

## Member News

### Volunteer Opportunities

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

#### Friendly Callers: Thursday, March 10

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, March 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, March 24

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

#### Volunteer Meeting

Wednesday, March 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

March 2016

## Hello Great Members of PSC - Arts Branch,

Do you know the most important questions to ask during your doctor's appointments? It's very important to be well prepared for your physician visits. Join the "Ask Me Three Team" on Friday, March 4th at 2pm in the GreenBean Internet Café to discuss.

Do you love to read interesting novels, if so please join Ms. Regina DeSheilds on Wednesday, March 16th at 2pm in the GreenBean Internet Café. Let's talk about starting a Book Club at PSC – Arts.

Festive Meals will be served on March 17th and 24th in honor of Saint Patrick's Day and Good Friday! Please register at the touch screen. Suggested Contribution of \$1.25.

The center will be closed on Friday, March 25th in observance of Good Friday!

Thank you,

Julie Nelson  
Center Manager

info@newcourtland.org  
215-546-5879

509 South Broad Street  
Philadelphia, PA 19147

## Special Events

### Divine Sources Healthy Eating Demo: Are you tired of feeling Tired?

Tuesday, March 8, 2:00pm  
Room C. No Fee

**Physical Therapy Students at the Center  
Prime Time Health Promotion Program  
Thomas Jefferson University Hospital**  
Wednesdays-March 8,16,23,30 and April 6  
Students will conduct group educational activities for five-week period. No Fee

**Welcome to the Red Hat Society**  
Tuesday, March 8, 1:00pm  
Make new friends and enrich lives  
Room B. No fee

**Living Well, Learning Well  
Educational Seminar: Healthy Body Image**  
Thursday, March 10, 3-4pm  
Green Bean Café. No Fee

**Rock, Roll Remember  
Celebration of St. Patrick's Day**  
Monday, March 14th, 10:00am  
Room A. No fee

**Dr. Allan Jaffe- Podiatrist**  
Wednesday, March 16, 10:00am  
Room A

**Philadelphia Senior Center Book Club**  
Wednesday, March 16, 2:00pm  
"Why I like this book" with Ms. Regina DeSheilds. Encourages people to share the many reason why they like a book; and how it relates to their lives. GreenBean Internet Café

**Health Promotion Program:  
Preventing Obesity**  
Tuesdays, March 15 and 22, 2:00pm  
Learn about the impact of weight and common chronic conditions. Presented By: PCA with Dr. Elaine Mackowiak and Stephen Paul GreenBean Internet Café. No Fee

**Living Well, Learning Well  
Educational Seminar: Virtual Grocery Store**  
Thursday, March 17, 3-4pm  
Green Bean Café. No Fee

**Program Meeting**  
Wednesday, March 23, 1:30pm  
Bring your program planning ideas  
Auditorium

**Living Well, Learning Well Educational  
Seminar: Managing Sugar Cravings**  
Tuesday, March 29, 3-4pm  
GreenBean Internet Café. No Fee

## 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. On Sale Now.

**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

**PSC – Arts Advisory Council Trip**  
The Hunterdon Hills Playhouse Dinner Theatre  
Londos D'Arrigo's Hilarious Comedy show  
Tuesday March 22, 2016  
Price includes full coursed meal, show, desserts, tips, taxes & bus/ Cost: \$85.00  
Pick up 9am. Contact: PSC- Gladys  
215-546-5879 ext 209 or Gloria Johnson

**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: TBA On sale now

**Southern Caribbean on the Grandeur of the  
Seas (Royal Caribbean International)**  
**Round Trip From Baltimore, MD**  
January 23 to February 4, 2017  
On Sale Now. Deposit Info: \$500.00 deposit, per person is required to make your reservation.  
For Reservations & Information Contact: Gladys Rossano 215-546-5879

## 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 • ROOM B**

Tap Dancing is back come and join us.

**Cost: 3 PSC COUPONS**

### BALLROOM DANCING

**THURSDAYS, 11:00AM • ROOM B**

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 (WINTER LESSONS)

**JANUARY 4,-MARCH 14, 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 March



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Hot</b> <ul style="list-style-type: none"> <li>Quarter Chicken</li> <li>Zucchini &amp; Stewed Tomatoes</li> <li>Dumpling</li> <li>Cornbread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Crispy Chicken Salad Platter</li> <li>Croissant</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Orange</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Shrimp Lo-Mein</li> <li>Steam Broccoli</li> <li>Bok Choy Cabbage</li> <li>Fortune Cookie</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Italian Chef Salad</li> <li>Picked Beets Salad</li> <li>Bread Stick</li> <li>Whole Wheat Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> </ul>	<b>Hot</b> <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> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey BLT Chef Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Unsweetened Applesauce</li> <li>Orange Juice</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Cheese Burger on Wheat Roll</li> <li>Coleslaw</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Tuna Salad Platter</li> <li>Whole Wheat Dinner Roll</li> <li>Roman Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Oatmeal Cookies</li> <li>Sliced Peaches</li> </ul>
<b>Hot</b> <ul style="list-style-type: none"> <li>Cheese Steak Sandwich on Wheat</li> <li>Tossed Salad</li> <li>Tater Tots</li> </ul> <b>Cold</b> <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> <b>Dessert</b> <ul style="list-style-type: none"> <li>5 Vanilla Wafer Cookies</li> </ul>	<b>Hot</b> <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> <b>Cold</b> <ul style="list-style-type: none"> <li>Seafood Salad Platter</li> <li>Coleslaw</li> <li>Bread Sticks</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Reduced Fat Chocolate Ice Cream</li> </ul>	<b>Hot</b> <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> <b>Cold</b> <ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> <li>Potatoes Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Oranges</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Baked Fish</li> <li>Collard Greens</li> <li>Baked Potato</li> <li>Cornbread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Corned Beef Special on Rye Bread</li> <li>Coleslaw</li> <li>Cherry Tomatoes</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Meatball Sandwich</li> <li>Tossed Salad</li> <li>Green Beans</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Tuna Salad Hoagie &amp; Mozzarella Cheese on Roll</li> <li>Orange Slice</li> <li>Creamy Cucumber Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>
<b>Hot</b> <ul style="list-style-type: none"> <li>Italian Sausage w/ Marinara Sauce</li> <li>Spaghetti Pasta</li> <li>Tossed Green Salad</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Chicken Fiesta Salad Platter</li> <li>Three Bean Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Pineapples Chunks</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Bread Baked Pollock</li> <li>Stewed Tomatoes</li> <li>Tossed Salad</li> <li>Whole Roll</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Italian Hoagie &amp; Provolone on Roll</li> <li>Caesar Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Peaches</li> </ul>	<b>Hot</b> <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> <b>Cold</b> <ul style="list-style-type: none"> <li>Italian Inspired Turkey Bowl</li> <li>Picked Beet Salad</li> <li>Pasta</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Macaroni &amp; Beef Casserole</li> <li>Coleslaw</li> <li>Normandy Blend Vegetables</li> <li>Coleslaw</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Pastrami &amp; Swiss Cheese Sandwich on Wheat</li> <li>Coleslaw</li> <li>Potato Salad</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Slices Little Charlie's Cheese &amp; Sausage Pizza</li> <li>Caesar Salad</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Southwester Chopped Salad</li> <li>Baked Tortilla Chips</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Reduced Fat Chocolate Ice Cream</li> </ul>
<b>Hot</b> <ul style="list-style-type: none"> <li>Spaghetti and Meatballs</li> <li>Tossed Salad</li> <li>Green Beans</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey Club Caesar Salad</li> <li>Three Bean Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Peach Sliced w/ Whipped Topping</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Meatloaf</li> <li>Mashed Potatoes</li> <li>Cooked Carrots</li> <li>Spinach Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Chef Salad</li> <li>Picked Beets w/ Onions</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Pears</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Beef Stir-Fry</li> <li>Brown Rice</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey Greek Salad Bowl</li> <li>Whole Wheat Dinner Roll</li> <li>Two Bread Sticks</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Vanilla Pudding</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>BBO Chicken Thigh</li> <li>Blackened Eyed Peas</li> <li>Beet And Onion Salad</li> <li>Collard Greens</li> <li>Cornbread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Chicken Breast on Kaiser Roll</li> <li>Coleslaw</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Pineapple Chunks</li> </ul>	<b>Center Closed in Observance of Good Friday</b>
<b>Hot</b> <ul style="list-style-type: none"> <li>Glazed Ham</li> <li>Stream Cabbage</li> <li>Lima Beans</li> <li>Whole Wheat Bread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Smoked Turkey Sandwich on Rye Bread</li> <li>Coleslaw</li> <li>Apple Slices</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Light Strawberry Ice Cream</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Quarter Chicken</li> <li>Zucchini &amp; Stewed Tomatoes</li> <li>Dumpling</li> <li>Cornbread</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Crispy Chicken Salad Platter</li> <li>Croissant</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Orange</li> </ul>	<b>Hot</b> <ul style="list-style-type: none"> <li>Shrimp Lo-Mein</li> <li>Steam Broccoli</li> <li>Bok Choy Cabbage</li> </ul> <b>Cold</b> <ul style="list-style-type: none"> <li>Italian Chef Salad</li> <li>Picked Beets Salad</li> <li>Bread Stick</li> <li>Whole Wheat Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Fortune Cookie</li> <li>Mandarin Oranges</li> </ul>	<b>Hot</b> <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> <b>Cold</b> <ul style="list-style-type: none"> <li>Turkey BLT Chef Salad</li> <li>Whole Wheat Dinner Roll</li> </ul> <b>Dessert</b> <ul style="list-style-type: none"> <li>Unsweetened Applesauce</li> <li>Orange Juice</li> </ul>	