



# DEXTER SENIOR VOICE OCTOBER 2024

## PATH FORWARD - DEXTER SENIOR CENTER MESSAGE FROM BOARD PRESIDENT



Dear Members,

It is hard to believe we are already starting the last quarter of 2024, and I hope this message finds you well.

I am writing to provide an update on the current position of the Senior Center as we continue to work toward the exciting opportunities that await us in our future permanent home.

I am happy to report that we are still fully operational. With the help of our volunteer staff, Thank You Judy, Sharon, and John, who have been working diligently to ensure that services and programs continue running smoothly. We stay committed to providing quality services and are actively exploring and implementing necessary adjustments to ensure we continue meeting your needs.

As you will see in the October Newsletter, we have brought back several programs and services that were paused as the result of our temporary move into the Dexter Wellness Center space. We continue to see an increase in membership and participation, which is a testament to the strength of our senior community.

As we continue to plan and make the necessary arrangements to move into our new facility, in the first quarter of 2025, your support is crucial. If you have any suggestions, please feel free to reach out to me. We are stronger together, and your input is invaluable to us.

I hope that you enjoy reading your Newsletter and Thank You for your continued commitment to the Senior Center. We look forward to seeing you at upcoming events and programs.

Sincerely,  
Jim Carson

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### Next Board Meeting

Dexter Wellness Center  
October 16th @ 3pm

### Medicare Counseling

Kris DeLong  
Kjdelong52@gmail.com

### And

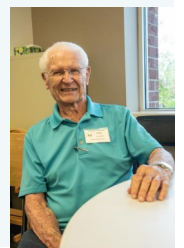
Lois Beerbaum  
(734) 726-5292

### Meals on Wheels

Make reservations for Meals on Wheels at least 48 hours in advance by calling **(734) 253-2370**. To cancel, notify us within 24 hours to avoid a \$5.50 charge per meal.

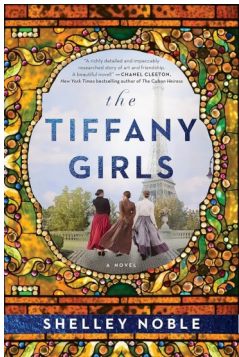
### ITEMS NEEDED:

We are always in need of Kleenex, copy paper, hot/cold disposable cups, coffee (regular and decaf), forever stamps, and BINGO prizes. Thank you!



# UPCOMING ACTIVITIES & ANNOUNCEMENTS

**OCTOBER BIRTHDAY CELEBRATION:** Join us for lunch, cake, and ice-cream on **Wednesday, October 16th at 12:00 pm** to celebrate October birthdays. Members with a birthday this month eat free, otherwise it is \$5. Sign up at least 48-hours in advance by adding your name to the sign-up sheet at the center, or by calling (734) 426-7737.

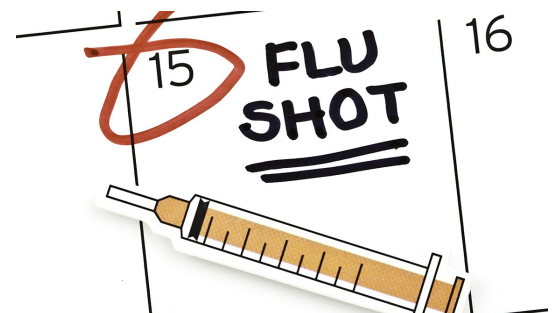


**BOOK CLUB: Friday, November 1st at 10:00 am**, the Book Club will meet to discuss ***The Tiffany Girls*** by Shelley Noble. “*The Tiffany Girls* is a historical novel that follows three women working for Louis Comfort Tiffany in 1899 New York. Part of the secretive team behind Tiffany’s famous stained-glass designs, these women navigate artistic ambition, friendship, and personal challenges, while working to be recognized in their male-dominated world.”

**PROPOSITION 3 DISCUSSION WITH GARY MUNCE:** Join us on **Monday, October 7th at 11:30 am** for a talk by Gary Munce from “Say Yes to Seniors” about the upcoming ballot proposal, and its potential impact on the community.

A flyer for Proposition 03, 'Say Yes to Seniors'. The top left has 'PROP 03' in red. Below it, 'SAY TO SENIORS' is written in blue, with 'Yes' in a large, red, cursive font. At the bottom left, it says 'VOTE NOV 5TH' in white on a red background. The right side has a dark blue background with white text: 'This senior millage will help both vulnerable and thriving adults as many take on care giving, strive to age in place, and manage finding independence in new ways.' Below this is a purple bar with 'FOLLOW US ON FACEBOOK TO STAY IN THE LOOP' and a QR code. At the bottom right, it says 'To get in touch email sayyes2seniors@gmail.com'.

**VACCINE CLINIC:** Jenson’s Pharmacy will be on-site **Tuesday, October 15th at 10:00 am** to administer flu shots. COVID boosters may be available depending on availability. Call the Center to sign up so we can inform the pharmacy of expected turnout.



# PROGRAMS AND ACTIVITIES

**MEALS ON WHEELS:** Delivered Monday-Friday at lunchtime, offering a low-cost meal and a friendly visit. Monthly menus are in the newsletter. Call Emily at **(734) 253-2370 for details and to reserve your meal 48 hours in advance.** Suggested donation: \$3 per meal.

**SENIOR CAFE:** Open **Mondays, Wednesday, and Thursdays** at noon. Enjoy a low-cost meal and socialize. Monthly menus are in the newsletter. **Reserve your meal 48 hours in advance by calling (734) 253-2370.** Suggested donation: \$3 (cash or check). If you haven't arrived by 12:15 pm or called ahead, your meal may go to those on the waitlist.

- **FOOTCARE with Heather Schanz: Tuesdays at noon.** call Heather at (414) 436-6876 to schedule appt.
- **CHAIR MASSAGE with Jenny Miller: October 9th and 23rd.** Call Jenny at (734) 645-6166 to schedule an appt. 15 minute minimum (\$15).
- **REFLEXOLOGY with Barb Fisher: October 4th and 25th.** Call Barb at (734) 664-7465 to schedule an appointment.
- **BRIDGE: Mondays at 12:30pm.** All skill levels are welcome. Please contact Sandy Hill at (734) 424-2847 if you have questions.
- **EUCHRE: Wednesdays at 12:30pm.** Drop-ins welcome!
- **CRIBBAGE—Thursdays at 12:30pm.** Drop-ins welcome
- **PINOCHLE: Tuesday 12:00 pm, Wednesday 9:30am and Friday at 12:00 pm.** Beginners welcome on Wednesdays!
- **BINGO: Thursdays at 1:00 pm.**
- **CHINESE MAHJONG: Fridays at 1:00 pm.** Questions, please contact Jo Dolecki-Lane at (734) 216-7031.
- **FRENCH STUDY GROUP: Fridays at 11:00 am** at the Dexter Library.
- **NOTARY SERVICE:** Available by appointment with Jeanne Bradish at (734) 223-1423

# ARTS & CRAFTS

- **WEAVING LESSONS: Fridays at 9:00 am.** Contact **Mary Robinson at (734) 223-5646** for more information.
- **NEEDLE ARTS and COLORING AND CRAFTS:** Bring your current knitting, crocheting, cross-stitch or other projects, and enjoy the company of other creative and inspiring members! **Monday mornings 10:00 am.**

# MUSIC

**CHOIR “Friends in Harmony”:** on Wednesdays at 1:00 pm. Please contact Janet Potter at (734) 253-2474 for more information or questions.

**DULCIMER GROUP: Thursdays at 10:00 am.** New members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

**BEGINNERS DULCIMER GROUP: Tuesdays at 10:30am** Beginners and new members are welcome to join. Loaner instruments are available. Contact Sally at (734) 426-0841 for more information.

**UKELELE GROUP: Wednesdays at 12pm Lower Level of Dexter Library**

Must know basic chords and play in rhythm. Yellow book used for jamming. Contact Mary Lou at (734) 255-1925 for information. Leave a message. Masks are suggested.

# FITNESS

**CHAIR YOGA: Mondays from 11:00 am-12:00 pm in the Wellness Center Conference Room.**

A slow paced, gentle stretch that is accessible for everybody, facilitated by **Dianna Kause**, a registered Yoga and Meditation Instructor and Life Transition Coach. Suitable for people with arthritis and those unable to get on the floor without assistance.

**STRENGTH & STRETCH CLASS: Tuesdays with Marta from 9:00-10:00 am, and Thursdays with Roo Morgan from 10:00-11:00 am at the Wellness Center Conference Room.** Exercises are designed to help increase range of motion, flexibility, strength, and endurance for activities of daily living.

**RISE and SHINE GENTLE YOGA: Tuesdays and Fridays from 8:00-9:00 am in the Dexter Senior Center space.** Joslyn, from Verapose Yoga Studio in Dexter, leads a gentle yoga class for the active and mobile senior who feels comfortable getting up and down from the floor—Joslyn does have modifications. Please bring a yoga mat, meditation cushion or blanket for elevation while seated, along with an open mind and heart.

**CHAIR ZUMBA WITH MARTA: Tuesdays at 10:00 in the Dexter Senior Center Space.** Join the party for active older adults that combines Latin and International dance moves and music.

**Seniors Obtaining Strength (SOS): Wednesdays at 9:00 am in the Dexter Senior Center Space.** A fun and engaging class designed to improve strength, balance, and mobility. This class combines resistance training and functional movements to enhance fitness and independence. Build your strength and confidence in a supportive social environment!

# MORE SPECIAL ACTIVITIES AND SERVICES

**Resources from JFS:** Savannah Patrick, LLBSW from Jewish Family Services is onsite once a week, typically Thursdays, to offer care management support through WISE Aging Services. She can help connect you to services that address your needs. Visit Savannah during center hours or contact her directly at (734) 925-9076.

**MMAP Counseling:** MMAP counselor Kris DeLong will be available on select Fridays for confidential 1-on-1 appointments to discuss healthcare coverage options. Appointments available from 9:30 - 11:00 am, 11:00 am - 12:30 pm, and 1:00 - 2:30 pm. Call 1-800-803-7174 to schedule.

**Appointment Dates:**

- **October 18th**
- **November 1st, 15th, and 22nd**
- **December 6th**

**MMAP**  
MICHIGAN MEDICARE  
ASSISTANCE PROGRAM



*Navigating Medicare*

**Feonix Transportation:** No cost transportation for older adults. Monday through Friday 6:00 am - 11:00 pm, and Saturdays 8:30 am - 6:00 pm. Call (734) 259-4125 to schedule.

## Washtenaw Rides For Older Adults

No Cost Transportation for Older Adults ages 60+ in Washtenaw County  
Open to all Washtenaw County residents, ages 60+ seeking transportation to healthcare, medical care, and to access food.

**734-259-4125** | Monday-Friday: 6am-11pm ET  
Saturday: 8:30am-6pm ET

**Open to all Washtenaw County Residents ages 60+ seeking transportation to:**

- Medical Care
- Health Care
- Grocery Shopping
- Food Pantry Appointments

[www.feonix.org](http://www.feonix.org)  
This program is funded by the Washtenaw County Racial Equity Office  
Powered by the Washtenaw Transportation Assistance Hub



**Dexter Senior Center**  
 2810 Baker Rd.  
 Dexter MI 48130  
 734-426-7737

www.dexterseniors.org

# Membership Form

## Dues \$25

Dues are for one year from the time of payment.  
 Please make checks payable to Dexter Senior Center

Renewal \_\_\_\_\_ New \_\_\_\_\_

Date Submitted \_\_\_\_\_

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

Phone: \_\_\_\_\_ --- \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Township: City of Dexter    Dexter Twp    Scio Twp    Webster    Other: \_\_\_\_\_

**How would you like to receive your newsletter?**    Pick Up    Email    Mail

**How would you like to stay up to date on center changes?**    Text    Email    Phone

**In case of emergency**, I authorize the Dexter Senior Center personnel to act in my behalf to authorize medical treatment to, upon, or for the benefit of myself and that such treatment shall be my full responsibility including transit to the nearest medical facility. I give permission for staff to notify my emergency contact(s). Initial here: \_\_\_\_\_

Emergency contact: Name: \_\_\_\_\_

Phone: \_\_\_\_\_

**Photo release:** I give permission to the Dexter Senior Center to use my photo for any promotion materials if taken while participating in any of the Center's activities or events. Initial here: \_\_\_\_\_

**Waiver of Liability:** I understand that all programs/activities involve some risk of accident or injury. I agree to indemnify Dexter Senior Center and its affiliates and hold them harmless from any liability, claims, demands, and judgments arising at any time when I participate in any program or activity. My choice to participate at the Dexter Senior Center, including the use of its equipment, is at my own risk. I understand that Dexter Senior Center does not provide insurance for participants, nor does it assume responsibility for accidents or injuries. Initial here: \_\_\_\_\_

The Dexter Senior Center is a non-profit organization and depends on fundraising and donations to cover the cost of operations. Please consider donating now. Donations are tax deductible. You will receive an acknowledgement of your donation for tax purposes. \_\_\_\_\_ I have included a donation of \$ \_\_\_\_\_ with my \$25 membership dues.

**For Office Use Only:** Renewal \_\_\_\_\_ New Membership \_\_\_\_\_ Notes \_\_\_\_\_  
 Date: \_\_\_\_\_ Total Paid \$ \_\_\_\_\_ Cash/Check# \_\_\_\_\_ Card Issued \_\_\_\_\_



Rural Older Adults in Motion

### Transportation

- WAVE vouchers are paid for by Chelsea Senior Center’s ROAM program with funds from the AAACF Vital Seniors Initiative. Vouchers are available while funding lasts. Must be 60 or older and live in the Chelsea or Dexter school district.

Call WAVE Dispatch to schedule (734)475-9494



### The Dexter Senior Center Major Supporters



Dexter Community Fund For Good. For Ever. For Dexter.



CHELSEA HOSPITAL



Ann Arbor Area Community Foundation

For good. For ever.™



UNITED METHODIST RETIREMENT COMMUNITIES FOUNDATION

MAKE A SPECIAL DONATION TODAY TO SEE YOUR NAME HERE! Contact (734) 426-7737 to find out how!

### Dexter Senior Center Member Discounts

Present your DSC membership card to receive:

- Classic Pizza—\$8 large 1 item
- Dexter Pub—20% off M-TH
- My Cleaners—10% off
- Joe & Rosie —15% off
- Aubree’s (Dexter only)—10% off
- Dexter Creamery—10% off
- Dexter Bakery—15% off
- Hearts & Flowers—15% off
- Dairy Queen—15% off
- Jensen’s Community Pharmacy—10% off over the counter

### Busch’s Donation Program

For no extra cost, you can donate to the Dexter Senior Center just by shopping at Busch’s. All you need is an email address and a Busch’s MyWay account.

Log on to your MyWay account through Buschs.com, click on your name in the top right hand corner, click on “Cash for Education,” scroll down to 2024 Cash for Education. Then, choose Dexter Senior Center for each quarter of 2024 and click on “Add.”

**Dexter Senior Center**  
2810 Baker Rd., Suite 100  
Dexter, MI 48130  
(734) 426-7737

[www.dexterseniors.org](http://www.dexterseniors.org)

**Monday—Friday**  
**9am-3pm**

**Board President**  
**Jim.Carson@dexterseniors.org**

**Emily Kiesler**  
**Senior Nutrition/Meals on Wheels**  
**Coordinator**  
**(734) 253-2370**

## **Dexter Senior Center Board Members**

<b>Jim Carson</b>	<b>President</b>
<b>Laurel Capobianco</b>	<b>Vice President</b>
<b>John Scharf</b>	<b>Treasurer</b>
<b>Joanne Grosh</b>	<b>Secretary</b>

<b>Dan Chapman</b>	<b>Trustee</b>
<b>David Chapman</b>	<b>Trustee</b>
<b>Ann Davis</b>	<b>Trustee</b>
<b>Mike Fitzpatrick</b>	<b>Trustee</b>
<b>Cooper Holland</b>	<b>Trustee</b>
<b>Ron Miller</b>	<b>Trustee</b>
<b>Mary Westhoff</b>	<b>Trustee</b>
<b>Joanne Westman</b>	<b>Trustee</b>



*"Where Seniors Thrive"*

**Dexter Senior Center**  
2810 Baker Road, SUITE 100  
Dexter MI 48130

PLEASE  
PLACE  
STAMP  
HERE



# Dexter Senior Center

# Activities

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 8:00 Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	2 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Senior Ukes Group (Dexter Library) 12:00 - Senior Café 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	3 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	4 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese *Reflexology by appointment
7 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 11:30 - Prop 3 Discussion w/ Gary Munce 12:00 - Senior Café 12:30 - Bridge	8 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	9 Chair Massage (By appt) – Jenny 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Café 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	10 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	11 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese
14 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 12:00 - Senior Café 1:00 - Monday Gathering 12:30 - Bridge	15 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 10:00 - Chair Zumba (DSC) 10:00 - Vaccine Clinic 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	16 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Birthday Luncheon 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	17 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	18 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 11:30 - Medicare 101 12:00 - Pinochle/313 1:00 - Mahjong/Chinese
21 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 12:00 - Senior Café 12:30 - Bridge	22 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 9:00 - Footcare (By Appt) - Heather 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	23 Chair Massage (By appt) – Jenny 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	24 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	25 9:00 - Weaving 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese *Reflexology by appointment
28 10:00 - Coloring/Crafts/Needlework 11:00 - Chair Yoga (WC-Conf room) 12:00 - Senior Café 12:30 - Bridge	29 8:00 - Rise and Shine Gentle Yoga (DSC) 9:00 - Strength & Stretch (WC-Conf. room) 10:00 - Chair Zumba (DSC) 10:30 - Dulcimer (Beginners) 12:00 - Pinochle	30 9:00 - Seniors Obtaining Strength (DSC) 9:30 - Pinochle 12:00 - Seniors Ukes Group (Dexter Library) 12:00 - Senior Café 12:30 - Euchre/313 1:00 - Friends in Harmony (Choir)	31 10:00 - Strength & Stretch (WC-Conf. Rm) 10:00 - Dulcimer 12:00 - Senior Café 12:30 - Cribbage 1:00 - Bingo 2:30 - Beginner Line Dance	1 9:00 - Weaving 10:00 - October Book Club 11:00 - French Study Group (Dexter Library) 12:00 - Pinochle/313 1:00 - Mahjong/Chinese

# Dexter Senior Center

# Meal Calendar

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Sweet & Sour Chicken w/ Vegetables serve over rice; Confetti Fried Rice w/ Vegetables; Vegetable Blend; Pineapple Tidbits; Bread w/ Margarine; Milk	<b>1</b> Chef Salad: Diced Ham, Turkey & Shredded Am. Cheese; Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes; Chicken Noodle Soup w/ Vegetables ; Apple; Pita Bread w/ Margarine; Ranch dressing; Milk	<b>2</b> Potato Crunch Pollock w/ Tartar Sauce served over Rice; Garden Peas & Pearl Onions; Pickled Beets & Onion Salad; Fruited Gelatin; Bread w/ Margarine; Milk	<b>3</b> Chicken w/ Cavatappi Pasta; Garden Green Salad w/ Romaine w/ French Dressing; Brussels Sprouts; Fresh Banana; Italian Bread w/ Margarine; Milk	<b>4</b> Baked Meatloaf w/ Beef Gravy; Garlic Mashed Redskin Potatoes; Green Beans; Mixed Berries w/ Whip Topping; Dinner Roll w/ Margarine; Milk
<b>7</b> Cheddar Cheese Omelet; O'Brien Potatoes; Apple Juice; Apricots; Fruit Muffin w/ Margarine; Milk	<b>8</b> Greek Chicken Salad: Marinated Chicken served over salad mix; Garden Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes; Minestrone Soup w/ Crackers; Fresh Orange; Pita Bread w/ Margarine; Greek Dressing; Milk	<b>9</b> <b>BirthDay Luncheon at DSC</b> Stuffed Pepper; Italian Garden Green Salad garbanzo bean garnish w/ Romaine w/ Italian Dressing; Garlic Mashed Redskin Potatoes; Strawberries w/ Whip Topping; Dinner Roll; Milk	<b>10</b> Turkey Burger w/ Lettuce & Tomato garnish w/ Mayo & Mustard; Diced Carrots; Cucumber, Tomato & Onion Salad; Fresh Pear; Hamburger Bun; Milk	<b>11</b> BBQ Chicken Breast; Baked Beans; Creamy Confetti Coleslaw; Fruited Gelatin; Corn Bread w/ Margarine; Milk
<b>14</b> No Meals Indigenous People's Day	<b>15</b> Baked Ham w/ Pineapple Sauce; Whipped Sweet Potatoes; California Blend w/ Cheese Sauce; Diced Peaches; Roll w/ Margarine; Milk	<b>16</b> Stir-fry Beef w/ Sugar Snap Peas served over Confetti Fried Rice w/ Vegetables; Tropical Fruit Salad; Bread w/ Margarine; Milk	<b>17</b> Chicken Salad Sandwich; Pasta Salad w/ Vegetables; Twice Baked Potato Soup w/ Crackers; Fresh Red or Yellow Apple; Croissant; Milk	<b>18</b> Roast Pork with Pork Gravy; Garden Green Salad w/ Romaine w/ French Dressing; Garlic Mashed Redskin Potatoes; Corn Bread; Chocolate Chip Cookie; Milk
<b>21</b> Swedish Meatballs served over egg noodles; Whole Kernel Corn; Zucchini & Tomatoes; Mandarin Oranges & Pineapple Tidbits; Bread w/ Margarine; Milk	<b>22</b> Balsamic Marinated Chicken Breast; Steamed Spinach; Scalloped Potatoes; Apricots; Dinner Roll w/ Margarine; Milk	<b>23</b> Tuna Salad Sandwich; Pasta Salad w/ Vegetables; Broccoli Cheese Soup w/ Crackers; Fresh Pear; Croissant; Milk	<b>24</b> Beef Sauce w/ Parmesan Cheese served over rotini noodles; Italian Garden Green Salad (garbanzo bean garnish) w/ Romaine w/ Ranch Dressing; Green Beans; Fresh Banana; Italian Bread w/ Margarine; Milk	<b>25</b> Breaded Chicken Patty Sandwich w/ Mayo & Ketchup; Creamy Confetti Coleslaw; Strawberries w/ Whip Topping; Hamburger Bun; Milk
<b>28</b> Beef Pepper Patty w/ Beef Gravy; Cauliflower w/ Cheese Sauce; Zucchini & Tomatoes; Applesauce; Dinner Roll w/ Margarine; Milk	<b>29</b> Chicken Breast Cacciatore; Garden Green Salad w/ Romaine w/ Italian Dressing; Green Beans; Fresh Orange; Dinner Roll w/ Margarine; Milk	<b>30</b> Beef Taco Salad: Warm Beef Taco Meat; Shredded Lettuce Mix w/ Ranch Dressing; Warm Refried Beans w/ Cheddar Cheese garnish; Diced Peaches; Tostitos Scoops Salsa; Milk	<b>31</b> Frightening Beef: Frankfurter (Beef) w/ Diced Onion garnish w/ Mustard & Ketchup; Petrified Potato Salad; Bubblin' Baked Beans; Bobbin' Fresh Red or Yellow Apple; Hotdog Bun; Sugar Cookie; Milk	<b>1</b> Breaded Chicken Tenders w/ BBQ Sauce; Dill Carrot Coins; Creamy Confetti Coleslaw; Mixed Berries w/ Whip Topping; Milk