Blue Rivers
Area Agency on Aging

Gather 'round for
places to go...
things to do...
people to see...

Table Talk

April 2017

Nebraska Public Transit Week 2017

This April 9-15, join in the fun and help celebrate Nebraska's 3rd annual Public Transit Week!

Proclaimed by Governor Pete Ricketts, Public Transit Week is a chance to get out and experience the benefits of public transportation in your community. It's also an opportunity to show your support for a public service that individuals and families across our state rely on each and every day.

More than 40 public transportation providers across Nebraska are participating this year, and we're included! Stop by or check out www.nebraskatransit.com for more details.

Blue Rivers Public Transportation

Contact Information:

Blue Rivers Public Transportation

Auburn
1101 J St
402-274-5365

Beatrice
103 Eastside Blvd
402-223-1357

Fairbury
601 City Park Rd
402-729-6475

Hebron
425 Lincoln Ave
402-768-6052

Nebraska City
109 S 9th St
402-873-3005

Syracuse
303 Railroad Ave
402-269-5129

Wymore
815 West D St
402-645-3525

Inter-City East
Auburn: 402-274-5365
Nebraska City: 402-873-3005
Syracuse: 402-269-5129

Inter-City West
Beatrice: 402-223-1357
Wymore: 402-645-3525
Fairbury: 402-729-6475
Hebron: 402-768-6052

GoNEWhere
PUBLIC TRANSIT WEEK
April 9 - 15 2017

Attend an Open House at any Blue Rivers Publc Transportation office near you and help us celebrate Nebraska Public Transit Week!

Days & Locations:

Auburn
Wednesday, April 12

Beatrice
Wednesday, April 12

Fairbury
Wednesday, April 12

Hebron
Thursday, April 13

Nebraska City
Tuesday, April 11

Syracuse
Thursday, April 13

Wymore
Wednesday, April 12

Join us for refreshments, prizes and fun activities!

Leave the driving to us!

Blue Rivers Public Transportation

Blue Rivers Public Transportation System operates in Gage, Jefferson, Nemaha, Otoe and Thayer counties in Southeast Nebraska on a demand-response, portal-to-portal, 24-hour advance reservation basis. Vehicles are stationed in county communities and offer regular routed transportation services to 61 communities within the area.

Blue Rivers has two Inter-City routes that provide transportation to Lincoln and Omaha. The system contracts with a private cab company in Beatrice for all off-hour or peak time transportation services. Contact an office near you for more information or to schedule a ride.

TRANSPORTATION OFFICES

Auburn
Nemaha County
Kathy Oestmann
1101 J Street
Auburn, NE 68305
(402) 274-5365
8:00AM-4:30PM

Beatrice
Gage County
Wanda Franken
103 Eastside Blvd
Beatrice, NE 68310
(402) 223-1357
8:00AM-4:30PM

Fairbury
Jefferson County
Nancy McGee
601 City Park Road
Fairbury, NE 68352
(402) 729-6475
8:00AM-4:30PM

Hebron
Thayer County
Jennifer Blair
425 Lincoln Avenue
Hebron, NE 68370
(402) 768-6052
8:00AM-4:30PM

Nebraska City
Otoe County
Bobbi Lechner
109 South 9th Street
Nebraska City, NE 68410
(402) 873-3005
8:00AM-5:00PM

Syracuse
Otoe County
Carol Graham
303 Railroad Avenue, PO Box 455
Syracuse, NE 68446
(402) 269-5129
8:00AM-4:00PM

Wymore
Gage County
TBA
815 West D Street, PO Box 201
Wymore, NE 68466
(402) 645-3525
9:00AM-3:30PM

Inter-City East
Contact the office closest to you
Auburn: (402) 274-5365
Nebraska City: (402) 873-3005
Syracuse: (402) 269-5129

Inter-City West
Contact the office closest to you
Beatrice: (402) 223-1357
Wymore: (402) 645-3525
Fairbury: (402) 729-6475
Hebron: (402) 768-6052

Taxi Service
Yellow Cab Co. (Beatrice)
Melissa Shandera
2420 N 6th St
Beatrice, NE 68310
(402) 223-3121

Rate Schedule:

$2.00 for one-way trip within community

$4.00 per one-way trip between communities within the same county

$11.00 one-way Inter-City trip to Lincoln or Omaha

$4.00 one-way taxi trips (Beatrice only)

Nebraska Public Transit Week 2017

Here are some of the ways Blue Rivers Public Transportation is celebrating Nebraska's 3rd annual Public Transit Week, April 9-15. Join in the fun and help celebrate! Call your local transit office for more information or check out our website, http://www.BlueRiversAAA.org or follow us on Facebook at BlueRiversAAA.

Blue Rivers Public Transportation

Prizes!

OPEN HOUSE SCHEDULE
Auburn – Wednesday
Beatrice – Wednesday
Fairbury – Wednesday
Hebron – Thursday
Nebraska City – Tuesday
Syracuse – Thursday
Wymore – Wednesday

Blue Rivers Public Transportation

Refreshments!

Auburn: All week!
Coloring Contest, Stuff the Bus, Half-price rides and free rides,

Beatrice:
Tuesday – Bring in an item for the Community Pantry and receive a ½ price ride
Thursday – Passenger Appreciation: Buy One Get One Free + Drawings for Prizes

Hebron:
Monday – Free rides to lunch at the Senior Center
Wednesday – Tour the bus

Nebraska City: Coloring Contest, Business Competition, Stuff the Bus for the Food Pantry, Monday – Passenger Appreciation, Free and half-price rides available to new and regular passengers, Wednesday – Veterans Day with free rides for veterans

Syracuse:
Monday – Veterans Day – Veterans ride free
Tuesday – Passenger Appreciation, 1 free ride/ per passenger
Wednesday – Ride the bus to the Senior Center for the chance to win a nutrition ticket

Go NE Where
PUBLIC TRANSIT WEEK
April 9 - 15 2017

Alexandria Senior Center

208 Harbine, Alexandria, NE 68303
Open: Monday - Friday, 10 a.m. - 1 p.m.
Lunch Served: Noon
Manager: Linda Raney, 402-749-3890

Meal reservations due one business day in advance.

Mondays
- **Puzzles/Wheel of Fortune**

Tuesdays
- **Cards/Word Search**

Wednesdays
- **BINGO**

Thursdays
- **Show & Share/ Dominoes**

Fridays
- **Picture Day (sharing old & new pictures)**

April 20
- **Birthday Party with Cake and Ice Cream**

Chester Senior Center

520 Thayer Ave, Chester, NE 68327
Open: Monday - Friday, 9 a.m. - 1:30 p.m.
Lunch Served: Noon
Manager: Linda Jensen, 402-324-5271

Meal reservations due one business day in advance.

Cards to Shut-ins/Share a Smile Day

April 3
- **Dominoes**

April 4
- **Humor Day**

April 5
- **Cards to Shut-ins**

April 6
- **Mystery Word**

April 7
- **Good Ol' Days Story**

April 10
- **Wheel of Fortune**

April 11
- **The Year 1979**

April 12
- **Show & Tell**

April 13
- **Holy Week Trivia**

April 14
- **Mystery Saying**

April 17
- **Unscramble the Eggs Game**

April 18
- **Favorite Easter Food - share a recipe**

April 19
- **Why Volunteer?**

Chester Senior Center (con't)

April 20
- Joke Day

April 21
- All About Colorado

April 23 - 29
National Volunteer Week

April 24
- History of Jelly Beans

April 25
- Name BINGO

April 26
- Humor Story about Volunteers

April 27
- Quotes about volunteers

April 28
- All About Saving Energy and name your favorite tree day

Cortland Senior Center

W 5th St, Cortland, NE 68331
Open: Wednesday 10 a.m. - 2 p.m.
Lunch Served: 11:30 a.m.
Manager: Beth Williams, 402-798-0517

Meal reservations due one business day in advance.

Mondays & Wednesdays
- *Tai Chi, Moving for Better Balance*
  9:30 - 11 a.m.

Wednesdays
- BINGO at 12:30 p.m.

Davenport Senior Center

110 S Linden Ave, Davenport, NE 68335
Open: Monday - Friday, 10 a.m. - 2 p.m.
Lunch Served: Noon
Manager: Sharon Littrel, 402-364-2449

Meal reservations due one business day in advance.

Mondays
- Exercise at 9:30 a.m.

Tuesdays
- Games

Wednesdays
- Exercise at 9:30 a.m.
- Scrabble

Thursdays
- Games

Fridays
- Exercise at 9:30 a.m.

April 20
- Pitch

April 27
Join us for our monthly Birthday Dinner celebrating all April birthdays!
Birthday cake and birthday meals are compliments of Cornerstone Bank. Thank YOU!!!

Deshler Senior Center

507 4th St, Deshler, NE 68340
Open: Monday - Friday, 9:30 a.m. - 1:30 p.m.
Lunch Served: Noon
Manager: Patty Mueller, 402-365-7698

Meal reservations due one business day in advance.

April 4
- Spring Trivia

April 6
- Word Games

April 10
- Jokes

April 12
- Word Pictures

April 13
- Customs of Holy Week

April 18
- Crossword Puzzle

April 20
- Poems

April 24
- Cheese Word Search

April 25
- Person, Place or Thing

April 27
Join us for our monthly Birthday Dinner and Music celebrating all April birthdays!
Birthday cake and popcorn are compliments of Midwest Bank. Thank YOU!!!

Diller Senior Center

503 Commercial St, Diller, NE 68342
Open: Monday - Friday, 10 a.m. - 1 p.m.
Lunch Served: Noon
Manager: Betty Hubka, 402-793-5993

Meal reservations due one business day in advance.

Mondays
- Tell a joke day

Tuesdays
- Trivia

Wednesdays
- Show & Tell day

Thursdays
- Dominos

Fridays
- Screamo

Bring a friend and enjoy a delicious meal at any Blue Rivers Area Agency on Aging Senior Center!

We LOVE meeting new people and you will, too!

Douglas Senior Center

200 Main St, Douglas, NE 68344
Open: Monday - Friday, 10:30 a.m. - 1 p.m.
Lunch Served: Noon
Manager: Roxanne Laschanzky, 402-799-2300

Meal reservations due one business day in advance.

Fairbury Senior Center

601 City Park Rd, Fairbury, NE 68352
Open: Monday - Friday, 8 a.m. - 2 p.m.
Lunch Served: Noon
Manager: TBD, 402-729-5258

Meal reservations due one business day in advance.

Mondays

- **Walking Club at 10 a.m.**
- **Arm Chair at 11 a.m.**
- **Tai Chi at 11:30 a.m.**
- **Canasta at 12:30 p.m.**

Tuesdays

- **Sr. Songsters at 11 a.m.**
- **Bingo at 12:30 p.m.**

Wednesdays

- **Walking Club at 10 a.m.**
- **Arm Chair at 11 a.m.**
- **Pinochle at 12:30 p.m.**

Thursdays

- **Tai Chi at 11 a.m.**

Fridays

- **Walking Club at 10 a.m.**
- **Arm Chair at 11 a.m.**
- **Card Club at 12:30 p.m.**

April 27

- **Birthday Party and Dinner**

Falls City Senior Center

221 West 16th St, Falls City, NE 68355
Open: Monday - Friday, 8 a.m. - 2 p.m.
Lunch Served: Noon
Manager: Debra Nussbaum,
402-245-3871

Meal reservations due one business day in advance.

Mondays

- **Monday Madness (can mean a door prize or something fun and crazy!)**

Tuesdays

- **Word Search**

Thursdays

- **Throwback Thursdays (can be anything from the past. A picture of you, Falls City, your house or a real story from the past.)**

Fridays

- **Historical Bulletin Board - The Bulletin Board will have historical pictures of Falls City, Richardson County and Nebraska.**

April 5

- **Birthday Dinner**

April 13

- **Bread 'N Butter - Don and Darlene Old Country Duo**
  Come Enjoy the Music at 11 a.m.

April 19

- **Free BINGO, 11 a.m.**

Hebron Senior Center

425 Lincoln Ave, Hebron, NE 68370
Open: Monday - Friday, 8 a.m. - 4:30 p.m.
Lunch Served: Noon
Manager: Jennifer Blair, 402-768-6052

Meal reservations due one business day in advance.

Mondays & Wednesdays
- Wonder Word

Tuesdays
- Tai Chi at 8:30 a.m.
- BINGO

Thursdays
- Tai Chi at 8:30 a.m.

April 3, 17
- Fairbury Trip

April 5
- Quilt

April 7
- Waffles at 8:30 a.m.

April 9 - 15 Public Transit Week
- Open House, Thursday, April 13

April 12
- Make Goodies

April 14, 28
- BINGO

April 19
- Healthy Choices with Kathy Retzlaff

April 27
- April Birthday Party with Cake & Ice Cream

Nebraska City Senior Center

200 N 3rd St, Nebraska City, NE 68410
Open: Monday - Friday, 8 a.m. - 2 p.m.
Lunch Served: Noon
Manager: Denise Simmerman, 402-873-1525

Meal reservations due one business day in advance.

Palmyra Senior Center

425 C St, Palmyra, NE 68418
Open: Monday - Friday, 8:30 a.m. - 1 p.m.
Lunch Served: Noon
Manager: Connie Coffey, 402-780-5606

Meal reservations due one business day in advance.

Sterling Senior Center

130 Broadway, Sterling, NE 68443
Open: Monday - Friday, 8 a.m. - 1 p.m.
Lunch Served: 11:15 a.m.
Manager: Doris Behrens, 402-866-2050

Meal reservations due one business day in advance.

April 6
- **Toenail Clinic at 9:30 a.m.**

April 11
- **Cards at 1 p.m.**

April 12
- **Easter Party**

April 14
- **Easter Brunch**

April 20
- **Read to Kindergarteners at 12:15 p.m.**

April 25
- **Cards at 1 p.m.**

April 26
- **Lunch served at 11:30 a.m. followed by April Birthday Party with entertainment by the Fine Wine Band following the meal**

Throughout April
- **Wednesday Balloon Races**

Syracuse Senior Center

303 Railroad Ave, Syracuse, NE 68446
Open: Monday - Friday, 8 a.m. - 2 p.m.
Lunch Served: 11:30 a.m.
Manager: Christie Brehm, 402-269-2957

Meal reservations due one business day in advance.

Mondays & Wednesdays
- **Card Playing at 9:30 a.m.**

Tuesdays & Thursdays
- **Exercises at 10 a.m.**

Fridays
- **Muffin Morning at 9:30 a.m.**

Blue Rivers Area Agency on Aging is one of seven sites hosting the Aging & Disability Resource Center, ADRCNebraska, a new pilot project benefitting:

- Seniors (age 60 and older)
- People with disabilities of all ages; and
- Family members, caregivers & advocates

Our Options Counselor is available over the phone or through face-to-face meetings to assist eligible people and/or their representatives in making informed choices about the services or setting that best meet the person's needs.

Table Rock Senior Center

402 Luzerne St, Table Rock, NE 68447
Open: Monday - Friday, 8 a.m. - 2 p.m.
Lunch Served: Noon
Manager: Roberta Turnbull,
402-839-2060

Meal reservations due one business day in advance.

Mondays
- Balloon Volleyball
- Potato Peeling

Tuesdays
- Chair Exercises at 11:30 a.m.
- Crafts
- Potato Peeling

Wednesdays
- Nostalgic Placemat
- Word Search

Thursdays
- Rolls & Coffee Break
- Senior Spotlight

Fridays
- Soft Serve Ice Cream

April 3
- Blood Pressure Clinic
- Greetings

April 5
- Table Rock American Legion Auxiliary, 1 p.m.

April 6
- Current Events
- Scrabble

April 7
- Hat Day!
- Caramel Corn Day

April 10
- Door Prizes

April 12
- Wrap Silverware

Table Rock Senior Center (con't)

April 14

- Show & Share
- National Pecan Day
- Easter Egg Hunt

April 17
- Old Time Candy
- Kolache Bake

April 19
- Trivia

April 20
- Volunteer Recognition
- Jolly Workers

April 21

- Care Packages
- Earth Day Celebration

April 24
- Pig in a Blanket Day

April 25
- Penguin Day

April 26
- BINGO with WFLA
- WFLA Meeting

April 27
- Rotary
- Foot Clinic and Blood Pressure Checks 9 a.m. - noon Courtesy of Belle Terrace/ Ridge View Towers

April 28
- Adult Coloring
- Birthday Celebration! If your birthday is this month, your meal is compliments of the Senior Center Activities fund. Be sure to remind us of your birthday!

Wymore Senior Center

815 West D St, Wymore, NE 68466
Open: Monday - Friday, 8:30 a.m. - 4 p.m.
Lunch Served: 11:30 a.m.
Manager: TBA, 402-645-3525

Meal reservations due one business day in advance.

Corporation for NATIONAL & COMMUNITY SERVICE

According to the Corporation for National & Community Service there are many benfits to volunteering:

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country.

The intangible benefits alone—such as pride, satisfaction, and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents we:

- Solve Problems
- Strengthen Communities
- Improve Lives
- Connect to Others
- Transform Our Own Lives

Benefit Your Health

Over the past two decades we have also seen a growing body of research that indicates volunteering provides individual health benefits in addition to social ones. This research, which is presented by CNCS in a report titled "The Health Benefits of Volunteering: A Review of Recent Research," has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing.

Some of these findings also indicate that volunteers who devote a "considerable" amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes. https://www.nationalservice.gov/serve-your-community/benefits-volunteering

What can Blue Rivers Area Agency on Aging do for you or someone you love?

Blue Rivers Area Agency on Aging serves adults age 60 and older remain safe and independent at home; wherever home happens to be. We serve the following eight counties in Southeast Nebraska: Gage, Jefferson, Johnson, Nemaha, Otoe, Pawnee, Richardson and Thayer.

We provide nutritious and delicious meals at our Centers for people of all ages.
Age 60 and older: $4 suggested meal contribution
Under age 60: $6 meal fee
Carryout meals for any age: $6 meal fee

We also provide home-delivered meals for individuals who are physically or mentally unable to attend a meal program at one of our Centers.
Age 60 and older: $4 suggested meal contribution

No one age 60 and older is ever denied services provided under the Older Americans Act regardless of abilty to contribute financially. Suggested contributions are always anonymous and your privacy is protected at Blue Rivers Area Agency on Aging.

Programs and services include:

- Handyman – Assistance with minor home repairs and mowing
- Housekeeper – Assistance with cleaning, laundry, shopping, etc.
- Information & Assistance – Provides information and connection to services available to your area. Identifies community resources.
- Legal Assistance: Provides information on related topics & provides for one on one counseling.
- Health Promotion and Education– Provides information on health and nutrition related topics, Presentations and classes are provided at many Senior Centers.
- Respite Care – time off for the caregiver and allows her/him to receive much needed relief and time to do what is needed to take care of themselves. *Without relief, a caregiver's health can deteriorate, adding to the burden and reducing the quality of care they may provide their loved one. Individuals that are caring for someone 60 years of age or older may be eligible. Please call for further information concerning eligibility.*
- Care Coordination – One of our Care Managers will come to your home and assess your needs. Once this has been completed, the Care Manager will assist in obtaining services.
- Senior Care Options – assists appropriate utilization of long term care services covered by Medicaid. It is designed to determine whether nursing facility placement is the right option or whether care can be provided at home and that all possibilities are explored.
  The program will: (1) help older Nebraskans find the right care at the right time; (2) allows older Nebraskans to live independently for as long as possible; (3) saves taxpayer dollars by making Medicaid more efficient.

For more information please call 1-888-317-9417, find information online at Blue RiversAAA.org or follow us on Facebook at BlueRiversAAA.

TORNADO SAFETY

Tornado Watch - Tornadoes are possible in the area you live in. Listen to the radio or watch the television for updates. Be prepared to move to safety.

Tornado Warning - A tornado has either been spotted by Doppler radar or one is on the ground. You should find shelter immediately!

During a Tornado -

- Go to a basement
- If there is no basement, go to a room in the center of the building, on the lowest floor, with no windows. (A bathroom or closet if possible.)
- Get under the sturdiest piece of furniture if you can.
- If you are in a mobile home, GET OUT! (There is little protection there.)
- Do NOT try to outrun a tornado in a car. It is safer to get out of it and leave it to seek shelter.
- If you are outside, go to a low lying area, like a ditch, and lie down flat.
- Do NOT go near fallen power lines or damaged areas from the tornado.

www.cloudsandpelicans.com

April Menu

Blue Rivers Area Agency on Aging

Cortland, Diller, Odell home-delivered meals, Wymore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 April Fool's Day			***April 14 Good Friday***	
April 9 Palm Sunday			***April 16 Easter Sunday***	
April 9 - 15 Nebraska Public Transit Week			***April 18 Income Tax Day***	
April 10 - 18 Passover			***April 22 Earth Day***	
April 13 Maundy Thursday			***April 28 Arbor Day***	
3 Spaghetti & Sauce Green Beans Garlic Bread Fruit Cocktail	**4** BBQ Pork on Bun Stuffed Spuds Sauerkraut Blushing Pears	**5** Swiss Steak Creamed Potatoes California Vegetables WW Roll Tapioca	**6** Chicken Strips Potatoes Kidney Bean Salad Bread Plums	**7** Pollock Macaroni & Cheese Coleslaw Bread Pineapple Rings
10 Lasagne Rollup Lettuce Salad Garlic Bread Cinnamon Applesauce	**11** Battered Pollock Stuffed Spuds Pickled Beets Bread Tropical Fruit	**12** Ham Loaf Sweet Potatoes Mixed Vegetables WW Roll Pudding Tart	**13** Roast Beef Mashed Potatoes Peas & Pearl Onions Apple Crisp	**14** Creamed Chicken over biscuit Wax Beans Strawberries & Bananas
17 Potato Cruste Fish Hash Brown Casserole Fruited Coleslaw Bread Pineapple & Oranges	**18** Hamburger Steak Baked Potato Calico Beans WW Roll Dessert	**19** Dressy Porkshop Potatoes Capri Vegetables Muffin Brownie	**20** Chicken Tettrazzini Carrots Garlic Bread Apricots Cookie	**21** Beef & Noodles Broccoli Ice Cream
24 BBQ Meatballs Baby Bakers Garden Vegetables WW Roll Cherry Chrisp	**25** Chicken Mashed Potatoes Hominy Bread Peaches	**26** Ham Scalloped Potatoes Harvard Beets Bread Fruited Jello	**27** Liver & Onions Mashed Potatoes Creamed Peas Red Hot Applesauce	**28** Fish Sandwich Flame Roasted Potatoes 3-Bean Salad Orange Tapioca

Menus are subject to change.

All meals include low-fat or fat-free milk and margarine.

$4 Suggested Contribution for individuals age 60 and older
$6 Meal cost for individuals under age 60
$6 Meal cost for all carryout meals

April Menu

Alexandria, Chester, Cook home-delivered meals, Davenport, Deshler, Diller, Douglas, Fairbury, Falls City, Hebron, Nebraska City, Palmyra, Sterling, Syracuse, Table Rock

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 April Fool's Day			***April 14 Good Friday***	
April 9 Palm Sunday			***April 16 Easter Sunday***	
April 9 - 15 Nebraska Public Transit Week			***April 18 Income Tax Day***	
April 10 - 18 Passover			***April 22 Earth Day***	
April 13 Maundy Thursday			***April 28 Arbor Day***	
3 Philly Steak Sandwich Potatoes Vegetable Fruit	**4** Liver & Onions or Hamburger Patty Mashed Potatoes/Gravy CA Blend Vegetables Bread & Pudding	**5** Chicken Mashed Potatoes/Gravy Green Beans Bread Cake	**6** Tenderloin Potatoes Vegetable Bread Dessert	**7** Chicken Salad on Croissant Potatoes Vegetable Fruit
10 Sausage Gravy over Biscuit Hashbrowns Juice Fruit Salad	**11** Beef & Noodles Vegetable Bread Yogurt	**12** Chicken or Fish Mashed Potatoes/Gravy Carrots Bread Dessert	**13** Pot Roast Vegetable Potatoes Bread Dessert	**14** Fish Sandwich Potatoes Vegetables Fruit
17 Ham Scalloped Potatoes Vegetable Bread Fruit	**18** Chicken Fried Steak Potatoes Vegetable Bread Pudding	**19** Chicken Mashed Potatoes/Gravy Corn Bread Brownie	**20** Sloppy Joe on Bun Potatoes Vegetable Dessert	**21** Chicken Strips Potatoes Vegetable Bread Fruit
24 Spaghetti Vegetable Bread Fruit	**25** Fish Macaroni & Cheese Vegetables Bread Yogurt	**26** Chicken Mashed Potatoes/Gravy Broccoli Bread Dessert	**27** Rib Sandwich Potatoes Vegetable Dessert	**28** Meatloaf Potatoes Vegetable Bread Fruit

Menus are subject to change.

All meals include low-fat or fat-free milk and margarine.

$4 Suggested Contribution for individuals age 60 and older
$6 Meal cost for individuals under age 60
$6 Meal cost for all carryout meals