salad w/ Dressing</li> <li>Wheat Dinner Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Tuna Salad Hoagie</li> <li>Creamy Cucumber Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Yellow Cake w/ Icing</li> <li>Mixed Fruit Juice</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Baked Fish w/ Tartar Sauce</li> <li>Au' Gratin Potatoes</li> <li>Chopped Broccoli</li> <li>Cornbread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Corned Beef Special on Rye</li> <li>Coleslaw</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Italian Style Spaghetti w/ Meat Sauce</li> <li>Spring Mixed Salad w/ Dressing</li> <li>Green Beans</li> <li>Garlic Bread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Grilled Chicken Caesar Salad w/ Dressing</li> <li>Potato Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Salisbury Steak w/ Gravy</li> <li>Mashed Potatoes</li> <li>Harvest Beets</li> <li>Wheat Dinner Roll w/ Margarine</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chicken Fiesta Salad Platter</li> <li>Three Bean Salad</li> <li>Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Cherry Ice</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Breaded Baked Fish w/ Tartar Sauce</li> <li>Stewed Tomatoes</li> <li>Macaroni and Cheese</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Italian Hoagie w/Turkey Ham</li> <li>Coleslaw</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Oatmeal Cookies</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Chicken Fried Rice</li> <li>Oriental Vegetables</li> <li>Wheat Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Pastrami &amp; Swiss Cheese Sandwich Wheat Bread</li> <li>Spaghetti Pasta Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Mandarin Orange</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Macaroni &amp; Beef Casserole</li> <li>Garlic Bread</li> <li>Mixed Vegetables</li> <li>Tossed Salad</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey Salad Platter</li> <li>Diced Fresh Fruit</li> <li>Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Slice of Little Charlie's Cheese &amp; Sausage Pizza</li> <li>Caesar Salad</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Southwestern Chopped Salad with Fajita Chicken</li> <li>Baked Tortilla Chips</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Chocolate Ice Cream</li> </ul>
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Spaghetti &amp; Meatballs</li> <li>Green Beans</li> <li>Spring Mixed Salad w/ Dressing</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey Club Caesar Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Peaches</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>BBQ Chicken Thighs</li> <li>Simmered Black Eyed Peas</li> <li>Collard Greens</li> <li>Corn Bread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chef Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Pears</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Beef Stir-Fry w/ Brown Rice</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey Greek Salad Bowl</li> <li>Bread Sticks</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Meatloaf</li> <li>Mashed Potatoes</li> <li>Carrots</li> <li>Spinach Salad</li> <li>Dinner Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chicken Breast on Kaiser Roll</li> <li>Coleslaw</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Pineapple Chunks</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Turkey Burger on Wheat Bun w/ Cheese</li> <li>Sweet Potato Wedge</li> <li>Coleslaw</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Egg Salad Sandwich on Wheat</li> <li>Carrot &amp; Raisin Salad</li> <li>Spinach Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Grilled Ham Steak</li> <li>Steamed Carrots</li> <li>Baked Potato w/ Sour Cream</li> <li>Wheat Bread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Smoked Turkey Sandwich on Rye w/ Cheese</li> <li>Coleslaw</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Strawberry Ice Cream</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Baked Chicken Quarter</li> <li>Macaroni &amp; Cheese</li> <li>Peas w/ Onions</li> <li>Corn Bread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Seafood Salad Platter</li> <li>Dice Fresh Fruit</li> <li>Potato Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Sliced Pear</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Beef Pepper Steak w/ Rice</li> <li>Steamed Broccoli</li> <li>Tossed Salad w/ Dressing</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chef Salad</li> <li>Pickled Beet Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Cheese Burger on Wheat Bun</li> <li>Tater Tots</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Tuna Salad Platter</li> <li>Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Applesauce</li> </ul>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Baked Chicken Breast w/ Gravy</li> <li>Creamed Corn</li> <li>Bread Stuffing</li> <li>Caesar Salad Dressing</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Toasted Turkey BLT Sandwich</li> <li>Pasta Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Sliced Peaches</li> </ul>
<p><b>CLOSED FOR MEMORIAL DAY</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Grilled Italian Sausage w/ Onions and Peppers</li> <li>Baked Potatoes</li> <li>Sautéed Spinach</li> <li>Tossed Salad</li> <li>Dinner Roll w/ Margarine</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chicken Salad Platter</li> <li>Cole Slaw</li> <li>Bread Sticks</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Pineapple Chunks</li> </ul>			

