

# Stay Active

www.PhilaSeniorCenter.org



## Member News

### Friendly Callers:

If you are a friendly caller volunteer, please call your assigned member and check on how they are feeling. If you speak with a member who expresses a need, please have them contact the center at 215-546-5879 for assistance with services. Thank you for being a volunteer at the PSC Arts Branch!

**Computer Lab is Open:** Tuesday thru Friday 9am-3pm 2nd Floor Room C (Please sign signature sheet when using the lab).

### CLASS COUPONS ARE BACK

Coupons can be purchased at the Program Window. Coupons cost \$1 per coupon, \$5 per book of coupons. Coupons should be purchased prior to class time.

### CCT CONNECT SHARE RIDE SERVICE

Rides are available for senior center, supermarket, pharmacy, and medical appointments. Application, ride schedule, changes, or questions please contact the center at 215-546-5879. Suggested Contribution of \$1.00 is appreciated. Donation box and sign in sheet located at the front desk. Please sign in and out at the center when using CCT.

### PROGRAM WINDOW

Now open Monday through Friday 9am -1pm to assist with new member applications, renew silver membership, obtain membership card, purchase trips, coupons, stamps, and sign up for center activities.

### MEMBERSHIP

Philadelphia Senior Center offers three levels of membership from free of charge to \$12 Silver option.

**Silver Membership:** Cost - \$12 annually discounts on Trips; PSC Stay Active delivered to your home; access to PSC Programs, Classes & Trips. You must be 60 or older for Silver Membership.

**Standard Membership:** Cost - FREE You must be 60 or older for Standard Membership.

**55+ Membership:** Cost - FREE All members under the age of 60 years old are required to pay \$3.25 the full cost of the congregate lunch. For additional information, please call (215) 546-5879.



Philadelphia Senior Center receives funding from indicating funding from Philadelphia Corporation for Aging and the Pennsylvania Department of Aging.



Welcome Everyone!

info@newcourtland.org  
215-546-5879

Philadelphia, PA 19147  
509 South Broad Street



# Stay Active

Monthly Events and Activities for Members



**HOURS OF OPERATION:**  
Monday-Friday, 8:30am-4:30pm

April 2024

### Hello Great Members of PSC Arts,

Calling all singers, dancers, poets, comedians, magicians, and musicians. Any PSC Arts member with a unique talent please sign up for "PSC Arts Got Talent Show". The Talent Show is scheduled on Friday, April 5th at 1:00pm 2nd Floor Auditorium. Please sign up prior to April 5th at the Program Window if you would like to participate in the show! The PSC Arts audience will choose the winner, who will represent us in the PCA Carousel of Talent Show right here at your senior center on June 27th! Space is limited so please sign up now.

National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages active volunteerism in generations to come. This month, we salute our volunteers for their unwavering services to the Philadelphia Senior Center Arts Branch and hold them up as examples to inspire other older adults towards volunteerism.

National Volunteer Month is an extension to an already-established holiday-week, National Volunteer Week that was first held in 1943 in Canada. The week was dedicated to paying tribute to the unwavering contributions of women during World War II who would collect supplies and help the wounded soldiers. National Volunteer Week debuted in 1974 in the United States and was revered by the public. Since then, National Volunteer Week, which later went on to become National Volunteer Month, has been celebrated with zeal and enthusiasm every April. It was made official worldwide in 1990.

Presidents of the United States throughout the years have proclaimed National Volunteer Week and Month, saluting the unparalleled services of volunteers who have given countless hours for the betterment of mankind. Please join us in celebration of our PSC Arts volunteers in this month of April (volunteer week info retrieved from National Today website).

When you see one of our members helping in the café, meal desk, Advisory Council or classes, please thank them for their untiring devotion to helping others at PSC Arts.

We encourage all our volunteers to please participate in this month's activities that have been designed to celebrate all that you do to help others at the center. Please review the newsletter this month for dates and times during the week of April 22nd. These planned events are for our volunteers only.

I would like to thank the PSC volunteers for all you do for our members and staff. We could not do all that we do without your support. PSC Arts members and staff are eternally grateful to you.

**Julie Nelson**  
Center Manager

## COUNSELOR'S CORNER

My name is Valerie Stovall, I am the new In-Center Counselor at PSC Avenue of the Arts. I have a strong background in social work, and I look forward to assisting you. One of the services I manage here at the center is the Emergency Fund Program. This service provides emergency monetary support for utilities, clothing, appliances, food, oil, prescriptions, and other general requests. The Emergency Fund is only available to seniors 60 years or older with limited income. Appointments are needed to apply with proof of income and age. Seven Emergency Fund appointments are allowed weekly. Once slots are filled, appointments will be scheduled for the following week. If you would like more information regarding this service and/or to make an appointment, please do not hesitate to call the front desk at 215-546-5879. I look forward to working with you!!

**Valerie Stovall**  
In-Center Counselor

## Volunteer Appreciation Week April 22-26 - For PSC Arts Volunteers Only

**Monday, 4/22:** Earth Day Plant & Play, 1-2pm • 1st Fl. Garden

**Tuesday, 4/23:** Pretzels & Water Ice, 1:30pm • GreenBean Internet Café

**Wed, 4/24:** Painting with a Twist, 1-2pm • Room A

**Thursday, 4/25:** Ice Cream Social, 1:30-2:30pm • GreenBean Internet Café

**Friday, April 26:** Volunteer Recognition (Invitation only to attend) 1:30-3pm • 2nd Floor Room A & B. Please RSVP at the Program Window by Monday, April 22nd

## Trips

**"DANIEL" at Sight & Sound Theater**

**Thursday, April 11. Depart PSC Arts 9:30am**

Shady Maple Smorgasbord 11:30am Daniel Show at Millennium Theater 3:00pm Depart for home at 5:45pm arrive at center 7:45pm Silver Members \$160. 55+ & Standard Members \$162. Final Payment due now.

**DINE AROUND: Amazing Crab House, 604 South 2nd Street  
Wednesday, May 8, 1pm**

Please sign up at the Program Window by Monday May 6. Attendee are responsible for the full cost of their meal tax and tip included. Cash for this trip is strongly encouraged. CCT rides are available for cardholders.

**Ace In The Holes at The Brownstone presents**

**MIDNIGHT TRAIN TO GEORGIA**

**Tuesday June 25, Depart 8:45am**

11am Family Style Luncheon and Show. Includes Round Trip Motorcoach Transportation. Silver Members \$119. 55+ & Standard Members \$121. Final payment due April 4th.



## Weekly Activities

**\*\* FIRST TIME YOU TRY ANY CLASS THERE IS NO FEE! \*\***

### MONDAY-FRIDAY

**PSC FITNESS CENTER • 9AM-3PM**  
Athletic Shoes Only (sneakers). Medical form needs to be completed by your doctor to use the fitness center. The form is available at the Program Window.

**GAME TIME! • 9AM-4:15PM**  
**1ST & 2ND FLOOR LOBBIES**

Four people only at a table for Pinochle, Skip-Bo, Dominos, Checkers & Chess. Please do not move tables and chairs to allow for more than four players

### MONDAYS

**STAINED GLASS • 10AM-1PM**  
Art Studio. Cost: 4 Coupons

**TLC SUPPORT GROUP • 10-11AM**

Led by Social Worker Simone Rubin, offering suggestions for coping with issue of today. All discussions are confidential. Room A. Cost: No Fee

**BEGINNER COMPUTER CLASS • 10AM-12PM**

10-week workshop thru May 20. Computer Lab. Cost: 2 Coupons

**PSC CHOIR • 1-2:30PM**  
Room A. Cost: No Fee

### TUESDAYS

**CRAFT CORNER • 10AM-12PM**  
2nd Floor Art Studio. Cost: 2 Coupons

**BIBLE STUDY • 10-11:30AM**

2nd Floor Auditorium or Conference Call: 1-617-769-8590

Cost: Free. Will Offering Excepted

**PAINTING FOR PRODUCTS (Merchandise Design) • 10AM-12PM**

Embellishment Design for Mugs, Plates, Mats, Tee-shirt and more w/ Sheena. Room B. Cost: 2 Coupons

**STORYTELLING & WRITING • 1-2PM**

Room B or Zoom ID: 842 5288 8500  
PW: 554559 Call In #: 1-646-558-8656

Cost: No Fee

**PLUSHIE TOY DESIGN • 1-3PM**

Designing & making soft toys w/Sheena. 2nd Floor Art Studio. Cost: 2 Coupons

**LINE DANCE CLASS • 2-3PM**

with Gloria Kingcade  
Rooms A & B. Cost: 2 Coupons

### WEDNESDAYS

**CHI KUNG • 10-11AM**

Room A or Zoom. Cost: 2 Coupons  
Zoom ID: 860 2531 6103

Call In #: 1-646-558-8656

**BEGINNER CERAMICS • 10AM-12PM**

Art Studio. Cost: 3 Coupons

**ZUMBA • 11:15AM -12:15PM**

Rooms A & B. Cost: 2 Coupons

### WEDNESDAYS (cont)

**BINGO • 12:30-1:30PM**

Room B. Cost: No Fee

**ADVANCED CERAMICS • 1-3PM**

Art Studio. Cost: 3 Coupons

### THURSDAYS

**JEWELRY & BEADING • 10-12PM**

with Elizabeth Cason  
Art Studio. Cost: 2 Coupons

**IPAD CLASS • 10AM-12PM**

w/Mr. Brown. 2nd Floor Room B.  
Cost: 1 Coupon

**CHAIR YOGA • 10:30-11:30AM**

w/Kind Essence. Room A.  
Cost: 2 Coupons

### FRIDAYS

**GENTLE MOVEMENT EXERCISE • 10-11AM**

w/JoAnna Turner. Room A.  
Cost: 1 Coupon

**TAI CHI W/COFFEE CUP • 11AM-12PM**

Room A. Cost: No Fee

**OPEN STUDIO • 10AM-1PM**

Art Studio. Cost: No Fee.

**BINGO • 12:30-1:30PM**

Room B. Cost: No Fee

**SIT & BE FIT • 1-2PM**

Learning ways to exercise while seated! Room A. Cost: No Fee

**MOVIE TIME • 1:30-3:00PM**

Auditorium. Cost: No Fee

### Coffee Cup Events

**ALZHEIMER PRESENTATION MONDAYS (BIWEEKLY) • 3-4PM**

Zoom ID#: 955 3693 5644

**EXERCISE PROGRAM IN MANDARIN MONDAYS • 6PM**

Zoom ID#: 948 3132 2765

**JEFFERSON ON HEALTH TUESDAYS • 10:30AM**

Zoom ID#: 853 7597 2302

**TOWNHALL MEETING IN MANDARIN WEDNESDAYS • 3PM**

**ZOOM ONLY:**

ID #: 550 527 7215

**THE BEST DAY OF MY LIFE STORYTELLING PROGRAM THURSDAYS • 2PM**

Zoom ID#: 550 527 7215

PW: 19147

## Special Events

**FREE AARP TAX PREPARATION**

**Mondays, 10am-2pm until April 15th**

You must make an appointment at the Program Window between 9am-1pm Monday-Friday.

**LUNCH & LEARN: Internet Safety**

Presented by Kelly & Leah, Temple University Students

**Monday, April 1, 11am & 12pm Seatings •**

GreenBean Internet Cafe

**DOLLAR DAY! WITH SHEILA**

**Wed, April 3, 10am-3pm •** 1st Floor Lobby

**HEALTH DEPARTMENT TABLE**

**Every other Wednesday, 12:30-1:30pm •** 1st Fl. Lobby

**HAPPY HATTERS MEETING (Red Hatter Society)**

**Wednesday, April 3, 1-3pm •** Room A

**MAKING THE CONNECTION 10 WEEK WORKSHOP**

**Thursdays thru April 18, 2024, 1-2:30pm •** Room A

How to connect, set goals and deal with difficult situations through gameplay & discussions. Gift cards awarded to participants. Sign up at Program Window.

**PSC ARTS GOT TALENT SHOW!**

**Friday, April 5, 1-2pm •** 2nd Floor Auditorium

Calling all singers, dancers, poets, musicians, and comedians, all are welcome! Winner will represent PSC Arts in the PCA Carousel of Talent Show in June. Sign up at Program Window (open 9am-1pm)

Please RSVP to preform by April 1st. No Cost

**LUNCH & LEARN: Low Income Home Energy Assistance Program (LIHEAP)** Presented by Kelly, Temple Social Work Student

**Monday, April 8, 11am and 12pm Seatings •**

GreenBean Café Internet Cafe

**LUNCH & LEARN: Jefferson Lung Cancer Study Recruitment**

**Wed, April 10, 12pm •** GreenBean Internet Café

**PROPERTY RIGHTS & ESTATE PLANNING WORKSHOP**

Presented by Let's See If We Can Help Inc In collaboration with PCA, Senior Law Center & The Urban League

**Friday April 12, 1pm •** 2nd Floor Auditorium

**LUNCH & LEARN: Discounted Utility Programs**

Presented by Kelly, Temple Social Work Student

**Monday, April 15, 11am & 12pm Seatings •** GreenBean Café Internet Cafe

**SLEEP IMPROVEMENT** w/ Leah, Temple Public Health Student

**Wednesday April 17, 11am •** GreenBean Internet Café

**DATING GAME SHOW Presented by Henry Hill Post 385 Inc**

**Thursday, April 18, 1-3pm •** 2nd Floor Auditorium

**VOLUNTEER APPRECIATION WEEK**

**April 22-26 -** See Front Page for Details

**CLASSICAL PIANO CONCERT**

Music by Ilyah Beck In Honor of Passover

**Tuesday, April 23, 11am •** GreenBean Café Internet Cafe

**LUNCH & LEARN: Immunization Preventative Care and Heart Health** with Jefferson Pharmacy Students

**Thursday, April 25, 12pm •** GreenBean Internet Café

**FOODS THAT REDUCE INFLAMMATION**

w/ Leah, Temple Public Health Student

**Friday, April 26, 12pm •** GreenBean Internet Café

**PSC ARTS BOOK CLUB: Becoming by Michelle Obama**

Presented by NewCourtland Pastoral Care

**Friday, April 26, 2-3pm •** Room B

**HEALTHY STEPS FOLLOW UP CLASS w/ Jo Anna**

**Tuesday, April 30, 10am -12pm •** Room A

Only for March 2024 class participants.

**PCA CIVIC EDUCATIONAL SESSION:**

**The Upcoming Presidential Election**

**Tuesday, April 30, 2:30pm •** GreenBean Internet Cafe

Join Volunteer Attorneys at this teatime talk. Snacks provided.

## APRIL 2024

**In Person Congregate Meals Monday Thru Friday**

1st seating: 11-11:45am - Reserved seating served 11-11:15am.

2nd seating: 12-1pm - Reserved seating served 12-12:15pm.

Free Coffee & Tea 8:30-9:30am. One Cup Per Person

**Grab & Go Lunches Thursdays, Porch Area: 8:30-10:30am**

(Grab & Go Meals are for persons not participating with in person dining.)

**Suggested Contribution \$1.25 (In Person/Grab & Go)**

**Persons 55-59 years old required to pay full price \$3.25.**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Hot:</b> Turkey Burger on a Wheat Bun w/ Lettuce &amp; Tomato, Baked Steak Fries, Green Beans</p> <p><b>Cold:</b> Deli Chicken &amp; Low Sodium Swiss Cheese Sandwich on Multigrain Bread w/ Lettuce Leaf &amp; Tomato Slice, Broccoli Slaw, Red Pepper Rings</p> <p><b>Dessert:</b> Bartlett Pear</p>	<p><b>Hot:</b> Hot Roast Beef Sandwich w/ LS Gravy on a Bun, Roasted Redskin Potatoes, Cooked Spinach, Tossed Salad W/ Chopped Romaine, Diced Tomatoes &amp; Cucumbers, Reduced Fat Unsalted French Dressing</p> <p><b>Cold:</b> Seafood Salad on a Croissant w/ Lettuce &amp; Tomato, Broccoli Slaw w/ Unsalted Almonds</p> <p><b>Dessert:</b> Fresh Orange</p>	<p><b>Hot:</b> Shrimp &amp; Stir Fried Oriental Blend Vegetables over Spaghetti Noodles, Vegetarian Egg Roll w/ Duck Sauce, Fortune Cookie</p> <p><b>Cold:</b> Egg Salad Sandwich on Wheat Bread Lettuce &amp; Tomato, Spinach Salad w/ Diced Red Peppers &amp; Chopped Red Onions, RF Ranch Dressing</p> <p><b>Dessert:</b> No Sugar Added Ice Cream</p>	<p><b>Hot:</b> Oven Roasted Breaded Chicken Patty, Black Eyed Peas, Wax Beans, Whole Wheat Dinner Roll</p> <p><b>Cold:</b> Cold Salmon Vegetable Platter w/ Sliced Cucumbers, Radishes, Tomato, Red Onions, &amp; Red Bell Pepper Rings, with Low Sodium Whole Wheat Crackers, Hard Boiled Egg</p> <p><b>Dessert:</b> Mango</p>	<p><b>Hot:</b> Baked Whiting Fillet, Macaroni &amp; Cheese, Stewed Tomatoes, Kale Salad w/Diced Tomatoes, Cucumbers &amp; Red Onions, FF LS Italian Dressing</p> <p><b>Cold:</b> Grilled Chicken Caesar Salad w/ Parmesan Cheese, Croutons, LF Caesar Salad Dressing, Chopped Hard Boiled Egg</p> <p><b>Dessert:</b> Fresh Apple</p>
<p><b>Hot:</b> Salisbury Steak w/ LS Beef Gravy, Mashed Potatoes, Steamed Peas, Tossed Salad with Diced Tomatoes, Unsalted Walnuts, Reduced Fat Unsalted Italian Dressing</p> <p><b>Cold:</b> Tuna &amp; American Cheese on a Wheat Pita, Sliced Tomatoes, Onion, Lettuce, Red Pepper Ring, Three Bean Salad</p> <p><b>Dessert:</b> Peaches</p>	<p><b>Hot:</b> Baked Chicken Leg, Collard Greens, Baked Sweet Potato, Cornbread</p> <p><b>Cold:</b> Turkey and Ham Chef Salad w/ Romaine Lettuce, Low Sodium Cheddar &amp; Swiss Cheese, Carrots, Cucumber, Tomatoes, Radishes, Croutons, Reduced-Fat Ranch Dressing</p> <p><b>Dessert:</b> Diced Peas</p>	<p><b>Hot:</b> Beef Pepper Steak over Brown Rice, Steamed Broccoli, Fortune Cookie</p> <p><b>Cold:</b> Diced Chicken Salad on a Wheat Bun, Lettuce &amp; Tomato, Sliced Cucumbers, Carrot &amp; Raisin Salad</p> <p><b>Dessert:</b> Mandarin Oranges</p>	<p><b>Hot:</b> Grilled Pork Chops, Au Gratin Potatoes, Mixed Vegetables, Tossed Salad w/Diced Tomatoes, Cucumbers, Red Onions &amp; Reduced Fat/Unsalted Italian Dressing</p> <p><b>Cold:</b> Turkey Hoagie w/LS American Cheese on a Wheat Roll, w/Lettuce, Tomato &amp; Onion, Pasta Salad</p> <p><b>Dessert:</b> Fresh Banana</p>	<p><b>Hot:</b> Breaded Flounder Fillets on Wheat Bun w/ Tartar Sauce, Steak Fries, Brussels Sprouts</p> <p><b>Cold:</b> Turkey Bacon BLT on Wheat Bread, Potato Salad</p> <p><b>Dessert:</b> SF Rice Pudding</p>
<p><b>Hot:</b> Meatloaf w/ LS Gravy, Mashed Potatoes, French Cut Green Beans, Spinach Salad w/ Diced Red Onions, Walnuts and Low-Fat Ranch Dressing</p> <p><b>Cold:</b> Tuna Salad Sandwich on Wheat Bun with Cheese, Spinach, Tomato &amp; Onion, Cucumber &amp; Tomato Salad</p> <p><b>Dessert:</b> Fresh Banana</p>	<p><b>Hot:</b> Vegetarian Lasagna, Green Beans, Garlic Bread, Tossed Salad w/ Diced Red Onions, Red Pepper Rings, Sunflower Seeds with Reduced Fat Unsalted French Dressing</p> <p><b>Cold:</b> Turkey Salad Sandwich on Wheat Bread w/ Tomato, Lettuce, Red Pepper Rings, Macaroni Salad</p> <p><b>Dessert:</b> Diced Peaches</p>	<p>Hunan Chicken over Brown Rice, Oriental Blend Vegetable</p> <p><b>Cold:</b> Seafood Salad Sandwich on Croissant w/ Lettuce Leaves &amp; Tomato, Kale Salad w/Carrots, Tomato, Cucumber &amp; Red Pepper Ring w/ Reduced-Fat Unsalted Italian Dressing</p> <p><b>Dessert:</b> Fruit Cocktail</p>	<p><b>Hot:</b> Spaghetti and Ground Turkey Meat Sauce, California Blend Veggies, Garlic Bread, Tossed Salad with Diced Tomatoes, Cucumbers, and Reduced Fat Unsalted Italian Dressing</p> <p><b>Cold:</b> Fresh Vegetarian Platter w/ Wheat Crackers (Carrot Sticks, Celery, Cucumbers, Radishes, Broccoli Florets, Cauliflower, Guacamole, Red Pepper Rings) Hard Boiled Egg, Salsa &amp; Low-Fat Ranch Dressing</p> <p><b>Dessert:</b> Mandarin Oranges</p>	<p><b>Hot:</b> Lemon Pepper Tilapia with Tartar Sauce, Baked Potato with Reduced Fat Sour Cream, Brussels Sprouts, Whole Wheat Dinner Roll</p> <p><b>Cold:</b> Corned Beef &amp; Low Sodium Swiss on Rye Bread with Tomato Slice w/ Low-Fat Russian Dressing, Creamy Coleslaw</p> <p><b>Dessert:</b> Sugar Free Strawberry Jell-O</p>
<p><b>Hot:</b> Roasted Chicken Leg, Brown Rice, Steamed Broccoli Florets, Tossed Salad w/ Shredded Carrots, Diced Tomato, Cucumbers, Red Pepper Rings, Unsalted Walnuts w/ Reduced-Fat Unsalted Italian Dressing</p> <p><b>Cold:</b> Roast Beef and Cheddar on Rye Bread w/ Lettuce and Tomato, Potato Salad, Broccoli Slaw, Red Pepper Ring</p> <p><b>Dessert:</b> Fresh Banana</p>	<p><b>Hot:</b> Beef Meatball Sub on Whole Wheat Hoagie Roll with Mozzarella Cheese, Green Beans, Kale Salad w/ Shredded Carrots, Diced Tomatoes, Cucumbers, Red Onions, &amp; Ranch Dressing</p> <p><b>Cold:</b> Deli Turkey BLT on Whole Wheat Bread with Sliced Avocado, Low Cal Mayonnaise</p> <p><b>Dessert:</b> Fresh Orange</p>	<p><b>Hot:</b> Roast Pork Lo Mein w/ Cabbage, Snap Peas, Carrots, &amp; Broccoli, Vegetarian Egg Roll</p> <p><b>Cold:</b> Deli Chicken on Whole Wheat Wrap with Honey Mustard Sauce, Lettuce Leaf, Tomato and Red Pepper Ring, Spinach Salad w/ Diced Tomato, Cucumber, Red Onions, Shredded Carrots w/ Unsalted French Dressing</p> <p><b>Dessert:</b> Tropical Fruit Cup</p>	<p><b>Hot:</b> Pulled BBQ Chicken Sandwich on Hamburger Bun, Steamed Broccoli Florets, Steak French Fries</p> <p><b>Cold:</b> Egg Salad Sandwich on Wheat Bread with Lettuce Leaf and Sliced Tomato, Cucumber &amp; Tomato Salad</p> <p><b>Dessert:</b> Rainbow Sherbert</p>	<p><b>Hot:</b> Breaded Fish Cake Sandwich on Whole Wheat Bun with Tartar Sauce, Boiled Cabbage, Stewed Tomatoes</p> <p><b>Cold:</b> Chicken Pasta Salad Bowl with Unsalted French Dressing (Baby Spinach, Grilled Chicken, Turkey Bacon, Carrots, Diced Tomato, Cucumber, Rotini Pasta, Black Olives, Chickpeas)</p> <p><b>Dessert:</b> LF Greek Strawberry Yogurt</p>
<p><b>Hot:</b> Turkey Burger on a Wheat Bun w/ Lettuce &amp; Tomato, Baked Steak Fries, Green Beans</p> <p><b>Cold:</b> Deli Chicken &amp; Low Sodium Swiss Cheese Sandwich on Multigrain Bread w/ Lettuce Leaf &amp; Tomato Slice, Broccoli Slaw, Red Pepper Rings</p> <p><b>Dessert:</b> Bartlett Pear</p>	<p><b>Hot:</b> Hot Roast Beef Sandwich w/ LS Gravy on a Bun, Roasted Redskin Potatoes, Cooked Spinach, Tossed Salad W/ Chopped Romaine, Diced Tomatoes &amp; Cucumbers, Reduced Fat Unsalted French Dressing</p> <p><b>Cold:</b> Seafood Salad on a Croissant w/ Lettuce &amp; Tomato, Broccoli Slaw w/ Unsalted Almonds</p> <p><b>Dessert:</b> Fresh Orange</p>			