

# May 2022



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**Downtown**

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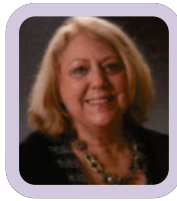
WE WILL BE CLOSED  
MONDAY, MAY 30TH,  
IN OBSERVANCE OF  
MEMORIAL DAY.



## From My Perspective

By Beverly Ferry, CEO

Living Well in Wabash County



### IT WAS A WONDERFUL DAY

April 13<sup>th</sup> was a wonderful day. It was the first Miller's Luncheon at Living Well Winchester Senior Center since we closed in March 2020 due to the pandemic. For me, April 13<sup>th</sup> was a reunion, a day of pure joy as I walked around the room greeting people, getting and giving hugs, chatting and listening.

There is a something about reconnecting with people you know. It is pure joy. We shared the common experience of the pandemic and now we are returning to our common experience of Living Well Winchester Senior Center. It feels good.

In the early days after closing the senior center to the public, I would go out to the main room, and it just felt weird. It did not feel right. It was not natural. That space is supposed to be filled with people. It is no exaggeration that it felt like there was a hole in our hearts. Our world was incomplete, slightly off kilter, yet another common experience we shared, but from a distance.

The last day we were open, the oldest seniors were hanging around, no one wanting to leave. I understood it because I experienced it with them. We gathered in a circle to say goodbye. As I looked around the circle, I silently wondered who would be missing when we reopened. Sadly, some passed, some are not stable enough to return, some are in nursing homes, and some moved to be closer to family.

April 13 was a celebration. We have been open since last spring, but people were still holding back from groups, which is understandable, but on that Wednesday, it

felt good to be back together. It is fitting to experience this in the spring of the year. In spring we think of the greening of our yards and the blossoms of our perennials, flowering trees and bushes, and the promise of new life.

We have a magnolia in our front yard. Like life, the timing is not always opportune. We have years when the buds are killed off by a hard freeze. We see it coming but cannot stop it. This year we enjoyed our beautiful pink magnolia, our bright yellow forsythia bush, the daffodils in bloom, and the growing tulips of green stems and leaves, the promise of beautiful colors to come. I still get excited when the bulbs in our yard send shoots up and out of the soil. My husband comes in and says, "You've got blooms!" It is an optimistic feeling. We know it will come, but we are still excited when it happens.

Part of that joy is the realization we have come through yet another winter with unknown weather challenges, delays, and cancellations. We now get to put away the snow shovels and salt and bring out the containers for flowers.

There are downsides to the season. As an allergy sufferer, I know there will be several months when I must cover my face, hold my breath, and run from the car to the building if anyone is mowing grass. That sums up life.

There is a downside to every season and stage of life. The trick is our attitude when dealing with it. That beautiful magnolia eventually sheds the blooms which turn into a slimy mess on the sidewalk and the yard.

That does not ruin the joy when it is blooming. The cleanup is just part of life. We love the tall trees in our backyard. Sitting in our backyard feels like, on a tiny scale, a state park, which is what my relatives

fondly call it, Nick's state park. Hauling those leaves to the street is a daunting task, but he enjoys the trees the rest of the year.

My husband loves to decorate our front porch and yard for Halloween. We both love trick-or-treat and enjoy years which are warm enough for us to sit on the porch, greeting the visiting ghosts and goblins. We look forward to it and to the seasonal show of colors in those tall trees, we enjoy in the summer, but dread the leaf raking.

In general terms, we know what to expect throughout the calendar year, the seasons, the holidays, and most of the day to day. It is the unknowns where we tend to stumble. The fear of the unexpected is genuine. We keep moving and remember that there will be good days ahead as well as what we will not want, what will make a mess of things.

That is life. We do not know what will happen, but we know there will be both the good with the bad. It is life. We just must keep looking for the good.

*Beverly Ferry*



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Page 3

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Answer Key is on Page 11

# What's In Your Garden

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



Word List:

CARROTS  
 PEPPERS  
 CUCUMBER  
 TURNIP  
 ONION  
 POTATO  
 OKRA  
 LETTUCE

PARSNIPS  
 ZUCCHINI  
 RADISH  
 ARUGULA  
 GARLIC  
 RHUBARB  
 SQUASH

PEAS  
 HONEYDEW  
 PUMPKIN  
 KALE  
 SHALLOT  
 CORN  
 COLLARDS

BEANS  
 BROCCOLI  
 SPINACH  
 BEET  
 KOHLRABI  
 CHARD  
 ASPARAGUS



### YUMMY LEMONY PASTA SALAD

- 5 ounces farfalle (the pasta that looks like bows or fans)
- 3 (2.6 oz.) pouches StarKist Flavor Fresh Pouch Albacore White Tuna
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon finely grated lemon zest, heaping
- 1/4 cup fresh lemon juice
- 1 teaspoon minced garlic
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 15-ounce can cannellini beans, rinsed and drained
- 1 cup grape tomatoes, halved
- 2 cups baby arugula
- 1/2 small red onion, thinly sliced
- 4 teaspoons grated Parmesan

Cook farfalle according to package directions. Drain, rinse under cold water and drain again. Drain tuna and transfer to a small bowl. Break into rough chunks, drizzle with 1 tablespoon oil and toss gently.

In a large bowl, whisk together lemon zest and juice, remaining oil, garlic, mustard, sugar, salt and pepper.

Add farfalle, beans, tomatoes, arugula and onion to bowl; toss well to combine. Add tuna; toss gently. Top each serving with 1 teaspoon Parmesan.

Makes 4 servings  
Recipe adapted for StarKist by Fitness Magazine  
(Courtesy of NewsUSA) ©LPi



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# EVENTS & ACTIVITIES IN MAY

PROVIDED BY LIVING WELL IN WABASH COUNTY COA, INC.

## BINGO

### LIFEBRIDGE BINGO

12 PM Thursday, May 5

Living Well Winchester Senior Center  
239 Bond Street, Wabash

Presented by Parkview Wabash LifeBridge



### WHITE ELEPHANT BINGO

Thursday, May 12, at 11:30

Bring a White Elephant Prize (anything)  
Winchester Senior Center  
239 Bond Street, Wabash



Rolling Meadows  
Health & Rehabilitation Center

### BINGO PARTY

May 19 at 1:00

Hosted by  
Rolling Meadows

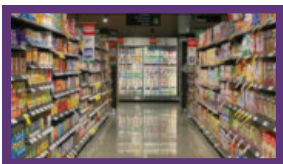
Winchester Senior Center  
239 Bond Street, Wabash



### BINGO & POPCORN

Tuesday, May 24, 1:30

Living Well Downtown  
35 East Market Street, Wabash



### GROCERY BINGO \$1

Thursday, May 26  
at 11:30

Winchester Senior Center  
239 Bond Street, Wabash

## Tech Talk

### ASK A TEENAGER Tuesday, May 17

Bring your devices and your questions  
Heartland Career Center Tech students will be here to assist you.

9:30—10:30

At Living Well Winchester Senior Center  
239 Bond St., Wabash

1:00—2:00

At Living Well Downtown  
35 East Market Street, Wabash

### Pre-paid Legal Services

Have you seen them advertised?

Not presented by an attorney.

Note: Presenter owns a franchise.

Thursday  
May 19  
12:00 PM



Song and Piano Man

## SAM PIERCY

Thursday, May 5  
1:00 PM

Living Well Winchester Senior Center  
239 Bond Street, Wabash



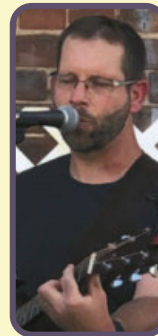
May Birthday Party

## Mike Almon

On guitar

Thursday, May 12 at 1:00

Living Well Winchester Senior Center  
239 Bond Street, Wabash



## Adam Rogers

on Guitar  
Monday,  
May 16  
10:30

Living Well Winchester Senior Center  
239 Bond Street, Wabash

Wednesday, May 25  
2:00 PM

At Living Well Downtown  
35 East Market Street, Wabash

Provided by



**Make it—Take it  
HERB GARDEN  
Workshop**

**Thursday,  
May 26, 1:00**



**Registration  
Required  
(260) 563-4475**

Living Well Winchester Senior Center  
239 Bond Street, Wabash

In Collaboration with

**PURDUE EXTENSION**



**Swing Into Spring  
Wabash Community  
Band Concert  
Sunday, May 1,  
2:00PM**

*Come find out what  
you have been missing!*



Living Well Winchester Senior Center  
239 Bond Street, Wabash

**FOOTCARE**

Living Well Winchester Senior Center



By Appointment  
Call (260) 563-4475

**\$25**

Bring your own  
basin and towel

**2022 SENIOR GAMES**

(Older Americans Act)

Free Event



8:30 Opening Ceremony  
Continental Breakfast

9:00 Predict Walk

9:45 Corn Hole

10:30 Chair Volleyball

11:30 Lunch

12:15 Euchre Tournament

Registration requires completing a form.

**EUCHRE \$1  
12:00**



**Mondays,  
Wednesdays, Fridays**

Living Well Winchester Senior Center  
239 Bond Street, Wabash



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Search for  
Living Well in Wabash County



# May 2022



<p><b>Mondays</b></p> <p>Winchester Sr. Center 9:45 Low Impact Fitness 11:00 Lunch by Reservation 12:00 Euchre \$1</p>	<p><b>Tuesdays</b></p> <p>Winchester Senior Center 11:00 Lunch by Reservation 5:30 Yoga <b>Living Well Downtown</b> <b>1-6:00 Do Drop In</b></p>	<p><b>Wednesdays</b></p> <p>Winchester Senior Center 8:45 Line Dancing 11:00 Lunch by Reservation 12:00 \$1 Euchre 3:00 Low Impact Fitness <b>Living Well Downtown</b> <b>1-6:00 Do Drop In</b></p>	<p><b>Thursdays</b></p> <p>9:45 Low Impact Fitness 11:00 Lunch by Reservation</p>
2	3	4	5 12:00 LifeBridge Bingo 1:00 Sam Piercy Conce
9	10	<p><b>11 Winchester Senior Center</b> <b>2022 SENIOR GAMES</b> (Older Americans Act) 8:30 Opening Ceremony Continental Breakfast 9:00 Predict Walk 9:45 Corn Hole 10:30 Chair Volleyball 11:30 Lunch 12:15 Euchre Tournament</p> 	<p><b>12 White Elephant Bingo</b> <b>11:30</b> Bring a white elephant prize</p> <p><b>Birthday Party 1:00</b> <b>Mike Amon on Guitar</b></p>
<p><b>16</b></p> <p><b>10:30 Adams Rogers</b> <b>Winchester Senior Center</b></p>	<p><b>Ask a Teenager</b> <b>9:30-10:30</b> <b>Winchester Senior Center</b> <b>1:00-2:00</b> <b>Living Well Downtown</b></p>	18	<p><b>19 12:00 WHAT ARE</b> <b>PRE-PAID LEGAL SERVICES</b> <i>Not Presented</i> by an Attorn <b>1:00 Rolling Meadows</b> <b>BINGO PARTY</b></p> 
23	<p><b>24</b></p> <p><b>Popcorn &amp; Bingo 1:30</b> <b>Living Well Downtown</b></p>	<p><b>25</b></p> <p><b>Adam Rogers 2:00</b> <b>Living Well Downtown</b></p>	<p><b>26</b></p> <p><b>G11:30 Grocery Bingo \$</b> <b>1:00 Herb Garden</b> Advance Registration <b>Make it –Take it Workshop</b></p>
<p><b>30 MEMORIAL DAY</b></p> 	31		





Music is in the Air in May at  
Living Well in Wabash County

**SWING INTO SPRING CONCERT**

**Wabash Community Band**

**Sunday, May 1, 2:00 PM**

**Living Well Winchester Senior Center  
239 Bong Street, Wabash**

**Piano Man Sam Piercy**

**Thursday, May 5th at 1:00 PM**

**Living Well Winchester Senior Center  
239 Bong Street, Wabash**

**May Birthday Party**

**Mike Amon on Guitar**

**Thursday, May 12 at 1:00 PM**

**Living Well Winchester Senior Center  
239 Bong Street, Wabash**

**Adam Rogers on Guitar**

**Wednesday, May 16 at 10:30**

**Living Well Winchester Senior Center  
239 Bong Street, Wabash**

**Adam Rogers on Guitar**

**Wednesday, May 25 at 2:00 PM**

**Living Well Downtown, 35 East Market Street, Wabash**

	<p><b>Fridays</b> Area Five is not offering Lunch on Fridays in May 12:00 Euchre \$1</p>
6	
13	
20	<p><b>Senior Box Distribution Application Required</b> See Page 12 For More Information</p>
27	



**Grandma's Fudge**

\$5 per half pound

Profit Supports Senior Programming.

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Made in the kitchen at Winchester Senior Center in Wabash

*Making the World Sweeter One Bite at a Time*

## May 2022 – This Day in History

**5/1/1941:** Directed and starring Orson Welles, “Citizen Kane” premiered in New York.

**5/2/1885:** “Good Housekeeping” was first published.

**5/3/1937:** Margaret Mitchell won a Pulitzer Prize for “Gone with the Wind.”

**5/4/1970:** The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University. Four students were killed.

**5/5/1865:** The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

**5/6/1941:** Bob Hope gave his first USO show at California’s March Field.

**5/7/1915:** The British ocean liner Lusitania was sunk by a German submarine, killing 1,201 civilians.

**5/8/1958:** U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the first black to graduate from an Arkansas public school.

**5/9/1958:** Richard Burton made his network television debut in the presentation of “Wuthering Heights” on CBS-TV.

**5/10/1994:** Nelson Mandela was sworn in as South Africa’s first black president.

**5/11/1910:** Glacier National Park in Montana was established.

**5/12/1978:** The National Oceanic and Atmospheric Administration announced that they would no longer exclusively name hurricanes after women.

**5/13/1989:** Thousands of students began a hunger strike on Tiananmen Square in Beijing.

**5/14/78:** The name Vaseline was registered by Robert A. Chesebrough.

**5/15/1964:** The Smothers Brothers, Dick and Tom, gave their first concert in Carnegie Hall in New York City.

**5/16/1929:** The first Academy Awards were held in Hollywood.

**5/17/1985:** Bobby Ewing died on the season finale of “Dallas.” He returned the following season.

**5/18/1953:** Jacqueline Cochran, the first woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over California at an average speed of 652.337 mph.

**5/19/1536:** Anne Boleyn, the second wife of England’s King Henry VIII, was beheaded after she was convicted of adultery.

**5/20/1873:** Levi Strauss began marketing blue jeans with copper rivets.

**5/21/1980:** The movie “The Empire Strikes Back” was released.

**5/22/1967:** “Mister Rogers’ Neighborhood” premiered on PBS.

**5/23/1934:** Bonnie Parker and Clyde Barrow were ambushed and killed by Texas Rangers in Bienville Parish, Louisiana.

**5/24/1844:** Samuel F.B. Morse formally opened America’s first telegraph line. The first message was sent from Washington, D.C., to Baltimore, Maryland with the message, “What hath God wrought?”

**5/25/1992:** Jay Leno debuted as the new permanent host of NBC’s “The Tonight Show.”

**5/26/1896:** Dow Jones Industrial Average appeared for the first time in the “Wall Street Journal.”

**5/27/1995:** Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, Virginia. May 28, 1957: National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles and that the New York Giants could move to San Francisco.

**5/29/1945:** Bing Crosby makes his first recording of Irving Berlin’s “White Christmas.”

**5/30/1431:** Joan of Arc was burned at the stake in Rouen, France, at the age of 19.

**5/31/1927:** Ford Motor Company produced the last Tin Lizzie to begin production of the Model A.

©LPi

**What's In Your Garden**

Word search grid with words highlighted:

- BEANS
- BROCCOLI
- SPINACH
- BEET
- KOHLRABI
- CHARD
- ASPARAGUS
- PEAS
- HONEYDEW
- PUMPKIN
- KALE
- SHALLOT
- CORN
- COLLARDS
- PARSNIPS
- ZUCCHINI
- RADISH
- ARUGULA
- GARLIC
- RHUBARB
- SQUASH
- LETTUCE
- CARROTS
- PEPPERS
- CUCUMBER
- TURNIP
- ONION
- POTATO
- OKRA

Word Search  
on Page 4



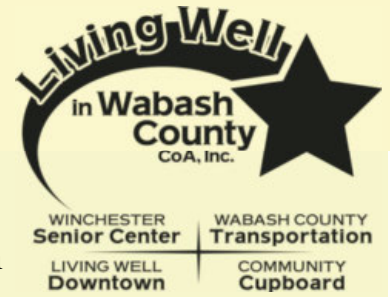
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## WABASH COUNTY PUBLIC TRANSIT

provides demand response, door-to-door 24 hours advance reservation public transportation service within Wabash County. Door-to-door service is available upon request for those needing reasonable assistance beyond the curb.

All of Wabash County Public Transit operates as shared-ride service so it is common that passengers will be on board the

vehicle with others who are traveling at the same time and in the same direction.

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**Dispatch is Open 6:00 AM to 5:00 PM**

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### Living Well in Wabash County CoA's Senior Supplemental Food Box

might be a resource for you. It is for Wabash County residents, age 60 and older meeting limited income and asset requirements. Proof of income and residency are required.

Assets are taken into consideration, but the home you are living in and one car are not counted. This program is for Wabash County seniors who do not have a safety net, who are without additional assets or investments.

Applications are available at Living Well Winchester Senior Center and Living Well Downtown. Call (260) 563-4475.



### Are You Choosing Between Medicine and Food?

#### BenefitsCheckUp®

is an online tool to help you find state, federal, and private benefits programs available where you live. These benefit programs can help pay for prescriptions, health care, food, utilities, and more.

You can access BenefitsCheckUp® yourself:  
[Benefits Eligibility Checker](#) | [BenefitsCheckUp](#)

To have help doing this, make an appointments are available with Living Well in Wabash County. Call (260) 563-4475.



### Living Well in Wabash County **COMMUNITY CUPBOARD PANTRY**

is open to low-income Wabash County households of all ages.

**CALL (260) 563-4475**

to schedule an appointment. Located at 239 Bond Street in Wabash at Winchester Senior Center.



## ASK SHIP

### LOCAL HELP FOR PEOPLE WITH MEDICARE

SHIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance. Call (260)563-4475 to Schedule an Appointment at Winchester Senior Center with a trained SHIP Medicare Counselor.

## REDUCING YOUR \$\$\$ DEBT WITH (RELATIVE) EASE

You don't need to come up with a 12-step plan to reduce the amount of debt you're carrying. In fact, getting organized and figuring out what you spend, and what extra you have left that you can throw at growing bills, are sometimes all you need to make a dent.

Check out some easy ways to shovel through your pile of debt this coming year — or sooner!

### 1. KNOW WHAT YOU OWE

Knowing that you are in debt is usually a fact of life. For those of us who graduated from college with student loans, are saddled with outstanding medical bills, or have growing credit card balances, it can be outright scary to come up with the actual amount of money that is owed to your creditors. But the only way to get a handle on your finances is to figure out what you owe.

If it's hard for you to keep track of all your bills,

there are a few ways you can take inventory of them. Try downloading one or all three credit reports (remember, you are eligible to receive one free report from each agency per year) to find a compiled list of all that you owe. From there, you can move on to step two — negotiating your rate with creditors.

### 2. NEGOTIATE YOUR RATE

If you are trying to reduce your debt but are discovering that most of your money is going to interest instead of your balance, check in with your creditors to see if they offer a better interest rate. Usually, as long as you've been in good standing and made a faithful effort to make payments per month, they are willing to offer a lower interest rate.

You should also reach out to other companies that you have relationships with — cable, internet, car insurance — and ask for a better monthly rate or  
(Continued on page 15)

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Page 13

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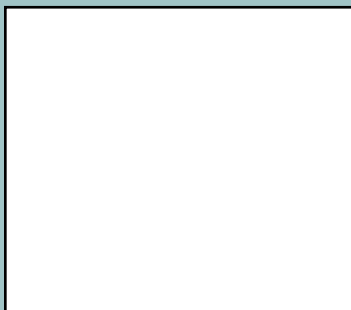
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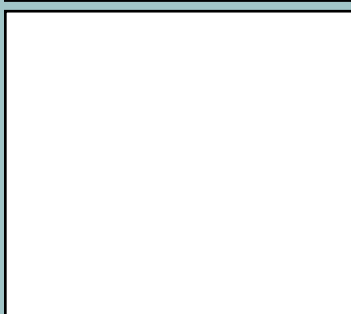
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## Did you know?

By Amy Miller MSW, LSW  
Manager, LifeBridge Senior Program  
Parkview Wabash Hospital



Hello everyone! It is May and by now April showers have brought May flowers. Temperatures are warming up, and nature is coming back to life.

May also plays host *to National Older Adult Mental Health Awareness Day* on May 16<sup>th</sup>. In recognition of the importance of mental health in all our lives, I present here some mental health facts.

### Did You Know....

An estimated 20% of older adults (people aged fifty-five and up) struggle with mental health concerns. That is two out of every ten people!

The most common issues are anxiety and mood disorders like depression and bipolar disorder.

Depression is the most common mental health concern for older adults and can affect every aspect of a person's life: it can lead to problems with physical health, cognitive ability, and social functioning if it is not treated.

Mental health disorders are often at the root of suicide and men over the age of

eighty-five have the highest rate of suicide of any group in the country. Depression is a highly treatable condition in 80% of those who are experiencing it. Anxiety is also very treatable usually. The combination of counseling plus medications is shown to have the highest success rate in treatment for people of all ages.

(Source: CDC.gov *Mental Health Problems in Older Adults*)

Remember, struggling with depression and anxiety is common but is not a normal part of the aging process. It is treatable. If you or someone you know have persistent mood problems that do not go away despite your best efforts, contact us at LifeBridge. We are focused exclusively on people age 65+ and can provide helpful solutions to your difficulties. We are in the Parkview Wabash Hospital Medical Office Building. You can reach us at: 260.569.2111.

Until next month, take care!  
Amy Miller MSW, LSW  
Manager, LifeBridge Senior Program

## LifeBridge Bingo

*What is it?*

*It has prizes.*

*You call out BINGO!*

*You learn something about yourself and how to cope in this stressful world while you play!!*

## LifeBridge BINGO!

Living Well Winchester Senior Center  
239 Bond Street, Wabash

Thursday, May 7

12:00 PM

Prizes

Prior to Sam Piercy Performance  
Led by Amy Miller, MSW, LSW  
PARVIEW WABASH HOSPITAL

(Continued from page 13)

shop elsewhere for better prices. When it comes to reducing your monthly rate, it all comes down to dollars and cents.

### 3. FIND HIDDEN CASH

Do you know how many subscription services you TRULY have? The average household subscribes to four video streaming services, and when you add in music and podcasts platforms like Spotify and Apple Music, that number just continues to grow! Make a commitment to cancel the platforms you use the least; it could save you at least \$20-30 per month, all of which you can then allocate to reducing debt.

Make sure you're aware of all the resources your community may have that are available to you for free! Think libraries, outdoor concerts, and events and free community center activities. You'd be surprised at the amount of things there are to do that do not require a credit card payment.

### 4. FIND A METHOD THAT WORKS

You've got a handle on what you owe, you've negotiated with creditors for better rates, and canceled services you no longer need (or that you can live without for the time being) — it's now time to throw that money at your debt, but not without a plan first.

A popular debt reduction plan is the debt snowball method. You pay your smallest debts in full first, then use the amount used to pay your first debts into paying off your bigger ones. There is also the debt avalanche method, where you allocate enough money to make the minimum payment on each source of debt, then devote any remaining repayment funds to the debt with the highest interest rate. Making the decision to pay off debt is the easy part — it's finding a method that works and having the discipline to follow it through that really takes courage. But by following some or all of these tips, you'll be out of debt in no time! © LPi



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# AREA 5 MAY 2022 LUNCH MENU

By Reservation

Two Lunch Sites in Wabash County for Seniors Age 60 and Older:  
Living Well Winchester Senior Center &  
Scout Hall at Warvel Park in North Manchester



**AREA FIVE  
Lunch Sites  
For Seniors Age  
60 and Older.**

**Lunch is  
served at  
11:00 AM  
Mon.—Thurs.  
in May  
At Both Sites.**

**Scout Hall**  
in Warvel Park in  
North Manchester  
Call 260-982-9940  
9AM & 1PM  
May: Mon.- Thurs.

**Living Well  
Winchester  
Senior Center**  
239 Bond Street  
in Wabash;  
Call 260- 563-4475  
May: Mon.-Thurs.

FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
6 <b>CLOSED</b>	5 Hotdog Mixed Vegetables Diced Peas Fig Bar Bun Milk	4 Sloppy Jo Augusta Potatoes Italian Blend Vegetables Brownie Bun Milk	3 Lasagna Roll Up Peas Applesauce Ice Cream Cup Milk	2 Sausage, Green Beans & Potatoes Diced Peaches Fruit Crisp Cornbread Milk
13 <b>CLOSED</b>	12 Philly Steak Casserole Corn Mixed Fruit Cup Oatmeal Crème Pie Milk	11 Chicken & Gravy Mashed Potatoes Broccoli Cookie Roll Milk	10 BBQ Pork Potato Salad Watermelon Nuttty Bar Bun Milk	9 Chicken Enchiladas Pinto Beans Lettuce Salad Churro Milk
20 <b>CLOSED</b>	19 Chicken Salad Sliced Tomatoes & Cucumbers Pineapple Rings Croissant Milk	18 Breakfast Casserole Diced Potatoes Orange Fruit Crisp Biscuit Milk	17 Breaded Chicken California Blend Veg Peach Applesauce Frozen Fruit Cup Bun Milk	16 Fish Patty Tartar Sauce Bean Salad Mango Papaya Cup Granola Bar Bun Milk
27 <b>CLOSED</b>	26 Cheeseburger Baked Beans Veggie Salad Cake Bun Milk	25 Beef Stroganoff with Noodles Peas & Diced Carrots Fruit Cocktail Cookie Milk	24 Baked Chicken Rice Pilaf Balsamic Glazed Brussel Sprouts Mango Cup Roll Milk	23 Pork Ribette Baby Bakers Cauliflower Fruit Cup Bun Milk
				30 <b>AGENCY CLOSED HAPPY MEMORIAL DAY!</b>
				31 Chicken Strips Broccoli Fruit Cup Bagged Cookies Milk