

## Member News

### Volunteer Opportunities

Have some free time and looking for ways to volunteer? Stop by the program window and register.

### Friendly Callers: Thursday, April 14

Do you have the time to brighten a member's day, who can no longer attend the center by providing a friendly call? Please join the Friendly Callers every second Thursday in **Room A at 11:30am.**

### Manna: Wednesday, April 16

Join us to package meals to people with nutritional risks. Participants will meet in PSC lobby at 9:30am to travel as a group. Space is limited to six participants each visit.

### Aids Fund: Thursday, April 21

Join us for fun and packaging bingo cards for AIDS FUND. Limited to eight participants each visit.

### Volunteer Meeting

**Wednesday, April 30, @ 1:30 pm**  
in the Green Bean Internet Café

### CLASS COUPONS

Class coupons can be purchased at the program window or at the front desk. Coupons cost \$1 per coupon, \$5 per book of coupons. Coupons should be purchased prior to class time.

### CCT CONNECT

Rides to and from the center are available. Medical rides are offered to members once a month. Please see Michelle Catala for applications, ride schedule, changes in schedule or questions regarding this service. 215-546-5879 ext.255



Philadelphia Senior Center receives funding from indicating funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.

### MEMBERSHIP

Philadelphia Senior Center offers three levels of membership from free of charge to \$12 Silver option.

**Silver Membership:** Cost - \$12 annually  
Discounts on classes, programs & trips; PSC Newsline delivered to your home; access to PSC programs, classes & trips. You must be 60 or older for Silver Membership.

**Standard Membership:** Cost - FREE  
You must be 60 or older for Standard Membership.

**55+ Membership:** Cost - FREE  
All members under the age of 60 years old are required to pay the full cost of the congregate lunch of \$3.25

For additional information, please call (215) 546-5879 or stop by the Front Desk.



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

# Stay Active

Monthly Events and Activities for Members

April 2016

## Hello Great Members of PSC - Arts Branch,

Friendly reminder, Fire Drill scheduled for Tuesday, April 19th at 2pm. The following emergency procedures are required:

When the fire alarm sounds, you are to evacuate the building. Staff will be on hand to guide your evacuation depending on your location in the building and the location of the alarm.

Thank you for your cooperation,

**Julie Nelson**  
Center Manager

## Special Events

### National Museum of American Jewish History Tour

Enjoy a guided group tour of the museum (10 participants)

**Wednesday, April 20, 10:00am-11:30am**

Please sign up with Gladys. No Fee

Trinity Center presents

### Astral Artists Classic Music Concert

**Wednesday, April 6, 1-2pm**

2nd Floor Auditorium. No Fee

### Beverly Riddick Vendor Craft & Jewelry

Exquisite Jewelry for Women and Men

**Wednesday, April 5, 1-3pm**

1st Floor Lobby.

### AARP Foundation Tax-Aide

**Starts Friday, February 5, 10:00am to 1:00pm**

**Weekly, Every Friday until April 8th**

Offer free tax help to low-and moderate income tax payers 60 and older.

Computer Lab 2nd floor. No Fee

Please sign up at the Program window

### Volunteer Week

**Monday, April 11th - Friday, April 15th**

Monday: Make Greeting Cards for Power Back Residents- 10am 2nd Floor Lobby

Tuesday: Enjoy and relax with a chair massage (Fitness room)

Wednesday: Sherbet & Soft Pretzel Day - 2:00pm (Room B)

Thursday: Take Greeting Cards to Power Back Residents - Meet in Art Studio at 1pm

Friday: Volunteer Reception-1-3pm - Room A, B & C

### Flowers on Location

**Friday, April 22, 1pm**

"Decorated a Hat" participants can choose selection of hats and add flowers. 1st floor lobby. Cost \$3.00 Sign up at the program window

### Welcome to the Red Hat Society

**Tuesday, April 12, 1:00pm**

**(2nd Tuesday of each month)**

Make new friends and enrich lives Room B. No fee

### Passover Seder Celebration

Presented by Michele Watkins

**Tuesday, April 26, 2:00pm**

Light refreshment will be served Room C. Cost: No Fee

The American Liver Foundation

### Liver Wellness Presentation

**Tuesday, April 19, 2:30pm**

Green Bean Café. No Fee

The American Liver Foundation

### Presentation: Viruses that affect the Liver

**Tuesday, April 26, 2:30pm**

Green Bean Café. No Fee

Fox Rehab Center Presents:

### Winter Fall Prevention "Balance Assessments for Older Adults"

**Wednesday, April 27, 10:00am-11:00am**

1st floor Lobby. No Fee

### Philadelphia Senior Center Book Club

**"Why I like this book"**

**Friday, April 8th, 2:00pm (2nd Friday of month)**

Share the many reasons why you like a book and how it relates to your life! Room C

## Trips

### Sight & Sound's Show Spectacular 'SAMSON'

**Thursday, April 7, 2016**

at the Millennium Theatre

Bus departs 10:00am; Bus returns 7:00pm

Cost: Silver \$105.00; Standard/55+ \$109.00

Cost includes transportation, luncheon smorgasbord at Shady Maple and show ticket.

Contact Gladys Rossano 215-546-5879

### PSC-Arts Branch Advisory Council Presents a Trip to Resorts Casino in Atlantic City

**Monday, April 18, 2016**

Departs at 9am, Returns at 6pm

Cost: \$25.00 Casino Bonus: \$25.00

Sign Up At the Program Window Today!

### Camp Ladore, Waymart, Pa

**May 23rd - 27th, 2016**

Price includes round trip transportation, 4 nights lodging, and 11 meals.

Cost: \$285.00 per person double occupancy

\$420.00 per person single occupancy

\$65.00 Non-refundable deposit

Final payment due March 18th

Limited number of scholarship available

Contact Gladys Rossano 215-546-5879

### Vip Bus to Tropicana Casino in Atlantic City

**Wednesday, June 22, 2016**

Play bingo on the way (\$2.50 to play)

Enjoy a light breakfast, and a light lunch on the bus.

Bus departs: 9:00am, Returns: 5:30pm

Cost: Silver \$46 Standard/55t: \$48

Casino Bonus: \$25 On sale now

### Ace In The Hole Let's Stay Together"

**A Tribute to Rev. Al Green**

**Wednesday, July 27, 2016**

Family style luncheon and the Matinee Performance of "Let's Stay Together". On sale now! \$25.00 deposit.

Balance due June 1. Gold/Silver members: \$85.00 per person. 55 & Over: \$88.00 per person

### Pinegrove Ranch & Family Resort

**September 11-September 16, 2016**

Deposit \$50.00 per person

Silver member: Double occupancy \$409.00

Single occupancy \$409.00

Standard/55+: Double occupancy \$414.00

Single occupancy \$414.00

Contact Gladys Rossano for details 215-546-5879

info@newcourtland.org  
215-546-5879

Philadelphia, PA 19147  
509 South Broad Street

A Proud Member of the NewCourtland Network

 PHILADELPHIA  
SENIOR CENTER  
ON THE AVENUE OF THE ARTS

## Ongoing Events

Checkers, Chess, Puzzles, Dominoes, Pinochle, Skip Bo, Pity Pat, and Coffee & Tea Time are offered every day at PSC – Arts Branch.

## Arts & Crafts

### STAINED GLASS

**MONDAYS, 10:00AM • ART STUDIO**

Class instructed by Dennis Tate. Join us in creating beautiful stained glass works of art.

**COST: 6 PSC COUPONS**

### JEWELRY & BEADING

**TUESDAYS, 10:00AM • ART STUDIO**

Learn how to bead and make chic jewelry with instructor Elizabeth Cason.

**COST: 2 PSC COUPONS**

### CRAFT CORNER

**WEDNESDAYS, 10:00AM • ART STUDIO**

**COST: 2 PSC COUPONS**

### CERAMICS

**WEDNESDAYS 12:30PM: ART STUDIO**

**FRIDAYS 10:00AM-3:30 PM • OPEN STUDIO**

Create designs for a range of pottery objects that are then made by shaping and firing clay with George Apotsos

**COST: 5 PSC COUPONS**

## Exercise

### SEATED STRENGTH TRAINING

**MONDAYS IN ROOM A @ 11AM**

**TUESDAYS IN ROOM C @ 11AM**

A 12 week program that helps builds flexibility, muscle strength, and endurance. This program is brought to you as part of NewCourtland's newly relaunched Living Well, Learning Well Program.

**COST: FREE**

### TAI CHI

**MONDAYS, 11:00AM • ROOM B**

A martial arts form of exercise that is smooth and soothing.

**COST: FREE**

### FITNESS COACH

**MONDAYS, 1:15PM • FITNESS CENTER**

Learn how to correctly utilize the Fitness Center Equipment with Edwina Edwards. **COST: FREE**

### WALKING AT THE BELLEVUE

**TUESDAYS & THURSDAYS @ 9AM-11AM**

Meet at the Bellevue on located on broad & Walnut to walk around the track. Must register at the program window. **COST: FREE**

### CHI KUNG

**TUESDAYS, 10:00AM • ROOM C**

Chi Kung is a Chinese exercise system that combines movement with calm and gentle breathing exercises, providing harmony strength and health, while increasing your energy.

**COST: 3 PSC COUPONS**

### "ANYONE CAN MOVE"

**TUESDAYS, 2:00PM ROOM B**

Join the Movement Classes you probably remember how good it felt to move and turn and wave yours arms to great music.

**COST: 2 PSC COUPON**

## Exercise (continued)

### YOGA

**WEDNESDAYS, 11:00AM • ROOM B**

Yoga increases flexibility and strength, tones the body, reduces tension and boosts energy.

**COST: 3 PSC COUPONS**

### ZUMBA FITNESS

**WEDNESDAYS, 12:45PM • ROOMS A & B**

Hypnotic Latin rhythm and easy-to-follow moves create a one-of-a-kind fitness program.

**COST: 2 PSC COUPONS**

### TAP DANCING (Beginner)

**THURSDAYS, 10:00AM • FITNESS ROOM**

Tap Dancing is back come and join us.

**Cost: 3 PSC COUPONS**

### BALLROOM DANCING

**THURSDAYS, 11:00AM • FITNESS ROOM**

Join us to learn various ballroom dances that follow a conventional series of steps. **COST: 2 PSC COUPON**

### AEROBIC FIT MUSCULAR STRENGTH (AFMS)

**THURSDAYS, 2:00PM ROOMS A & B**

**COST: 2 PSC COUPON**

### SIT & BE FIT

**FRIDAYS, 11:00AM • ROOM A**

Join us in learning ways of exercising while sitting.

**COST: FREE**

### VARIETY LINE DANCING

**FRIDAYS, 1:15PM • ROOMS A & B**

A non-strenuous form of exercise done to music.

**COST: 2 PSC COUPON**

## Educational

### BEGINNER COMPUTER CLASS (SPRING LESSONS)

**APRIL 4-JUNE 6, 2016 (10 WEEKS)**

**10AM-12PM • COMPUTER LAB**

Cost: 4 Coupons

### FRENCH

**ROOM C**

Join us to learn to speak French. **COST: FREE**

**BEGINNER, MONDAYS, 10:00AM**

Instructed by Carol Dawkins

**INTERMEDIATE, MONDAYS, 11:00AM**

Instructed by Mary Parks.

**ADVANCED, WEDNESDAYS, 2:00PM**

Instructed by Wardell O'Connor.

### GENERATIONS ONLINE SIP & SWIPE: IPAD CLASS

**TUESDAYS, 1PM • GREEN BEAN INTERNET CAFÉ**

**TUESDAYS, 2PM • GREEN BEAN INTERNET CAFÉ**

**COST: FREE**

### CONVERSATIONAL ITALIAN

**ROOM C**

Class instructed by Leroy Farias. Join us to learn how to speak Italian. **COST: FREE**

**BEGINNER, WEDNESDAYS, 10:00AM**

**INTERMEDIATE, WEDNESDAYS, 11:00AM**

**ADVANCED, MONDAY, 1:30PM**

### SPANISH

**THURSDAYS • ROOM C**

**BEGINNERS, 10:00AM**

**ADVANCED 11:00AM**

Class instructed by Delores Gallashaw. Join to learn how to speak Spanish. **COST: FREE**

### CONSTITUTIONAL HERITAGE

**THURSDAYS, 2:15PM • ROOM C**

Come learn about the constitution led by Mr. John Keels.

**COST: FREE**

## Recreation

### "ROCK, ROLL & REMEMBER" (formally Doo Wop)

**MONDAYS, 10:00AM • ROOM A**

Join Charlene Koester as she rocks to music of the 50s. Rock Roll & Remember!

**COST: 1 PSC COUPON**

### DIGITAL PHOTOGRAPHY

**MONDAYS, 1:00PM • ROOM B**

Join Eileen Eckstein for lessons in digital photography.

**COST: Free**

### BIBLE STUDY

**TUESDAYS, 10:00AM • ROOMS A & B**

Instructed by Rev. Walter Montague.

**COST: FREE WILL OFFERING EXCEPTED**

### CHAIR MASSAGE

**EVERY THIRD TUESDAY, 11:00AM • ROOM C**

**COST: 2 PSC COUPON FOR 5 MINUTES**

### DRAMA

**TUESDAYS, 12:30PM • ROOM A**

Join us in exploring the craft of acting with instructor Denise Wortham. **COST: 3 PSC COUPONS**

### BINGO

**TUESDAYS, 12:45PM • ROOM C**

Join us for fun and prizes.

### TLC

**THURSDAYS, 10:00AM • ROOM A**

T.L.C is a support group offering suggestions for coping with issues of today. The group is led by a specially trained social worker.

**COST: FREE**

### CHORUS

**THURSDAYS, 12:00PM • ROOM A**

Choir directed by Ms. Criseeda J. Seals.

**COST: FREE**

### THE BEST DAYS OF MY LIFE (Storytelling & Writing Club)

**THURSDAYS, 1:00PM • ROOM C**

Come join our storytelling and writing class instructed by Bonita Cooper.

**COST: FREE**

### MIND AEROBICS

**FRIDAYS, 10:00AM • 2ND FLOOR LOUNGE**

Puzzles and other activities that help increase focus and concentration while enhancing creativity.

**COST: FREE**

### POETRY

**FRIDAYS, 2:15PM • ROOM B**

Join us in learning how to express emotions through poetry. **COST: FREE**

## Healthy Eating Choices for April



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><i>Hello spring!</i></p>				<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Cheese Burger on Wheat Bun</li> <li>Cold Slaw</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Tuna Salad Platter</li> <li>Romaine Lettuce Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Sliced Peaches</li> <li>Oatmeal Raisin Cookie</li> </ul> <p style="text-align: right;"><b>1</b></p>
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Cheese Steak Sandwich</li> <li>Tossed Salad</li> <li>Tatar Tots</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey Salad Sandwich</li> <li>Whole Wheat Bread</li> <li>Marinated Cucumber Salad</li> <li>Pick Me Up Produce Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>5 Vanilla Wafers</li> </ul> <p style="text-align: right;"><b>4</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Baked Pork Chops w/ gravy</li> <li>Sautéed Spinach</li> <li>Tossed Salad</li> <li>Au gratin Potatoes</li> <li>Brown and Serve Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Seafood Salad Platter</li> <li>Cole Slaw</li> <li>Small Bead Sticks</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Chocolate Ice Cream</li> </ul> <p style="text-align: right;"><b>5</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Stir-Fry Vegetables</li> <li>Beef with Broccoli</li> <li>Brown Rice</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> <li>Potatoe Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Oranges</li> </ul> <p style="text-align: right;"><b>6</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Baked Fish</li> <li>Collard Greens</li> <li>Baked Potato</li> <li>Cornbread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Corned Beef Special w/ Rye Bread</li> <li>Coleslaw</li> <li>Small Cherry Tomatoes</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul> <p style="text-align: right;"><b>7</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Meatball Sandwich</li> <li>Tossed Salad</li> <li>Green Beans</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Tuna Salad Hoagie w/ Mozzarella Cheese on Roll</li> <li>Orange Slice</li> <li>Creamy Cucumber Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul> <p style="text-align: right;"><b>8</b></p>
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Italian Sausage w/ Marinara Sauce</li> <li>Spaghetti Pasta</li> <li>Tossed Green Salad</li> <li>Whole Green Beans</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>Whole Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Pineapples Chunks</li> </ul> <p style="text-align: right;"><b>11</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Bread Baked Pollock</li> <li>Stewed Tomatoes</li> <li>Tossed Salad</li> <li>Whole Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Italian Hoagie w/Provolone</li> <li>Caesar Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Canned Peaches</li> </ul> <p style="text-align: right;"><b>12</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Chicken Fried Rice</li> <li>Oriental Vegetables</li> <li>Tossed Salad</li> <li>Fried Rice</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Italian Inspired Turkey Bowl</li> <li>Picked Beet Salad</li> <li>Pasta</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> </ul> <p style="text-align: right;"><b>13</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Macaroni &amp; Beef Casserole</li> <li>Coleslaw</li> <li>Normandy Blend Vegetables</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Pastrami &amp; Swiss Sandwich on Whole Wheat Bread</li> <li>Coleslaw</li> <li>Potato Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul> <p style="text-align: right;"><b>14</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Slice Little Charlie's Cheese &amp; Sausage</li> <li>Caesar Salad</li> <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 style="text-align: right;"><b>15</b></p>
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Spaghetti and Meatballs</li> <li>Tossed Salad</li> <li>Green Beans</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey Club Caesar Salad</li> <li>Three Bean Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Peach Slices w/ Whipped Topping</li> </ul> <p style="text-align: right;"><b>18</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Meatloaf</li> <li>Mashed Potatoes</li> <li>Cooked Carrots</li> <li>Spanish Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Chef Salad</li> <li>Picked Beets w/ Onions</li> <li>Whole Wheat Dinner Rolls</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Pears</li> </ul> <p style="text-align: right;"><b>19</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Beef Stir-Fry</li> <li>Brown Rice</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey Greek Salad Bowl</li> <li>Whole Wheat Dinner Roll</li> <li>Two Bread Sticks</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul> <p style="text-align: right;"><b>20</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>BBQ Chicken Thigh</li> <li>Blacked Eyed Peas</li> <li>Red Beet And Onion Salad</li> <li>Collard Greens</li> <li>Cornbread</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 Chucks</li> </ul> <p style="text-align: right;"><b>21</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Turkey Burger w/ Cheese &amp; Whole Wheat Bun</li> <li>Baked Sweet Potatoes Wedges</li> <li>Coleslaw</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Egg Salad Sandwich on Whole Wheat Bread</li> <li>Spinach Salad</li> <li>Carrot Raisin Salad</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul> <p style="text-align: right;"><b>22</b></p>
<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Glazed Ham</li> <li>Steamed Cabbage</li> <li>Lima Beans</li> <li>Whole Wheat Bread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Smoked Turkey on Rye</li> <li>Coleslaw</li> <li>Apple Slices</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Light Strawberry Ice Cream</li> </ul> <p style="text-align: right;"><b>25</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Quarter Chicken</li> <li>Zucchini &amp; Stewed Tomatoes</li> <li>Dumpling</li> <li>Cornbread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Crispy Chicken Salad Platter</li> <li>Raw Vegetables</li> <li>Small Croissant</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Oranges</li> </ul> <p style="text-align: right;"><b>26</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Shrimp Lo-Mein</li> <li>Steamed Broccoli</li> <li>Bok Choy &amp; Cabbage</li> <li>Fortune Cookie</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Italian Chef Salad w/ Mozzarella &amp; Provolone</li> <li>Picked Beet Salad</li> <li>Bread Stick</li> <li>Whole Wheat Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> </ul> <p style="text-align: right;"><b>27</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Baked Chicken Breast w/gravy</li> <li>Buttered Peas &amp; mushrooms</li> <li>Bread Stuffing</li> <li>Whole Wheat Bread</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Turkey BLT Chef Salad w/ Cheddar Cheese</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Unsweetened Applesauce</li> <li>Orange Juice</li> </ul> <p style="text-align: right;"><b>28</b></p>	<p><b>Hot</b></p> <ul style="list-style-type: none"> <li>Cheese Burger on Bun</li> <li>Coleslaw</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>Tuna Salad Platter</li> <li>Romaine Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <p><b>Dessert</b></p> <ul style="list-style-type: none"> <li>Sliced Peaches</li> <li>Oatmeal Raisin Cookie</li> </ul> <p style="text-align: right;"><b>29</b></p>