

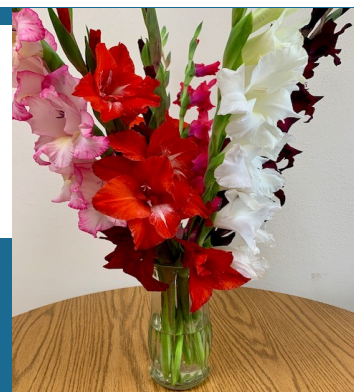
September 2023

SHIRLEY DOANE SENIOR CENTER NEWSLETTER

1412 Sixth Street E • Menomonie, WI 54751 • Phone 715.235.0954 •

www.menomoneseniorcenter.org

LIKE US ON FACEBOOK @ Shirley Doane Senior Center



NOTE FROM THE DIRECTOR

So that was summer! We are transitioning to Autumn and hopefully finding our “Happy Place!” Those warm summer temperatures sure make me smile and I hate to think they are soon to be replaced by the “Cooler Stuff!” However, Happy Places should not have to be warm- it is just certainly a lot easier to be happy when you are not burdened by layers of clothing or needing to rush indoors to be comfortable. When it comes right down to it—Happy Places have many components but the biggest one isn’t the weather. The most important factor is being relaxed, content or calm. Find those places for yourself and any weather will go well with your “Happy Place!”

Happy September!!! Donna

- ◇ **Senior Center Closed Monday, Sept. 4th (LABOR DAY)**
NO PROGRAMS OR ACTIVITIES
- ◇ **No Bingo Friday, Sept. 22-Cancelled due to MHS Homecoming**
- ◇ **Stronger Seniors (Resuming October 3rd) 9:45am & 11:00am**
- ◇ **Foot and Nail Clinics September 6, 13, 20, 27 -8:30am-11am**
- ◇ **Boost your Brain & Memory Mondays September 11 through October 2 8:30-10:30 Light Breakfast Served See Insert Page RSVP please**
- ◇ **Chicken & Cheese Mostaccioli -Delicious *Alfredo Sauce Style Hot Dish* meal. Sponsored by State Farm Insurance, Jackie Hunt Agency (see page 14) Thursday, September 20-11:30am**
- ◇ **CVLR Cooking with Monica Reg. Required September 25- 12:30pm**
- ◇ **Church Basement Ladies in “Away in the Basement” at the Ames Center Sign up soon! Thursday, Nov 16th- 9:00am See Insert Page**
- ◇ **CVLR Foreign Affairs RSVP Required Fridays in September 10am-11:30am**

MEAL SPONSORSHIPS AT THE SENIOR CENTER

THE SENIOR CENTER’S MONTHLY MEALS ARE NOW SPONSORED BY COMMUNITY ORGANIZATIONS OR BY INDIVIDUAL SPONSORS. THE AMOUNT REQUESTED IS \$500.00 PER MEAL OR \$700.00 FOR THE HOLIDAY MEALS IN NOVEMBER & DECEMBER. FOR MORE INFORMATION PLEASE CONTACT THE SENIOR CENTER 715-235-0954

Thank you to our
New and Renewed Members
Who paid in July & August, 2023

*DENOTES NEW MEMBER-WELCOME!
Jaena Howells
Annika & Larry Koerth*
Cletus & Geri Wolfe
Anna McClung
Sandra & Robert Dotseth*
Annie Titus*
Joe Plouff*
Lavonne Solem*
Diane Simon*
Donna Weix*
Angie Herbert*
Leola Peshaw*
Diane & Mike Werner
Donald & Sue Kolek
Cheryl Bean
Jerry & Rhonda Trainor
Elizabeth Ziehme*
Trudy Olson*
Marie Bennington
Nancy Rud
Pat Bade

Membership Dues...
Membership runs on a calendar year basis. Thank you to Senior Center supporters who have joined or renewed in 2023.

Insert Pages

- ❖ **Sept. Calendar & Menu**
- ❖ **Memorials / Donations**
- ❖ **Senior Center Notices**
- ❖ **Old Log Theater Day Trip**
- ❖ **Sunshine Award & Strawberries**
- ❖ **Sept 20th Meal/Nov. Day Trip**
- ❖ **Crafters Cove Gifts**
- ❖ **Community Health Survey**
- ❖ **Boosting Brain & Memory**
- ❖ **Sept Sponsor/Meals on Wheels**
- ❖ **ADRC—Creating Hope / Aging Dunn Well**



Personal Perspective

September can be quite a busy month. With school starting, summer ending, and cold weather approaching, it is so important to take care of ourselves. This includes drinking lots of water, engaging in exercise, and getting enough sleep. I hope everyone has an awesome, healthy, and

low-stress September!

Best Regards,

Jaden Czysz



Our House Senior Living will be donating Bingo prizes for our Friday 1pm Bingo!! They will also be joining us monthly during Bingo to share the fun and fellowship!

Exploring Dementia Caregiving

Do you care for someone with dementia? Join us for care strategies, resources and support.



September 26th

October 24th

November 28th

December 26th

10:30am-noon @ the Senior Center

The Dementia Adult Day Services (DADS) program is an option during this meeting.

COMING IN OCTOBER AT THE SENIOR CENTER AARP SMART DRIVER COURSE

WEDNESDAY,
OCTOBER 18th, 2023
10:00 A.M.—2:30 P.M.



\$20.00 AARP MEMBERS \$25.00 NON-AARP MEMBERS

Please Sign Up in the Senior Center Office

Foot & Nail Clinic

(EXPECT YOUR APPT TO LAST 1 HOUR)

Please call the Senior Center for an appointment at
715-235-0954



The Foot Clinic will be held the 1st, 2nd, 3rd and 4th Wednesday of every month. Next Dates: Sep 6, 13, 20, 27

Time: 8:30 – 11 a.m. (BY APPOINTMENT)

Place: Senior Center Fee: \$20 per person



Becky Czysz, RN, Foot Care Nurse
Mickey Wolfe, Volunteer Assistant
Lana Laird, Volunteer Backup Asst.

Appointments are required as time is limited.



American
Lutheran Communities

Thank You, American Lutheran Communities of Menomonie for supplying all of the delicious Senior Center bus tour treats this year!

We appreciate all their support & friendship!

PERSON OF THE MONTH



Jaden Czysz

My name is Jaden and I work in the office. I am excited to get to share a bit about myself this month! I have lived in Menomonie my whole life. My mom, Becky, is the Foot and Nail Nurse! I graduated from Elk Mound High School last May, and I am excited to attend UW-Stout this fall to start studying Psychology! I love to dance, Ballet specifically.

My favorite part of working here is how kind and good-natured everybody has been. This Senior Center truly is a positive and welcoming place to be.

IF YOU WOULD LIKE TO NOMINATE SOMEONE TO BE THE VOLUNTEER/PERSON OF THE MONTH PLEASE DO SO BY LEAVING THE NOMINATION IN THE SUGGESTION BOX IN THE SENIOR CENTER OFFICE. TO BE HIGHLIGHTED FOR BEING RECOGNIZED FOR ACCOMPLISHMENTS OR HAVE OTHER ASSOCIATIONS OR ACTIVITIES OF INTEREST, PLEASE SEE THE SENIOR CENTER DIRECTOR OR SPEAK WITH A BOARD OF DIRECTORS MEMBER. THANK YOU!

HAPPY SEPTEMBER BIRTHDAYS!!!!

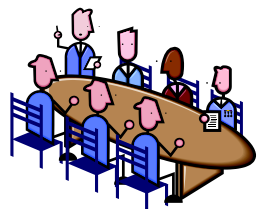
Lynda Paulson 1	Jeff Rogers..... 8	John Taylor..... 17	Richard Olson.....26
Beverly Railton..... 1	Frances Schutts 8	Romelle Marzitelli 17	Samuel Schrantz.....26
Pat Schmiling 1	Donna Wintrone 8	Victoria Hendricks.... 19	Richard Horstman27
Gene Thiede..... 1	Bea Proudlock 9	Sissy Kindschy 19	Jack Ubel.....27
Carol Bergelin2	Joan Burstad 10	Michael Fekete..... 20	Cynthia Behrens28
Catherine Bosben2	Barb Gibson 10	Mike Brandt 21	Jane Hendrix.....28
Maxine Cook2	David Holmstrom 10	Sue Keith 21	Becky Quilling28
Marilyn Fruit.....2	Beverly Ray 10	Eldon Burstad 22	Ruth Martinson29
Ron Fry2	Lynn Bonjour 11	Jeff Eckert..... 22	Marlene Bachman.....30
Sharon Moseler2	Judy Ferguson 12	Tina Tharp 22	Sally Hayen.....30
Doug Larson3	Carolyn Maves 12	Daniel Vivoda..... 22	LaWanda Kadinger...30
Virginia Skjegstad3	Donna Mrdutt..... 12	John Backhaus..... 23	Robert Meisner30
Ralph Varsho3	Eileen Register..... 12	Antoinette Ciesielski 23	Jerry Peterson30
Angie Kryshak4	Betty Hazen..... 13	Karen Evenson 23	Kevin Tharp.....30
Mary Kay Penton4	Irene Smith..... 13	Linda Lausted..... 23	Kerry Thomas.....30
Julie Stratton4	Karen Snyder..... 13	John Hirschberger.... 23	
Dennis Kropp5	David Bonjour..... 14	Ron Kallio 23	
Nancy Wold.....5	Ethel Frank 14	Dan Wold 23	
Chuck Ausman.....6	Corinne Milovich.....14	Ben Evan..... 24	
Susan Pittman6	Theresa Vanderhoff . 14	Tony Place..... 24	
Dave Young6	Judy Young..... 14	Julie Kinney 25	
Kay Kundy.....7	Barb McKay 15	Diane Person..... 25	
Leah Buerkle8	Jeff Dial..... 16	Brad Baskin 26	
Tom Chaudoir.....8	Joe Larkin..... 16	Rick Bolin 26	



Shirley Doane Senior Center 2023 Board of Directors

Board President: Tina Tharp
 Board Vice President: Karen Martinson
 Board Secretary: Jo Gust
 Board Treasurer: Bonnie Christianson
 Backup Secretary: Mickey Wolfe

Fran Frank
 Rosalie Werner
 Jane Kingzett
 Jan Pejsa
 Bill Arndt
 Bill Mercer
 Karen Siegl



Senior Center Director: Donna Collins
 Front Office: Karen Snyder
 Office Assistant: Jaden Czysz
 ADS Manager: Mary Van Norman
 ADS Assistant Manager: Barb Welch
 DADS Managers: Carol Bergelin & Heather Jerrie
 Webmaster: Joe Hagaman

Board meetings are currently being held the second Tuesday of each month at 9:00 a.m. If you are interested in joining a meeting please let us know one week in advance. Board meeting minutes are available upon request.

Email address: seniors@wwt.net 715.235.0954

Our September Meal is Sponsored by:



Jackie Hunt www.jackiehunt.com 715-235-9068

**Sign up for some GREAT FOOD
and to hear them give a talk!**

EXPLORING DEMENTIA CAREGIVING

Fourth Tuesday OF EACH MONTH

10:30 AM to Noon

@ The Senior Center

Next Meeting September 26th

Boost Your Brain & Memory

Mondays

September 11th to October 2nd

8:30 to 10:30

Register by calling the Senior Center

SEE INSERT

Shirley Doane Senior Center is a 501 (C) (3) non-profit organization supported in part by United Way of Dunn County. The Center supports United Way campaign efforts.

LABEL



of Dunn County



1412 6th Street East
 Menomonee, WI 54751
 715-235-0954 seniors@wwt.net
 Web: memomonieseniorcenter.org

SENIOR CENTER

MENOMONEE AREA

September Newsletter

Electronic Service Requested

Non-Profit Org.
 U.S. Postage Paid
 Menomonee, WI 54751
 Permit No. 345

SPECIAL DONATIONS &
MEMORIALS GIVEN TO
THE SENIOR CENTER
DURING JULY & AUGUST 2023

Thank you for your generosity!



Bob and Helen Redlich
In Memory of Irene Foster
(Karen Martinson's Mother)

Rita & Howard Slinder
In Memory of Irene Foster
(Karen Martinson's Mother)

Marjorie Zeilinger
In Memory of Roger Eighmy
(Donna Boerner's Brother)

Carol Saxton
In Memory of Roger Eighmy
(Donna Boerner's Brother)

Carrol Bakke, Neva Fiege, Donna Boerner, & Wayne Quilling
In Memory of Roger Eighmy
(Donna Boerner's Brother)

Marie Bennington
In Memory of Catherine Eiseth
(Marie's Grandmother)

Roger & Mary Schaefer
In Memory of Diana Bentz

Sue & Alan Vasey—Bingo Prizes

Bill Mercer—Donated End of Month Prize for Bingo

Diane Werner—Supplies & Materials for Crafter's Cove

Marilyn & Dan Arnsdorff—Supplies & Materials for Crafter's Cove

Jeanette Scheuermann—Buttons for Crafter's Cove

Janet Ohvan—Craft Supplies for Crafter's Cove

Jo Gust—Cash Donation for BINGO Prizes

Nancy Rud—Cash Donation

Luanne Reckin—Cash Donation

Cindy Behrens—Craft Room Donation & Bingo Prizes

The Dunn County Area Retired Educator's Association

Will meet Monday, September 11th, at the Menomonie Moose Lodge at 12pm (noon). Tracy Fischer, Manager, Dunn County Aging & Disability Resource Center (ADRC) will be the guest speaker. ADRC is a reliable resource for Medicare, Social Security, Medicare Prescription Plan information & consultation, as well as other topics relevant to seniors. All retired public school employees, preschool through university, are welcome to attend for camaraderie, lunch, and program.

Please call Jean at 715-235-8286 by September 7th to RSVP.



The Senior Centers Adult Day Services (ADS & DADS) is looking for volunteers to help our staff with playing games, crafts and just enjoying the wonderful people who participate in these very needed programs. Offering flexible hours/days. If you are interested in volunteering in this area of mission at the Senior Center, please call 715-235-0954. Thank you!

BODIES IN MOTION!!!!-FREE Strength Training Programs

Stronger Seniors Classes Resume

Dates: October 3rd 2023-December 19th 2023

Days: Tuesdays and Thursdays

Times: Intermediate Classes—9:45-10:30 a.m.
Basic Classes—11-11:45 a.m.

Place: The Gym at the Menomonie Senior Center

Leaders: Rosemary Jacobson (RJ) Stronger Seniors-Basic
Tina Sharp Stronger Seniors-Intermediate



MORE EXERCISE PROGRAMS AT THE SENIOR CENTER

Chair Yoga Tuesdays & Thursdays, 8:30-9:15am \$3.00/class

Tai Chi Mondays 9:00-10:30am Free

Open Walking In The Gym Monday, Wednesday, & Friday 12-3pm



THE CENTER FOR
INDEPENDENT
LIVING
FOR WESTERN
WISCONSIN



OFFERING:

**FREE BLOOD PRESSURE &
BLOOD SUGAR SCREENING**

2ND TUESDAY OF THE MONTH:

SEPTEMBER 12TH + OCTOBER 10TH

10:00AM – NOON

@ THE MENOMONIE SENIOR CENTER

NO PRE REGISTRATION

NECESSARY

SNOWBIRDS



Please notify the Menomonie Senior Center
of your address change while you are away.

We can send your newsletters to your winter address
(or) temporarily take you off our mailing list.

Don't forget to let us know when you return. Thanks
for your help and have a wonderful winter!

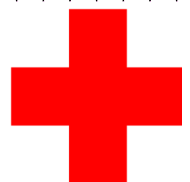
American Red

Friday, October 20th 2023

9am-3pm

@ Shirley Doane Senior Center

Give Blood.



Every 2 seconds
someone in the
US needs blood.

Make your appointment today by calling 1-800-733-2767
or go to www.redcrossblood.org & search keyword
"leisurecenter". For eligibility information, medical,
medication or travel questions call 1-866-236-3276

Old Log Theater Presents:

Million Dollar Quartet

Thursday October 12, 2023

9:00 a.m.—6:00 p.m.

Old
Log
THEATRE

ITINERARY

9:00 a.m. Bus Departs from Senior Center for the
Old Log Theater

10:30 a.m. Arrive Old Log Theater, Excelsior,
Minnesota

11:00 a.m. Lunch menu choices:

- Braised Boneless Short Ribs, Potatoes, Seasonal Vegetables
- Chicken Breast in Cream Sauce, Potatoes, Seasonal Vegetables
- Vegetarian Pasta

All of the above comes with Dinner Rolls, Coffee and Dessert

1:00 p.m. Curtain Time: Million Dollar Quartet

3:45 p.m. Depart From Old Log Theater (approximate time)

6:00 p.m. Return to Senior Center (latest approximate time)

Senior Center Tour

\$95 per person

**Call 235-0954 if
interested!**

NOTE: Small Hand Held Receivers are available at the Old Log Theater for those with hearing loss. Please request one when signing up for this wonderful Senior Center outing! Also please remember to choose your entrée for the lunch when you sign up!

Million Dollar Quartet, a Tony Award musical, captures the memorable day when four Rock n' Roll greats made music history. On December 4, 1956, an auspicious twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records' storefront studio in Memphis, TN. The man who made it happen was the "Father of Rock'n'Roll," Sam Phillips, who discovered them all. This was the only occasion the four legends-to-be played together, and it has come to be known as one of the greatest rock jam sessions of all time. MILLION DOLLAR QUARTET brings that legendary night to life featuring a score of rock hits including "Blue Suede Shoes", "Fever", "That's All Right", "Great Balls of Fire", "Walk the Line", "Lotta Shakin' Goin' On,", "Who Do You Love?", "Sixteen Tons", "Folsom Prison Blues", "Hound Dog", and more. Don't miss this chance to enjoy 21 hit songs by 4 legends. This is everyone's "Jam!"

Directed by Christine O'Grady Roberts

FINAL PAYMENT DUE September 14, 2023

Sign up Today!!! Old Log Theater is known for its delicious food and wonderful performances. Ticket price includes dinner, tickets, transportation and all taxes and gratuities except voluntary driver gratuity.

Menomonie Senior Center, 1412 6th St. E., Menomonie, WI 54751 715-235-0954

Snacks provided by American Lutheran Communities

All Menu's and exact times are subject to change



We were so honored to have been nominated for WEAU 13 News's SUNSHINE AWARD in the beginning of July!

Thanks to Wilma Mast for nominating us!

Some photos from our STRAWBERRY



FEST in June!!



**And a big
THANK YOU
to Red Cedar
Valley for the
delicious
strawberries!!**



CHICKEN & CHEESE



MOSTACCIOLI BAKE MEAL

**\$8 per
ticket**

September 20th, 2023

11:30am-12:30pm

MENU:

**RSVP BY SEPTEMBER
15TH**

**Chicken & Cheese-
Mostaccioli Bake
Salad
Vegetable
Rolls
Dessert**

This meal is sponsored

by:

 **State Farm**[®]
Jackie Hunt www.jackiehunt.com 715-235-9068

CALL 715.235.0954 TO

RESERVE!

SHIRLEY DOANE

SENIOR CENTER

All profits go towards the Senior Center Activities and Programs. Questions please call 715-235-0954

MENOMONIE AREA SENIOR CENTER CHRISTMAS TOUR



THE “**CHRISTMAS**”
CHURCH
BASEMENT LADIES IN
“**AWAY IN THE
BASEMENT**”
Thursday,
November 16, 2023

Senior Center Tour
\$105 Per Person Call

715-235-0954

To reserve your spot

ITINERARY:

- 9:00 a.m. Depart Senior Center
10:30 a.m. Arrive Ames Center Burnsville, MN
11:30 a.m. Lunch: **Mediterranean Lunch Buffet!**
Includes: Gyros, Chicken Kabobs, Falafel, Hummus, Salmon, Fruits, Salads, Desert, & MANY more food CHOICES!
12:30 p.m. The Masquerade Dance Theater opens for seating in the Ames Center. Your excellent seats are reserved!
1:00 p.m. Showtime — “Away In The Basement”
3:30 p.m. Depart Theater for Return Trip to Senior Center
5:00 p.m. Arrive Back at Senior Center (Approximate Time)

Away in the Basement takes us back to 1959 and the day of the Sunday School Christmas Program. In the midst of holiday preparations and sprinklings of love in the air, the ladies in their witty, down-to-earth style are creating their own memories from Christmases past and present. Content to do things the way they have always been done yet pondering new ideas, the reality of everyday life hits home as they plan the Sunday School Christmas Program. As the children rehearse up in the sanctuary, several of the ladies of the kitchen are finishing up the treat bags filled with apples, peanuts and ribbon candy while the others put the final touches on the nativity pieces. As they mend old bathrobe costumes, discuss the politics of who's going to play the various roles, little do the ladies know what surprises are in store for them. **Known for their hilarious antics and subtle charm, they are once again called upon to step in and save the day!**

Sign up today to join in on this fun excursion!

Final payment due: **October 1, 2023**

Menomonie Senior Center, 1412 6th St. E., Menomonie, WI 54751 | 715-235-0954

All menus and exact times are subject to change

CRAFTER'S COVE!



**Items are for sale
to support the
senior center!**



**So many
cute items!**



**Great gifts for
kids, grandkids,
or even your
friends!**



**It's never too early to go
Christmas shopping....**



Let your voice be heard

Help shape the future of your community

take the CHIPPEWA VALLEY COMMUNITY HEALTH SURVEY!

Scan with your
phone camera:



Or visit:

www.surveymonkey.com/r/CVsurvey2023

- Open to all adults who live or work in Chippewa, Dunn, or Eau Claire county
- Takes about 5 minutes
- Anonymous
- Open until Sunday, September 24
- Results will be used to prioritize local health issues for improvement
- Paper surveys are available *(contact Alex at alex.craker@eauclairecounty.gov or 715-271-9902)*

Survey conducted by the Chippewa Valley
Community Health Assessment Planning Partnership Committee:



Boost Your Brain & Memory



Mondays

September 11 - October 2

8:30-10:30 am

SHIRLEY DOANE

SENIOR CENTER

Attend a series of free, fun classes to learn strategies to protect your brain as you age.

Breakfast will be provided!

To Register contact the Shirley Doane Senior Center at
715-235-0954

Sponsored by:



Proud to Support the Neighborhood

Being a good neighbor means being there for my community. As your local State Farm agent, I'm ready to help whenever you need me. Give me a call. I'm excited to share information with you about all the other financial products & services we provide!
I am looking forward to meeting you.



Jackie Hunt Ins Agency Inc

1125 Broadway St N Ste 1
Menomonie, WI 54751
715-235-9068
Jackie@jackiehunt.com



Jackie Hunt's
Agency will be
sponsoring our
September 20th
meal!!



Meals on Wheels Volunteer Drivers Needed

The Dunn County Nutrition Program is looking for drivers in the **Menomonie** area. We schedule days around your needs. Shifts are from 10:45 am to 12:15 pm.

We are so much MORE THAN JUST A MEAL!

Last year volunteers delivered more than 30,000 meals to home bound seniors throughout Dunn County. You can make a difference in someone's life.

Please call the ADRC of Dunn County for more information at 715-232-4006.


**"You make a living by what you do;
you make a life by what you give."**

**Winston
Churchill**



SEPTEMBER 2023 Elderly Nutrition Program
 ENP located at Tantara Apartments Mon-Fri
 Menu subject to change
 To Reserve/Ask Questions call THE ADRC
 715.232.4006

IN HOUSE SENIOR CENTER MEAL
SPONSORED BY JACKIE HUNT'S
STATE FARM INSURANCE AGENCY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tuna salad sandwich on wheat w/ Lettuce, Hearty vegetable soup, Pear W/ lime gelatin
4 MEAL SITES CLOSED 	5 Pork chops with vegetable sauce, Bread stuffing, Broccoli, Melon medley	6 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Applesauce	7 Bratwurst on a bun, Sauerkraut, Scalloped potatoes, Cucumber salad, Chocolate chip cookie	8 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
11 Roast beef, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	12 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	13 Chicken supreme, Baby bakers, Peas and carrots, Wheat bread, Blueberries	14 Hamburger on bun with lettuce/ onion/ pickle, Potato salad, Gelatin w/ mandarin oranges	15 Baked fish with lemon butter sauce, Side winder fries, Broccoli, Buttered rye bread, strawberries
18 Roasted turkey breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	19 Beefy tater tot casserole, Cream style corn, Lemon bar	20 Delicious Chicken Mostaccioli Bake SENIOR CENTER MEAL SPONSORED BY JACKIE HUNT'S STATE FARM INSURANCE AGENCY See Insert & RSVP	21 Meat lasagna, Mixed green salad, Garlic bread, Melon medley	22 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Strawberry cheese-cake
25 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	26 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, Fruit salad	27 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	28 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Fresh apple	29 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins