Senior Center Action News

Board of Directors

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Carol Kozlowski, Secretary/Treasurer

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Senior Citizens Center of Dunkirk, Inc.
45 Cliffstar Court
Dunkirk, New York 14048

December 2012

Senior Center Action News

Board of Directors

Barbara Boden, President
Sheila Mirabella, Vice-President
Carol Rozbowski, Secretary/Treasurer

Barbara Barbarich
Nancy Cranshell
Irene Christopher

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Senior Citizens Center of Dunkirk, Inc.
45 Gifford Court
Dunkirk, New York 14048

December 2012

DUNKIRK SENIOR CENTER
45 CLIFFSTAR COURT
DUNKIRK, NEW YORK 14048
(716) 366-7530

A Note From The President:

The Senior Center will be closed on both Monday, December 24th and Tuesday, December 25th for Christmas. All activities for both days are automatically cancelled. In addition, several activities and classes are rescheduled due to the requests of the instructors, participants as well as family commitments.

The "Sold Out" Gala will be held on Sunday, December 9th along with a bake sale (see flyer). A waiting list for the Gala is in the office. Sign up for the January 13th Gala will be available during the December 9th Gala after 1:00 p.m. There will be no Big Bingo in December.

The exercise program for Silver Sneakers will end on December 31st. It is being replaced by "Exercise with Tiffany" sponsored by the Dunkirk Senior Board. Classes will be held every Monday, Wednesday and Friday from 9:00 a.m. – 10:00 a.m. at a cost of $1.00 per session. Wednesdays has a coffee/treat hour immediately following the exercise class. A special 10:00-11:00 a.m. exercise session for Silver Sneakers will be a Christmas Potluck Luncheon on Friday December 13th. They will then meet on Monday, December 17th, Wednesday, December 19th and Friday, December 21st. They are canceling December 26th (Wednesday) and December 31st (Monday) classes. There will be a final class on Friday, December 28th. New classes begin on Wednesday, January 2, 2013.

Aerobics with Catherine on Tuesdays & Thursdays from 9:30 – 10:30 a.m. has made no adjustments except for the holiday closing dates at the Center.

Monday pinochle will end for this year on December 17th since we are closed on December 24 and the group felt December 31st (New Year's Eve) would not be favorable for many attending.

The Mah Jongg's Tuesday group will end for this year on December 18th since both Tuesday's are holidays.

The Wednesday 1:00 p.m. Lake Shore Citizen's Club will end on December 12th. A Christmas dinner meeting will be held on December 19 at a Club and the December 26th meeting has been cancelled. They will resume on January 3, 2013.

The Dunkirk Senior Board will meet on December 6th in order to be able to publish the monthly newsletter and updates. Our office will be partially staffed the second half of December.

Updates on trips – The December "Holiday Express" scheduled December 11th is sold out but we do have a waiting list in the office.

The January 18th Presque Isle Casino trip will be available for sign up on Monday, December 3rd. You must be a 2013 member. You will need to bring your casino ID card with number from Presque Isle on it. If you have never been, we are trying to get applications to simplify the sign up process. (see flyer)

I am still negotiating for a Wheeling 3 day – 2 night trip to Wheeling Downs for April or May but all is on hold until they come up with their 2013 offerings. I am booking a bus for our annual Easter Broadway Market Trip in March. Watch January newsletter for additional details on trip.

Carol Kozlowski, Secretary/Treasurer has made an appointment to meet with the Department of Planning & Development and Dr. Spanos to apply for any grants to help with repairing and maintenance of the Senior Center. This building is over 25 years old and much repair is needed with several "big priced" items needing replacement.

On behalf of the entire Board of Directors and myself, I want to wish you and your families a Safe and Blessed Happy Holiday Season and a Prosperous New Year. Please join us and encourage your friends to do so as we expand our Center and try to offer new ideas. We are always here to listen to your ideas and concerns.

Sincerely,

Barbara Bajdas

Barbara Bajdas
President

BB/pjp

DECEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	4 9:30 Aerobics w/Catherine 10:30 Coffee Hour	5 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	6 9:00 Board Meeting 9:30 Aerobics w/Catherine	7 9:00 Silver Sneakers 10:00-12:30 Independent Health Meeting	8 GALA PREP
9 GALA/BAKE SALE	10 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	11 9:30 Aerobics w/Catherine 10:30 Coffee Hour 11:00 Holiday Express Bus Trip	12 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	13 9:30 Aerobics w/Catherine 11:00 Lunch Site Holiday Party 5:00 Volunteer & Board	14 10-11 Silver Sneakers 11:00 Exercise Class with Tiffany Christmas Lunch	15
16	17 9:00 Silver Sneakers 10:00 Coffee Hour 12:00 AARP Local 299 Christmas Lunch 1:30 Pinochle	18 9:30 Aerobics w/Catherine 10:30 Coffee Hour	19 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 No Meeting 4:00 Christmas Party	20 9:30 Aerobics w/Catherine	21 9:00 Silver Sneakers	22
23	24 Center Closed Christmas Eve	25 Center Closed Merry Christmas	26 No Exercise No Meeting	27 9:30 Aerobics w/Catherine	28 9:00 Silver Sneakers	29
30	31 NO EXERCISE NO PINOCHLE	January 1 Center Closed Happy New Year 2013!				

DUNKIRK SENIOR CENTER CALENDAR OF EVENTS-DECMEBER 2012

Gala Sunday

Sunday, December 9th, 2012

Lunch served at 12:15 p.m.

Menu Featuring:

Salad
Chicken & Bis
Cranberry
ert
/Tea

SOLD OUT

...Punch...Bingo...Cards...Prizes

Doors open at 11:00 a.m.

Sign up beginning Sunday, November 11, 2012

$4.00 for Members and $5.00 for Non-Members

Tickets will also be sold at the Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY 14048
Monday thru Friday 9:00 a.m. – 12:00 noon

There will be a Bake Sale sponsored by the Exercise Class prior to the Gala luncheon. Stop by and purchase some delicious homemade baked goods!

First 100 Reservations Accepted – No Refunds

BAKE SALE

Sponsored by the

Dunkirk Senior Center's

EXERCISE CLASS

45 Cliffstar Court
Dunkirk, NY 14048

Sunday, December 9, 2012
Starting at 11:00 a.m. until sold out.....

Everyone is welcome!

Stop by and purchase some delicious homemade baked goods!! Individual portions as well as regular sized items will be available.

cookies – coffee cakes – candy – pies – cakes

Dunkirk Senior Citizens
Board of Directors
Are Sponsoring a

HOLIDAY EXPRESS TRIP

Tuesday, December 11, 2012

Cost: $20.00 per M

(2013 Membersh

SOLD OUT

a.m.

Approx. 9:00 p.m.

Trip will include:

Visit West Seneca Marketplace – Christmas Shopping
(12:00 p.m. –1:00 p.m.)

Stop at Niagara Casino - $20.00 bonus/$5.00 Food Voucher
(1:30 p.m. – 6:30 p.m.)

Fatima Shrine Festival of Lights
(7:00 p.m. – 8:00 p.m.)

ALSO

4 - $5.00 Cash Prizes

Christmas Bags & Prizes

Registration for trip will be begin Monday, November 5th at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY
9:00 a. m. to 12:00 noon weekdays
First Come – First Served

LUNCH SITE HOLIDAY PARTY

When: Thursday, December 13, 2012

Time: Doors open 11:00 a.m.
Lunch served at 11:30 a.m.

Menu: Baked ham, sweet potatoes, wax beans, bread & butter, cake

Where: Dunkirk Senior Center - Lunch Site
45 Cliffstar Court
Dunkirk, New York 14048

Cost: $3.00

There will be prizes, giveaways, 50-50 drawing and fun for everyone!!

Please make reservations with Bobbi Shaw, Lunch Site Coordinator at 363-3844 by Tuesday, December 11th .

DUNKIRK SENIOR CENTER
45 CLIFFSTAR COURT
DUNKIRK, NEW YORK 14048
(716) 366-7530

INFORMATIONAL

The Dunkirk Senior Citizens are extending an open invitation to all local and community seniors, age 50 and over, to become a member of their organization. The Senior Center located at 45 Cliffstar Court, is a place where one can participate in a wide range of vocational, recreational, health, and counseling activities in a conducive, non-competitive atmosphere. 2013 membership dues are now being accepted at the Center Monday thru Friday from 9:00 a.m. until 12:00 noon. The annual dues assessment is $1.00 for City of Dunkirk residents and $5.00 for residents in the surrounding communities.

A variety of programs are offered such as weekly pinochle tournaments, daily exercise programs, weekly social meetings of the Lake Shore Senior Citizens held on Wednesdays and daily lunches sponsored by the Senior Nutrition Program. In addition there are monthly bus trips to areas such as Amish County, Broadway Market, Casinos, Restaurants, and other areas of interest. Mah Jongg and Big Bingo is played monthly. A beautiful library, large TV and Zumba Gold classes are also available. Perhaps the most popular social event is the Sunday Gala where good food and fun is shared by the membership.

Please consider becoming a member in 2013. Please forward any questions to Barbara Bajdas or Carol Kozlowski, Co-Coordinators of the Senior Center at 366-7530.

Dunkirk Board of Directors Sponsored Bus Trip

to

PRESQUE ISLE CASINO

(ERIE GAMING)

Cost: $22.00 per member

Tuesday, January 15, 2013

Departure Time: 10:30 a.m.
Returning Time: 5:00 – 5:30 p.m.

Trip will include:

*** Bus Transportation & Driver's Gratuity
*** $30.00 Free Play
*** $5.00 Food Voucher
*** 2 - $5.00 Cash Prizes on the Bus
*** Other Prizes & Raffles

Each person may register themselves and one partner. At sign up you must bring in your casino bonus card. They require pre-sign up with your card number. If you do not have a card or are a new patron, you will be required to fill out an application at the casino. No exceptions!

Registration for trip will begin Monday, December 3rd beginning at 9:00 a.m. at
The Dunkirk Senior Center
45 Cliffstar Court – Dunkirk, NY

YOUR 2013 MEMBERSHIP MUST BE PAID

NO REFUNDS
First Come – First Served

Chautauqua County
Office for the Aging

Gregory J. Edwards
County Executive

Dr. Mary Ann Spanos
Director

Hello folks

With change in the weather come thoughts of winter heating costs. For lower income households, relief is available thru the HEAP program. **HEAP (Home Energy Assistance Program)** will open late this year, on Nov 19th. This an annual program provides heating assistance grants to assist in paying fuel bills. Monthly income guidelines are: 1 person household - $2138, 2 person - $2796 and 3 - $3453. Applications for those households who got HEAP last year were mailed out in late August and early September and hopefully were returned immediately. If anyone in the household receives food stamps or public assistance grants they should not have to fill out an application, they will receive an automatic benefit authorized thru DSS. Households new to the program or those who have not applied in the last year need to complete an application. The regulations have changed this year on these new applicants; they will be required to submit complete application including id, income and vendor relationship documentation. Full interviews are now being required for these households. For a basic benefit all income needs to be reported (social security, pension, disability, workers comp, unemployment, wages, self employment and investment incomes) but resources i.e. money in the bank, are not considered beyond the interest/ dividends earned. There are emergency benefits for households who encounter further needs including a shut off notice after the basic benefit is used up. For emergency applications additional documentation is required including bank and investment information. Emergency HEAP has a furnace repair and replacement component in cases where the unit is inoperable. A change this year is that before HEAP will cover a repair or replacement of a heating unit, there needs to be documentation that the customer has had the furnace cleaned and filter changed this year. It is important that we are called immediately in cases of furnace repair/replacement. We have to be the ones who contact and contract with the repairmen.

It appears that the heating benefits have been enriched this year. The state and federal funding is about the same as last year so there will be more limited emergency funds and the program will be open for a much shorter period. If your household has received an early mail out application you should have returned it, if not; do it now! If you have not gotten HEAP in the past or if it has been 2 or more years, you will need a "new' applicant form available after November 19th. It appears that the program will be open a much shorter time this year so I am encouraging everyone to apply early. The Neighbor for Neighbor program and other utility programs that I hope will be available to fill in the gap left by reduced HEAP funds. Most importantly; what ever the level of need, anyone eligible should apply for the heating benefits; applications are available in the OFA office. Please call our office with questions about your specific situation, 363-3865.

HALL R. CLOTHIER BUILDING • 7 N. ERIE STREET • MAYVILLE, NY 14757-1027
Phone: (716) 753-4471 • E-mail: ccofa@co.chautauqua.ny.us • Fax: (716) 753-4477

Chautauqua County
Office for the Aging

Gregory J. Edwards
County Executive

Dr. Mary Ann Spanos
Director

Office for the Aging would like to remind Medicare Beneficiaries the open enrollment period this year is October 15th to December 7th. This is the time to look at what your current coverage is and how well it has met your needs. Then take the opportunity review coverage options, up grade or change insurance plans for 2013.

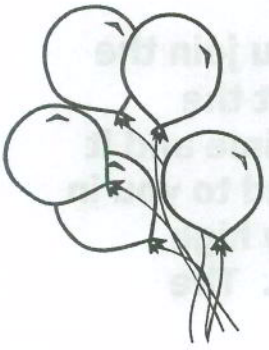
While Medicare supplemental plans are standardized and do not change year to year, Medicare Advantage plans do. Center for Medicare Services require Insurance carriers to submit their plans for review, these plans must provide coverage with in the framework of Medicare covered services but they may set their own co-pays and coverage options. Historically Medicare HMOs, PPO's and Fee for Service plans make coverage changes and adjustment every year. Some have been minor but there have been years that plan that have made drastic changes one year to the next. Office for the Aging every year work up comparison charts on the area's most prevalent Medicare Advantage plans and they are available in our office. In addition, your carrier should have sent you their plan's coverage information for this coming year. Retirees may also see some changes depending on if their coverage has been renegotiated. Generally open enrollment is the only time changes in prescription coverage can occur and the primary time medical and hospital coverage can be changed. I qualify that statement by saying there are special enrollment periods based on individual situations. Factoring in the changes resulting from Health Care Reform and also EPIC's reconfiguration, it is very important to look at what your coverage will be in 2013.

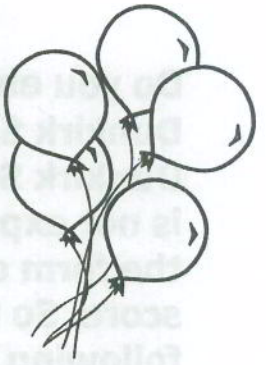
For those EPIC enrollees, the law that governs EPIC has changed yet again for members in 2013. The program was restored to what it had been before it was stripped down in 2012 and is again providing wrap around coverage with Medicare D. Members need to have a Medicare D plan as primary coverage and EPIC then becomes a 2nd payer. Lower income enrollees will pay an annual fee, EPIC pays the Medicare D premium and will discount drugs to $3- $20 for a 90 day supply. Those high income enrollees will fall into 2 categories in the deductable plan. Either EPIC will pay the Medicare D premium and you have a full deductable or EPIC will credit the enrollee for the value of the D plan towards their deductable there by lowering the deductable and the member pays the D premium. EPIC sent letters back this summer asking for updated income information and based on that information your enrollment status has been determined.

Office for the Aging provides health insurance counseling. We will have some plan information and can sit and look at what coverage you currently have and compare that with some of your other options. **This is only done by appointment**, call 363-3865. This is an extremely busy time in the office with all the programs coming to fruition simultaneously. Your patience will be appreciated.

HALL R. CLOTHIER BUILDING • 7 N. ERIE STREET • MAYVILLE, NY 14757-1027
Phone: (716) 753-4471 • E-mail: ccofa@co.chautauqua.ny.us • Fax: (716) 753-4477

HAPPY BIRTHDAY!!!





December Birthdays

Patricia Halas	(December 1)
Joseph Serio	(December 3)
Carol Ahlstrom	(December 4)
Pat Cash	(December 4)
Ann Budniewski	(December 9)
Wanda Sobczak	(December 9)
Walter Swiech	(December 9)
George Civiletto	(December 12)
Barbara Eckenrode	(December 13)
Janet Guenther	(December 13)
Kenneth Blando	(December 15)
Denise Griggs	(December 18)
Annette Wyszynski	(December 20)
Mildred Jankowski	(December 21)
Helen Kuzara	(December 21)
Gertie Syper	(December 21)
Marvin Marsh	(December 23)
Sarah Gorczynski	(December 25)
Ralph Letersky	(December 25)
Paul Luczkowiak	(December 26)
Darlene Calarco	(December 28)
Ardene Lesch	(December 29)
Audrey McGill	(December 29)
Nancy Crandall	(December 30)
Margaret Pokoj	(December 30)
Karlene Taylor	(December 31)
Anne Spencer	(December 31)

Note: If we missed your birthday, please let us know. Thanks!

IMPORTANT PHONE NUMBERS

Dunkirk Senior Center..... 366-7530
Dunkirk Luncheon Site..... 363-3844
Chautauqua County Office for the Aging..... 363-4471
Dr. Mary Ann Spanos
Chautauqua County OFA Senior Services..... 363-3865
Kate Finch
Chautauqua County Veterans Services..... 363-3842
Jim Hurley
Legal Services for the Elderly..... 363-3865
Brenda Symans
CARTS..... 366-4500

Do you enjoy playing pinochle?? If you do, why don't you join the Dunkirk Senior Pinochle group that meets on Mondays at the Dunkirk Senior Center, at 1:00 p.m. They have a great time and it is not expensive. Just 25¢ a week and that is all returned to you in the form of table prizes. There is a prize for the monthly high score. So think about it and come down and join the fun. The following is the latest weekly winners.

High Score for the month of October: Joe Jarvis 5860

October 29, 2012

Joe Jarvis	5860
Betty Korzeniewski	5770
Nancy Crandall	5630
Paul Luckowiak	5610

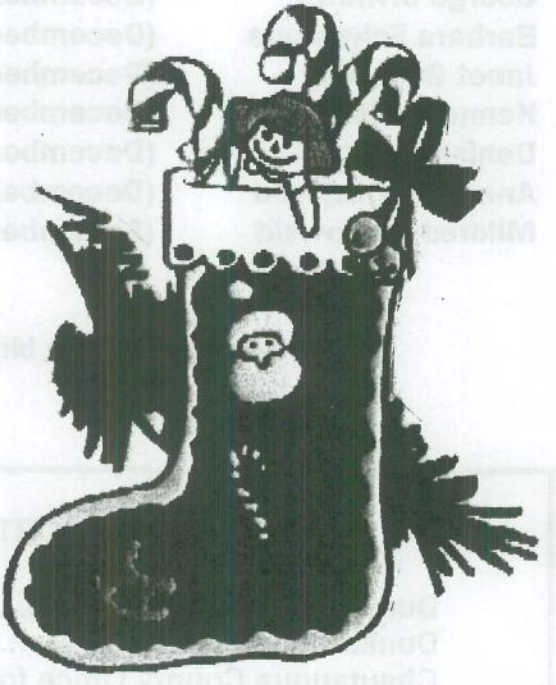
Double Pinochle: Jeanne Hauser

November 19, 2012

Ed Long	5730
Betty Korzeniewski	5170
Barb Szocki	4880
Dolores Griewisch	4800

November 5, 2012

Harold Rusch	5470
Helen Barone	5320
Barb Szocki	5290
Ed Long	5220



Card Player Quote:

Just because Fate doesn't deal you the right cards, it doesn't mean you should give up. It just means you have to play the cards to get to their maximum potential.

The Dunkirk Senior Citizen's
Board of Directors
Are Sponsoring a

Second Annual Trip to

ATLANTIC CITY
CASINO & TROPICANA HOTEL

AUGUST 26 – 27 – 28 – 29, 2013

4 Days and 3 Nights

$355.00 Per Person for Double or Triple Occupancy
or $540.00 for Single Occupancy

August 26th - Bus will depart at 7:00 a.m. from the Senior Center
August 29th - Hotel check out time 11:00 a.m. – Departure 12:00 noon from casino

Registration for trip will begin Thursday, November 1st from 9:00 a.m. - 4:00 p.m.
At the Dunkirk Senior Center - 45 Cliffstar Court, Dunkirk, New York 14048
Phone (716) 366-7530

Trip will include:

- ♣ Transportation & Baggage Handling
- ♦ Room Accommodations
- ♥ Bus Driver Gratuity
- ♠ $40.00 in Slot Dollar$
- ♣ 2 - Buffet Dinners
- ♦ Revue Show (if available)
- ♥ 4 - $10.00 Drawings on the Bus
- ♠ Prizes, Snacks, Games & Movies
- ♣ 3 - Scheduled Stops Each Way

REGISTRATION AND PAYMENT

Registration is limited to members having paid their 2013 Membership
$ 25.00 per person Non-refundable deposit due upon registration
$120.00 per person ..... due by February 19, 2013
$ 28.00 per person Optional Trip Insurance due on February 19, 2013
$110.00 per person..... due by April 15, 2013
$100.00 per person..... due by June 19, 2013

FULL PAYMENT ACCEPTED AT ANYTIME

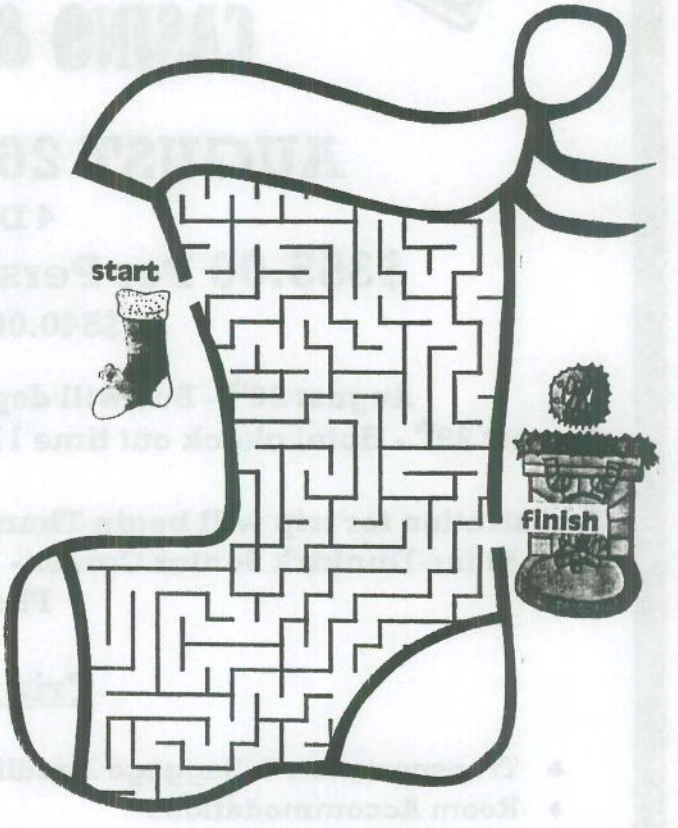
NO REFUNDS
EXCEPT FOR PEOPLE WITH INSURANCE

CHRISTMAS WORD SEARCH

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

ANGEL
BELLS
BETHLEHEM
CANDLES
CANDY CANE
CAROLS
DECORATIONS
EGGNOG
FAMILY
FRANKINCENSE
FRIENDS
FRUITCAKE
GIFTS
GOLD
GREETING CARDS
HOLLY
ICICLES
JESUS
LIGHTS
MANGER
MISTLETOE
ORNAMENTS
POINSETTIA
SANTA
SHEPHERDS
SLEIGH
SNOWFLAKES
STABLE
STAR
STOCKING
TOYS
TREE
WREATH

STOCKING MAZE



Christmas Greetings

The Christmas Day brings memories
And kindest thoughts untold,
Of friends we may not often see
But hope to always hold;
So may this greeting be a link,
In friendship's precious chain,
Any may there be a Christmas Day
When we shall meet again!

CALL 363-3844
FOR RESERVATIONS

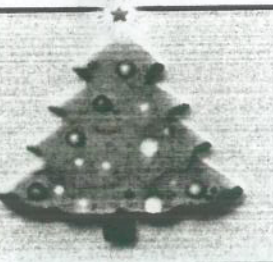
CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

HOT

DECEMBER **2012** - Hot **Noon** Menu

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Roast Beef w/ Gravy Mashed Potatoes Carrots Bread Brownie/M: Graham Square (Margarine)	4 Macaroni & Cheese Stewed Tomatoes Juice Muffin (Margarine)	5 Stuffed Cabbage Casserole Italian Vegetables Cornbread Fruit Cocktail Chocolate Milk/ M: White (Margarine)	6 Beef Stew Winter Squash Biscuit Tomato Juice Pudding/M: Diet (Margarine)	NO LUNCHES SERVED ON FRIDAY'S
10 Hawaiian Chicken Rice Oriental Vegetables Muffin Mandarin Gelatin (Margarine)	11 Italian Manicotti Italian Beans Garlic Roll Grape Juice Cookie/M: Diet (Margarine)	12 Meatloaf w/gravy Mashed Potatoes Beets, Bread Fruit Chocolate Milk/M: White (Margarine)	13 Baked Ham, Sweet Pot. Wax Beans, Bread Cake /M: no icing (Margarine)	
17 Stuffed Chicken Breast w/gravy Mashed Potato Spinach, Bread Baker's Choice (Margarine)	18 Spanish Rice Peas Muffin Fruit Cup (Margarine)	19 Roast Pork w/Gravy Mashed Potatoes Red Cabbage Bread Applesauce (Margarine)	20 Chicken ala King Corn Biscuit Juice Fruit Dessert (Margarine)	
~~Christmas Meal~~ ~~24~~ ~~Turkey w/ Gravy~~ ~~Stuffing, Sweet Potatoes~~ ~~Juice, Cranberry Sauce~~ ~~Roll, Holiday Cookie~~ ~~(Margarine)~~		26 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Bread Cookie (Margarine)	27 Chicken Alfredo Carrots Roll Juice Fruit (Margarine)	
31 Spaghetti & Meatballs Green Beans Bread Pudding /M: Diet (Margarine, Parmesan Cheese)	December			



COLD

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

CALL 363-3844
FOR RESERVATIONS

DECEMBER 2012 - ALTERNATE COLD NOON Menu

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg Salad Sandwich Gelatin, Juice Brownie/M: Graham Square	4 Ham Salad Sandwich Coleslaw Juice Fruit	5 Seafood Salad w/ Croissant 3-Bean Salad Fruit Chocolate Milk/ M: White	6 Sliced Ham Sandwich Green Pea Salad Fruit Pudding/M: diet (Mustard)	NO LUNCHES SERVED ON FRIDAY'S
10 Bologna & Cheese Sandwich Potato Salad Fruit, Gelatin (Mustard)	11 Chicken Salad Sandwich Fresh Carrots Juice Cookie/M: diet (Ranch Dressing)	12 Seafood Salad on Croissant Coleslaw Fruit Chocolate Milk/M: White	13 Roast Beef Sandwich Marinated Vegetables Fruit Cake/M: no icing (Horseradish Sauce)	
17 Tuna Salad Sandwich 3-Bean Salald Fruit Baker's Choice	18 Cold Cut Sub Cucumber Salad Fruit Cookie (Italian Dressing)	19 Cold Meatloaf Sandwich Tomato Juice Applesauce Baker's Choice (Ketchup)	20 Seafood Salad Croissant Coleslaw 24 hr. Fruit Dessert	
24 ~~Egg Salad Sandwich~~ ~~Pickled Beets~~ ~~Juice~~ ~~Pie/M: Fruit~~		26 Sliced Ham Sandwich Carrot-Raisin Salad Fruit, Cookie (Mustard)	27 Tuna Salad Sandwich Applesauce Juice Baker's Choice	
31 Chicken Salad Sandwich Juice Fruit Pudding/M: diet	December			