May the Spirit of Christmas Bring You Peace,

And wishing you a Happy, Healthy and Prosperous New Year!

Senior Happenings
December 2015

December . . .

* Wednesday, December 2: Senior to Senior Breakfast sponsored by the North Haven High School Seniors at the High School
* Friday, December 4: Tri-Town Christmas Party at Zandi’s Stillwood Inn, Center will be closed for all activities today
* Tuesday, December 8: Hanukkah Breakfast
* Wednesday, December 9: Trip: Trees of Hope
* Thursday, December 10: Mini Trip: Wallingford Walmart
* Thursday, December 10: Military Whist Party
* Tuesday, December 15: Trip Committee Meeting
* Tuesday, December 15: Recap of the Holiday Fair
* Tuesday, December 15: Storyteller: Kate Allen Smith
* Thursday, December 17: Trip: Knights of Columbus Christmas Museum; Joy to the World Creches of Central Hope
* Wednesday, December 23: Lunch and A Movie: Miracle on 34th Street
* Thursday, December 24: Center is Open, no activities after lunch
* Friday, December 25: Merry Christmas – Center Closed
* Tuesday, December 29: Mini Trip: Universal Drive
* Friday, January 1: Happy New Year – Center Closed
Daily Transportation
Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

Medical Transportation
Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual’s appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. Pickup times are approximate. Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and on a very limited basis to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor’s office; date and time of appointment; name of any other person who rider will be traveling with to doctor’s office.

Please make note: there will be no medical transportation on the following days – December 4 and 25. No daily transportation on December 4, 9, 17 and 25.

Please note: All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there will not be a make-up day during that week for transportation.

Activity dates, transportation and times are subject to change.

Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.

Scheduled and Mini Trips
For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

Mondays: (time frame for grocery shopping will be an hour and half from time of drop off)
- Grocery Shopping

Tuesdays:
- Hairdressers, Barbers and Nail Salons

Wednesdays: (time frame for errands will be up to an hour for a single stop from time of drop off)
- Errands to include – pharmacies, bank, post office, card shop

Thursdays: (time frame for mini trips will be an hour and half from time of drop off)
- Mini Trips:
  - Thursday, December 10:
    - Wallingford Walmart
  - Tuesday, December 29: Universal Drive

Fridays: (time frame for grocery shopping will be an hour and half from time of drop off)
- Grocery Shopping
From the Desk of Judy,

“The miracle is not that we do this work, but that we are happy to do it.”

-Mother Theresa

A round of applause to all who worked making our annual holiday bazaar a tremendous success. As always it is hustle and bustle prior and on the days of the event. However in the end we look back and focus on how it was a day of fun, food, and fellowship. Thank you all for the delicious baked goods, the beautiful ceramics, crafts, gently used treasures, greenery arrangements, handmade wood items, jewelry and gems, raffle prizes, and above all dedicated volunteers for their endless hours of labor.

This year’s event realized a profit of $3,800.00. If you were unable to attend the bazaar and would like to support the efforts of this fundraiser there are a few remaining handmade items on display at the Center throughout the month of December.

Great gifts at a great price!

Remember all proceeds go toward the betterment of your center supporting programs and supplies that make our Center great!!!

Tis the Season to Watch Out for Medicare Fraud

As soon as the Medicare open enrollment period starts, scammers begin their efforts to steal your identity. Because you rely on Medicare many often let their guard down and find themselves victims of fraud. With this in mind please read the following and be aware of the five tips to avoid the most common Medicare scams.

1. Know how identity theft works. Someone pretending to work for Medicare may contact you and tell you they need your personal information to update your forms, but they’re actually looking for a way to steal your identity—and your savings. A legitimate Medicare employee would never ask for your personal information over phone or email—they already have it on file.

2. Watch out for anyone asking for personal information. Examples include your Medicare number, Social Security number, bank account number, birthday and address. Medicare will never call, email or visit you and ask for your personal information. Scam artists may claim that Medicare is issuing new cards or updating forms, or that they need your financial information to process payment on an overdue medical bill. Even if they accurately cite a few numbers from your checks, do not assume the call is legitimate. If anyone is trying to “help” you with Medicare and asks for your personal or financial information, hang up or delete the email.

3. Compare plans with a trustworthy adviser. There are countless insurance salespeople pitching policies that they promise will “save you thousands.” While some of the plans they suggest may be familiar, not all policies are right for everyone. Some salespeople may employ scare tactics or other strategies to pitch their plans, such as free lunch seminars or false claims of being affiliated with a government agency.

To avoid these issues, get advice from a resource you can trust. My Medicare Matter’s Medicare Mini-Check, created by the National Council on Aging, is a free, brief assessment that helps you compare plans online. Another excellent resource is your local State Health Assistance Insurance Program. It provides free, one-on-one and unbiased federally funded Medicare counseling. To schedule an appointment with one of its counselors, call its toll-free national number at 1-877-839-2675 or the Senior Center.

4. Never sign a Medicare form without thorough examination. Some disreputable insurance agents may also try sending out release forms that allow them to make decisions on your behalf. Never sign anything Medicare-related without reading through it first—and get a friend, family member or lawyer, or even me to review it as well.

5. When in doubt, call Medicare. If anything ever seems suspicious or uncomfortable, don’t hesitate to contact Medicare. Visit Medicare.gov or contact them toll-free at 1-800-MEDICARE and as always contact me at the Center, 203-239-5432.

May the Spirit of Christmas Bring You Peace,
the Gladness of Christmas bring you Hope, and the Warmth of Christmas Give You Love.

From our Hearts to Yours, Merry Christmas,

Fondly,

[Signatures]

Judy
December . . .

※ **DATE CHANGE:** Senior to Senior Breakfast – Wednesday, December 2, 8:00 a.m., held at the North Haven High School. Transportation will be provided. Please call the Center, 203-239-5432 if you would like to attend. If you drive and would like to take the bus to the High School, please be at the Center by 7:45 a.m.

※ **Tri-Town Christmas Party** – Friday, December 4, 11:00 a.m. to 3:00 p.m. at Zandi’s Stillwood Inn, 1074 S. Colony Road, Route 5, Wallingford, Connecticut. Menu consists of: individual antipasto, family style ziti with meat sauce, choice of Chicken Francais, Stuffed Filet of Sole or Prime Rib, vegetable medley, roasted potatoes, dessert, coffee and diet soda on tables. Cash bar will be available. There will be a 50/25/25 door prize and entertainment by The Boogie Boys. **Transportation will be available, please make your reservations early.** If you drive and would like to ride the bus to Zandi’s, please meet us at the Center by 10:00 a.m. All activities and medical transportation at the Center will be cancelled for the day.

※ **Hanukkah Breakfast** – Tuesday, December 8, 10:00 a.m. We will be celebrating Hanukkah with a traditional breakfast of challah French toast, jelly donuts and homemade potato pancakes, coffee, tea and orange juice will be served. Cost: Residents: $6.00, Non-residents: $11.00. Please make your reservations by Thursday, December 3rd.

※ **Trip: Trees of Hope** – Wednesday, December 9, 10:00 a.m. We are taking our annual trip to the Trees of Hope at Maritime Center, if you drive please be at the Center no later than 9:30 a.m., after viewing the spectacular Trees we will then take a trip over to the Greek Olive for lunch, on Wednesday’s they serve a special lunch for $3.00, please make your reservations by Monday, November 23rd, we can only take 19 people since we will be taking our own bus. **Please stop by the office to fill out your Form 5 in order to have lunch at the Greek Olive’s special lunch.**

※ **Military Whist Party** – Thursday, December 10, 12:00 noon – please see the flyer for more information. Registration begins Friday, November 6th through Tuesday, December 1st.

※ **Trip Committee Meeting** – Tuesday, December 15, 10:00 a.m. There will be a trip committee meeting to discuss the possible 2016 upcoming trips. If you are interested in attending or have ideas and cannot attend, please stop by the office by Friday, December 11th to sign up.

※ **Recap of the Holiday Bazaar** – Tuesday, December 15, 1:00 p.m. Calling all volunteers, please stop by to give us your input of this year’s Holiday Bazaar, we would like to know what you think, what you would change, what you would like to see different.

※ **Trip: Knights of Columbus Christmas Museum: Joy to the World Creches of Central Europe** – Thursday, December 17, 10:00 a.m. This year we will be heading down to New Haven to visit the Knights of Columbus Museum. Admission is free. After the Museum we will venture back to North Haven and head over to Dino’s Seafood for lunch, lunch is on your own. Reservations begin Monday, December 7th to the first 19 people since we will be taking our own bus. If you drive please be at the Center no later than 9:30 a.m.
Lunch and A Movie: Yes Virginia There Is a Santa . . . Miracle on 34th Street will be the selected movie, Sue’s choice of course! Wednesday, December 23, lunch will be served at 11:30 a.m. and the movie will begin at 12:30 p.m. The menu will be chicken noodle soup, grilled cheese, drink and dessert. Who knows, popcorn and hot chocolate might be served at the movies!! Cost: Residents: $3.00, Non-residents: $8.00. Stop by the Center by Friday, December 18th to reserve your spot.

Bring In the New Year - Thursday, December 31, 11:30 a.m. Celebrate New Year’s Eve with a bang and bring in the 2016 New Year with your friends! Wear Your Ugly Sweater Contest!! There will be a 50/25/25 door prize, great background music by Sal Anastasio and our dinner will be catered by Zandri’s Stillwood Inn, which will include; ziti, Yankee Pot Roast, green beans and carrots, mashed potatoes, rolls and butter, assorted soda and dessert. Cost: $15.00 per resident; $20.00 non-resident. Reservations will begin on Monday, November 30 through Monday, December 21 by stopping by the Center. Tables will be 8 people only, please be sure to sign up with who you would like to sit with!

Thank you to the following for their donation:

Ann DellaValle, Rodger Salman

Holiday Food Donations . . . .

The North Haven Congregational Church is looking for food donations during the Holiday season. Please drop off all donations to the Center as they have a volunteer who will pick the food up on a weekly basis. Thanking you in advance for your kindness and appreciate your help at this time of need. The following items are needed: tuna fish, peanut butter, jelly, coffee, tea, mayonnaise, canned stews and soups, rice, dried and baked beans, canned vegetables and fruits, pasta and sauce, instant potatoes, macaroni and cheese, canned and powdered milk, cereals, sugar, and 100% fruit juice (cans, bottles or boxes). They cannot accept baby food due to limited shelf life. They are also asking that all donations be put in plastic bags as it is easier for the recipients to carry their food. Please remember to look at all expiration dates. They do not accept out dated food donations.
PROGRAMS and CLASSES
Registration and payments are due two weeks prior to the first day of class!

A $5.00 activity fee for non-residents is due quarterly for each activity you would like to join at the North Haven Senior Center.

The North Haven Senior Center will take North Haven Senior residents first. Should the class fill, non-residents will be put on a waiting list.

Registration begins two weeks prior to class start date.

Please see the Office for payment – all checks made payable to: North Haven Senior Citizen

A class with insufficient enrollment will be cancelled prior to the starting date.

Registrants are notified by telephone if a course must be cancelled.

BEGINNER/INTERMEDIATE PINOCHLE - Monday, 1:00 to 3:00 p.m.

ADVANCED PINOCHLE - Thursday, 10:00 to 11:30 a.m. and 1:00 to 3:00 p.m.

INTERMEDIATE BRIDGE - Wednesday and Friday, 12:15 to 3:15 p.m.

BINGO - Monday and Friday, 12:30 p.m., 1st Wednesday of every month, please see the newsletter for more information.

CANASTA - Monday, 10:00 a.m.

Do you enjoy the game of canasta? Or would you like to learn? The Senior Center will now offer beginner Canasta on Mondays at 10:00 a.m.

CERAMICS - Tuesday and Thursday, 9:00 to 11:30 a.m.

Inexperienced people are welcome to join in on the fun.

CRAFT CLASSES - Tuesday and Thursday, 12:30 to 2:30 p.m.

If you know your way around a sewing machine, enjoy working with your hands and spending a nice afternoon helping our craft class, please join us.

COMPUTER CLASSES – Tuesdays, 9:00 to 10:30 a.m. for the advanced class and 10:45 a.m. to 12:15 p.m. for the beginner class. Please call the Center to make your reservation to our list, 203-239-5432.

EZ EXERCISE – Monday Only: 9:15 to 9:45 a.m., Wednesday and Friday, 9:30 to 10:00 a.m.

Designed for those who need to exercise while seated. This program focuses on muscle tone, joint flexibility, and cardiovascular strength and lead by a member of the Center.

KNITTING/CROCHETING – Wednesday, 12:30 to 2:30 p.m. Beginners are welcome!

If you like to crochet or knit, please join our newly formed Knitting/Crocheting Group. If you don’t know how to knit or crochet we have a lovely volunteer who is on site to get you started. The group is open to all! What better way to begin the upcoming winter season by knitting and crocheting among friends at your Center. New acrylic bright colored yarn is needed to ensure our finished projects are lovely, just like our volunteers!

LINE DANCING – Monday and Wednesday, 9:00 to 10:00 a.m. No experience necessary!
Mah Jongg–Advanced meets on Tuesday, 12:30 p.m.  
Intermediate meets on Wednesday, 12:00 p.m.  
*Beginner Mah Jongg on Friday, 12:00 p.m.  We must have 4 people to commit to attending on a weekly basis for at least ten weeks in order for the class to be a success. If you are interested please call the office to put your name on the beginners list or for more information.

Oil Painting – Tuesday, 12:30 to 2:30 p.m.  New Session will begin on Tuesday, January 26 and run through Tuesday, April 12.  Registration will begin on Tuesday, December 1st, please register early as if we need a Monday’s class we will know prior to the class beginning.  Class size will be held to 12 people maximum.  New Fee:  residents, $30.00; non-residents, $35.00.  A list of supplies will be given to you prior to the first class.

Rummikub – Wednesday, 1:00 to 2:30 p.m.  
A game of challenge and fun at the same time!  If you are interested in learning or have some skill at Rummikub come join the group.

Senior Songsters – Tuesday, 1:15 to 2:15 p.m.  If you like to sing then come join us!

Sitercise – Monday and Wednesdays, 10:30 to 11:30 a.m.  Will return in March!  Look for upcoming registration in February.  Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls.

Tai Chi: For Better Balance - Monday and Thursday, 10:00 to 11:00 a.m.  Will return in March!  Look for upcoming registration in February.  Learn about Tai Chi practice, increase balance and stability, maintain bone density and improve circulation and flexibility.

Beginner Chair Yoga – Tuesday, 9:00 to 10:30 a.m. and 10:45 a.m. to 12:15 p.m.  Chair Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses.  Suitable for all ages and anyone who feels uncomfortable getting up and down from the floor in a traditional mat yoga class.  Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually.  
Session:  9:00 to 10:30 a.m., Tuesday, November 17 through February 2, 2016.  
Session:  10:45 a.m. to 12:15 p.m. class on Tuesday, November 3 through January 9, 2016.  
Fee:  residents, $50.00; non-residents, $55.00.

Gentle Hatha Yoga - Thursday, 1:00 to 2:30 p.m.  
Yoga is a gift!  With Yoga, the body remains open and flexible; Yoga will strengthen, stretch, tone and relax your entire body.  Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally.  This class is designed for those who can get up and down from the floor.  New Session begins:  Thursday, December 31 and run through March 17.  Fee:  residents, $50.00; non-residents, $55.00.
2016 Day Trip Policies

❑ Trips are open to all North Haven seniors on a first come first basis starting on the collection date. Non-resident seniors may sign up two weeks after collection date. A $5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
❑ Full payment is due in order to secure your reservation. Please see description as to whom to make checks payable to. The non-resident $5.00 fee is payable in cash only.
❑ Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip. This is important since it has an emergency contact person, medications and allergies.
❑ Please make the staff aware of any special seating requests for the bus as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.
❑ If special assistance is needed, it is highly recommended to bring a family member or friend.
❑ There will be no refunds. If the Travel Agent or the Center cancels the trip, refunds will be issued.
❑ Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
❑ Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by the North Haven Senior staff member.
❑ In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.

Upcoming 2016 trips will be announced in January!
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<th>Monday</th>
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<tr>
<td>1 9:00-Ceramics</td>
<td>8:00-Senior to Senior</td>
<td>9:00-Ceramics</td>
<td>9:00-Ceramics</td>
<td>CENTER CLOSED</td>
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<td>9:00 &amp; 10:45-Chair Yoga</td>
<td>Breakfast</td>
<td>10:00-Pinochle</td>
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<td>11:30-Lunch</td>
<td>9:00-Line Dance</td>
<td>10:00-Tai Chi</td>
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<td>12:30-Mah Jongg</td>
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<td>11:30-Lunch</td>
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<td>12:30-No Crafts</td>
<td>10:30-Sitercise</td>
<td>12:30-No Crafts</td>
<td>CHRISTMAS PARTY</td>
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<tr>
<td>12:45-Oil Painting: Last Class</td>
<td>11:30-Lunch</td>
<td>1:00-Gentle Hatha Yoga</td>
<td>AT ZANDRI’S</td>
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<td>1:15-Senior Songsters</td>
<td>12:00-Mah Jongg</td>
<td>1:00-Pinochle</td>
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<td>12:15-Bridge</td>
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<td>Last Day Sign Ups for</td>
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<td>Military Whist</td>
<td>12:30-Knitting/Crocheting</td>
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<td>1:00-Rummikub</td>
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<td>7 9:00- Line Dance</td>
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<td>9:00-Line Dance</td>
<td>9:00-Mini Trip:</td>
<td>9:30-E-Z Exercise</td>
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<td>9:15-E-Z Exercise</td>
<td>9:00 &amp; 10:45-Chair Yoga</td>
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<td>Wallingford Walmart</td>
<td>9:30-Scrabble Challenge</td>
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<td>10:00-Tai Chi</td>
<td>10:00-Hanukkah Breakfast</td>
<td>10:00-Trees of Hope</td>
<td>9:00-Ceramics</td>
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<td>10:00-Canasta</td>
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<td>10:30-Sitercise</td>
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<td>10:00-Tai Chi</td>
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<td>12:45-No Oil Painting</td>
<td>11:45-Health Guidance Clinic</td>
<td>12:30-No Crafts</td>
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<td>12:30-American Disabled Vets</td>
<td>1:15-Senior Songsters</td>
<td>12:00-Mah Jongg</td>
<td>12:00-Military Whist Party</td>
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<td>12:45-Oil Painting</td>
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<td>1:00-Beg Pinochle</td>
<td>1:00-Rummikub</td>
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No Daily Transportation
**DECEMBER 2015 CALENDAR OF EVENTS**

*LUNCH SERVED DAILY AT 11:30 A.M.* CALL 203-239-4030 BETWEEN 9-11:00 THE DAY BEFORE

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<td>10:00-Tai Chi</td>
<td><strong>10:00-Trip Committee Meeting</strong></td>
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<td>10:00-Tai Chi</td>
<td><strong>11:30-Lunch</strong></td>
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<td>10:00-Canasta</td>
<td><strong>10:30-Storyteller:</strong></td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>10:00-Trip: Knights of Columbus Christmas Museum</strong></td>
<td>12:00-Beginner MahJongg</td>
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<td>10:30-Sitercise</td>
<td><strong>Kate Allen Smith</strong></td>
<td>12:00-Mah Jongg</td>
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<td>1:00-Beg Pinochle</td>
<td>12:45-No Oil Painting</td>
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<td>1:00-Pinochle</td>
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<td><strong>1:00-Recap of Holiday Bazaar</strong></td>
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<td><strong>No Daily Transportation</strong></td>
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<tr>
<td>9:00- Line Dance</td>
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<td><strong>CENTER CLOSED</strong></td>
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<td>10:00-Pinochle</td>
<td><strong>MERRY CHRISTMAS</strong></td>
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<td>10:00-Canasta</td>
<td><strong>11:30-Lunch</strong></td>
<td><strong>11:30-No LifeBridge Lunch</strong></td>
<td><strong>11:30-Lunch &amp; A Movie</strong></td>
<td><strong>No Afternoon Classes</strong></td>
</tr>
<tr>
<td>11:30-Lunch</td>
<td>12:30-Mah Jongg</td>
<td><strong>11:45-Health Guidance Clinic</strong></td>
<td></td>
<td><strong>NO TRANSPORTATION</strong></td>
</tr>
<tr>
<td>12:30-Bingo</td>
<td>12:30-No Crafts</td>
<td></td>
<td></td>
<td><strong>NO LUNCH</strong></td>
</tr>
<tr>
<td>12:45-No Oil Painting</td>
<td>12:45-No Oil Painting</td>
<td>12:00-Mah Jongg</td>
<td></td>
<td></td>
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<tr>
<td>1:00-Beg Pinochle</td>
<td>1:15-Senior Songsters</td>
<td>12:15-Bridge</td>
<td></td>
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</tr>
<tr>
<td><strong>Last Day Sign-Ups For</strong></td>
<td><strong>Bring In The New Year</strong></td>
<td>12:30-Knitting/Crocheting</td>
<td></td>
<td></td>
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<tr>
<td>1:00-Rummikub</td>
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<thead>
<tr>
<th>28</th>
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<tbody>
<tr>
<td>9:00- Line Dance</td>
<td><strong>9:00-Mini Trip:</strong> Universal Drive</td>
<td>9:00-Line Dance</td>
<td><strong>11:30-Bring In the New Year</strong></td>
</tr>
<tr>
<td>9:15-E-Z Exercise</td>
<td></td>
<td>9:30-E-Z Exercise</td>
<td><strong>Wear Your Ugly Sweater Contest</strong></td>
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<tr>
<td>10:00-Tai Chi</td>
<td></td>
<td>10:30-Sitercise</td>
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<tr>
<td>10:00-Canasta</td>
<td><strong>11:30-Lunch</strong></td>
<td>12:00-Mah Jongg</td>
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<tr>
<td>10:30-Sitercise</td>
<td><strong>11:30-Lunch</strong></td>
<td>12:15-Bridge</td>
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<tr>
<td>1:00-Beg Pinochle</td>
<td>1:15-Senior Songsters</td>
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</table>

**No LifeBridge Lunch**

**No Afternoon Classes**

**No Lunch**

**All other classes cancelled**

**All Trips Out**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>HAPPY BIRTHDAYS!</td>
<td></td>
<td>6 oz Vegetable barley soup</td>
<td>3 oz Turkey/LS gravy</td>
<td></td>
</tr>
<tr>
<td>3 oz Crab cake/tartar sauce/ lemon</td>
<td></td>
<td>2 crackers</td>
<td>½ cup Sweet potato pone</td>
<td></td>
</tr>
<tr>
<td>½ cup Coleslaw</td>
<td></td>
<td>3 oz Chicken with lemon and garlic</td>
<td>½ cup Green beans</td>
<td></td>
</tr>
<tr>
<td>vinaigrette</td>
<td></td>
<td>½ cup Oven roasted potato</td>
<td>1 Tbsp Cranberry sauce</td>
<td></td>
</tr>
<tr>
<td>½ Corn on the cob</td>
<td></td>
<td>½ cup Broccoli</td>
<td>1 slice Pumpernickel bread</td>
<td></td>
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<tr>
<td>1 slice Whole wheat bread</td>
<td></td>
<td>1 Wheat dinner roll</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td></td>
<td>½ cup Peaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 oz Pineapple juice</td>
<td></td>
<td>8 oz low fat milk</td>
<td></td>
<td></td>
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<tr>
<td>Frosted Marble Cake</td>
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<tr>
<td>8 oz low fat milk</td>
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<tr>
<td>8 oz low fat milk</td>
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</tr>
<tr>
<td>4 oz Chicken cacciatore</td>
<td>3 oz breaded Veal cutlet with LS gravy</td>
<td>8 oz Low Fat Milk</td>
<td>6 oz Chicken noodle soup</td>
<td></td>
</tr>
<tr>
<td>½ cup Penne</td>
<td>½ cup Smashed potato</td>
<td></td>
<td>2 crackers</td>
<td></td>
</tr>
<tr>
<td>1 Garlic breadstick</td>
<td>½ cup Green beans</td>
<td></td>
<td>3 oz Light crunch fish</td>
<td></td>
</tr>
<tr>
<td>1 tsp margarine</td>
<td>1 slice wheat bread</td>
<td></td>
<td>Tartar sauce/lemon</td>
<td></td>
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<tr>
<td>4 oz Apple juice</td>
<td>1 tsp margarine</td>
<td></td>
<td>½ cup Wild rice pilaf</td>
<td></td>
</tr>
<tr>
<td>Chocolate chip cookie</td>
<td>Fresh fruit</td>
<td></td>
<td>1 cup Spinach salad with carrot and raspberry</td>
<td></td>
</tr>
<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td></td>
<td>vinaigrette</td>
<td></td>
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<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
<td></td>
<td>1 slice marble rye</td>
<td></td>
</tr>
<tr>
<td>3 oz Beef and bean chili</td>
<td>3 oz Minestrone soup</td>
<td>3 oz Herb roasted chicken qtr with LS gravy</td>
<td>1 tsp margarine</td>
<td></td>
</tr>
<tr>
<td>½ Baked potato/sour cream</td>
<td>2 LS crackers</td>
<td>½ cup confetti brown rice</td>
<td></td>
<td></td>
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<tr>
<td>½ cup Fiesta blend</td>
<td>Seafood salad plate with</td>
<td>½ cup Green beans</td>
<td></td>
<td></td>
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<tr>
<td>1 oz Tortilla chips</td>
<td>3 oz seafood salad 1 cup lettuce, tomato, ½ cup</td>
<td>1 slice marble rye</td>
<td></td>
<td></td>
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<tr>
<td>½ cup Diet fruited jello</td>
<td>beet salad</td>
<td>1 tsp margarine</td>
<td></td>
<td></td>
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<tr>
<td>with topping</td>
<td>Portuguese roll</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
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<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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</tr>
<tr>
<td>3 oz Meatloaf/LS gravy</td>
<td>6 oz Minestrone soup</td>
<td>8 oz Low Fat Milk</td>
<td>1 slice Broccoli quiche</td>
<td></td>
</tr>
<tr>
<td>½ cup Mashed potato</td>
<td>2 LS crackers</td>
<td></td>
<td>½ cup Scandanavian blend veg</td>
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<tr>
<td>1 tsp margarine</td>
<td>Seafood salad plate with</td>
<td></td>
<td>½ cup Roast potato</td>
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<tr>
<td>4 oz Mixed fruit juice</td>
<td>3 oz seafood salad 1 cup</td>
<td></td>
<td>1 Wheat dinner roll</td>
<td></td>
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<tr>
<td>with topping</td>
<td>lettuce, tomato, ½ cup beef salad</td>
<td></td>
<td>1 tsp margarine</td>
<td></td>
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<tr>
<td>8 oz low fat milk</td>
<td>Portuguese roll</td>
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<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
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<tr>
<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td>3 oz Sweet and sour pork</td>
<td>3 oz Minestrone soup</td>
<td>8 oz Low Fat Milk</td>
<td>3 oz Spinach grandiol</td>
<td></td>
</tr>
<tr>
<td>½ cup Brown rice</td>
<td>2 LS crackers</td>
<td></td>
<td>1 cup Tossed salad with olives and balsamic</td>
<td></td>
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<tr>
<td>½ cup Oriental blend</td>
<td>Seafood salad plate with</td>
<td></td>
<td>vinaigrette</td>
<td></td>
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<tr>
<td>1 slice Wheat bread</td>
<td>3 oz seafood salad 1 cup</td>
<td></td>
<td>½ cup Roast potato</td>
<td></td>
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<tr>
<td>1 tsp margarine</td>
<td>lettuce, tomato, ½ cup beef salad</td>
<td></td>
<td>1 Wheat dinner roll</td>
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<tr>
<td>½ cup Apricots</td>
<td>Portuguese roll</td>
<td></td>
<td>1 tsp margarine</td>
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<tr>
<td>8 oz low fat milk</td>
<td>1 tsp margarine</td>
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<td>8 oz low fat milk</td>
<td>8 oz low fat milk</td>
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<tr>
<td>3 oz Stuffed salmon/ rosemary cream sauce</td>
<td>3 oz Minestrone soup</td>
<td>Lunch and a Movie See Newsletter for more information</td>
<td>3 oz Spinach grandiol</td>
<td></td>
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<tr>
<td>½ cup Mashed potato</td>
<td>2 LS crackers</td>
<td></td>
<td>1 cup Tossed salad with olives and balsamic</td>
<td></td>
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<tr>
<td>½ cup California blend</td>
<td>Seafood salad plate with</td>
<td></td>
<td>vinaigrette</td>
<td></td>
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<tr>
<td>1 slice marble bread</td>
<td>3 oz seafood salad 1 cup</td>
<td></td>
<td>½ cup Roast pork/LS gravy</td>
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<tr>
<td>1 tsp margarine</td>
<td>lettuce, tomato, ½ cup beef salad</td>
<td></td>
<td>½ cup Peas and carrots</td>
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<tr>
<td>4 oz Grape juice</td>
<td>Portuguese roll</td>
<td></td>
<td>1 oz Applesauce garnish</td>
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<tr>
<td>1 Oatmeal cookie</td>
<td>1 tsp margarine</td>
<td></td>
<td>1 slice Rye bread</td>
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<td>1 tsp margarine</td>
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<tr>
<td>½ cup Penne</td>
<td>2 LS crackers</td>
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<tr>
<td>½ cup Coleslaw</td>
<td>Seafood salad plate with</td>
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<tr>
<td>vinaigrette</td>
<td>3 oz seafood salad 1 cup</td>
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<tr>
<td>½ Corn on the cob</td>
<td>lettuce, tomato, ½ cup beef salad</td>
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<tr>
<td>1 slice Whole wheat bread</td>
<td>Portuguese roll</td>
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<tr>
<td>1 tsp margarine</td>
<td>1 tsp margarine</td>
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<tr>
<td>4 oz Pineapple juice</td>
<td>1 tsp margarine</td>
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<tr>
<td>Frosted Marble Cake</td>
<td>8 oz low fat milk</td>
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<tr>
<td>3 oz Chicken cacciatore</td>
<td>3 oz Minestrone soup</td>
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<tr>
<td>½ cup Penne</td>
<td>2 LS crackers</td>
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<tr>
<td>½ cup Smashed potato</td>
<td>Seafood salad plate with</td>
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<tr>
<td>vinaigrette</td>
<td>3 oz seafood salad 1 cup</td>
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<tr>
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<td>lettuce, tomato, ½ cup beef salad</td>
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<tr>
<td>1 slice Whole wheat bread</td>
<td>Portuguese roll</td>
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<td>1 tsp margarine</td>
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<td>8 oz low fat milk</td>
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<tr>
<td>3 oz Stuffed salmon/ rosemary cream sauce</td>
<td>3 oz Minestrone soup</td>
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<td></td>
<td></td>
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<tr>
<td>½ cup Mashed potato</td>
<td>2 LS crackers</td>
<td></td>
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<td></td>
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<tr>
<td>½ cup California blend</td>
<td>Seafood salad plate with</td>
<td></td>
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<tr>
<td>1 slice marble bread</td>
<td>3 oz seafood salad 1 cup</td>
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<tr>
<td>1 tsp margarine</td>
<td>lettuce, tomato, ½ cup beef salad</td>
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<td></td>
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<tr>
<td>4 oz Grape juice</td>
<td>Portuguese roll</td>
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<tr>
<td>1 Oatmeal cookie</td>
<td>1 tsp margarine</td>
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<td></td>
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<tr>
<td>1 slice marble bread</td>
<td>3 oz seafood salad 1 cup</td>
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<tr>
<td>1 tsp margarine</td>
<td>lettuce, tomato, ½ cup beef salad</td>
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<td></td>
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<tr>
<td>4 oz Grape juice</td>
<td>Portuguese roll</td>
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<tr>
<td>1 Oatmeal cookie</td>
<td>1 tsp margarine</td>
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<tr>
<td>8 oz low fat milk</td>
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**MINIMUM PORTIONS SERVED AT EACH MEAL:** 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine
All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched. All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt

**PLEASE CALL ARLENE BEFORE 11 A.M. TO RESERVE YOUR LUNCH FOR THE NEXT DAY, 203-239-4030**

**See Newsletter for more information**

**CENETRS CLOSED FOR HOLIDAY MERRY CHRISTMAS**

**Bring In The New Year Party**

**See Newsletter for Details**

**MERRY CHRISTMAS**

**Tri-Town Christmas Party At Zandri’s**

**Center Closed Annual Tri-Town Christmas Party At Zandri’s**

**New Year Celebration**

**LifeBridge Community Services, NEW HAVEN SENIOR COMMUNITY CAFE**

December 2015
## LifeBridge COMMUNITY SERVICES SENIOR CAFÉ CHOICE MENU

**Nutrition for Mind, Body and Spirit**

**December 2015**

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<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td></td>
<td><strong>HAPPY BIRTHDAYS</strong></td>
<td></td>
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<tr>
<td>1</td>
<td>3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce</td>
<td></td>
<td>2 oz. Fresh Roast LS Turkey &amp; 1 oz. LS Cheese W/Lettuce &amp; Tomato on 6 “ Whole Wheat Wrap</td>
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<tr>
<td></td>
<td>1/2c Carrot Raisin Salad</td>
<td>1/2c Tomato &amp; Cucumber Salad</td>
<td>1/2c Potato Salad</td>
<td>8 oz. LF Milk</td>
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<tr>
<td></td>
<td>Frosted Marble Cake 8 oz. LF Milk</td>
<td></td>
<td>Fresh Fruit</td>
<td></td>
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<tr>
<td></td>
<td><strong>6 oz. LS Beef Broth W/ Vegetables &amp; Orzo/LS Crackers</strong></td>
<td></td>
<td><strong>6 oz Chicken noodle soup</strong></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>1/2c Egg Salad on Multigrain Bread</td>
<td></td>
<td>2 crackers</td>
<td>6 oz LF Milk</td>
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<tr>
<td></td>
<td>1/2c Coleslaw Seasonal Fresh Fruit 8 oz. LF Milk</td>
<td></td>
<td>1/2c Turkey Salad W/Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/Onion, Green Pepper &amp; Garlic</td>
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<tr>
<td></td>
<td><strong>6 oz Minestrone Soup/LS Crackers</strong></td>
<td></td>
<td><strong>¼ c Chicken Salad on Multigrain Bread</strong></td>
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<tr>
<td>14</td>
<td>1 oz LS Ham &amp; 1 oz LS Swiss on Rye/Mustard</td>
<td></td>
<td>1/2c German Potato Salad Tossed Salad W/ Tomatoes Italian Dressing 1/2c Cranberry Juice Carrot Cake 8 oz LF Milk</td>
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<tr>
<td></td>
<td>½ c German Potato Salad 1/2c Waldorf Salad 8 oz LF Milk</td>
<td></td>
<td><strong>3 oz Seafood Salad on Bed of Lettuce W/Tomato Garnish Small Whole Wheat Roll ½ c. Pasta/Veggie/Olive Salad ½ c. Black Bean &amp; Corn Salad 4 oz Grape Juice Oatmeal Cookie 8 oz LF Milk</strong></td>
<td></td>
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<tr>
<td>21</td>
<td><strong>3 oz Sliced Roasted Butterball Turkey with cranberry sauce 2 slices whole grain bread w/mayo ½ c German potato salad 1 c. Fresh Spinach Salad/Vinaigrette ½ c.Cranberry Juice Carrot Cake 8 oz Low Fat Milk</strong></td>
<td></td>
<td><strong>Mediterranean Tuna Wrap (3/4 c.) (6 “ Whole Wheat Wrap) (Shredded Lettuce, Red Onion, Olives, Parsley &amp; Lemon Zest ½ c. Broccoli &amp; Cauliflower Salad ½ c. Waldorf Salad 8 oz. LF Milk</strong></td>
<td></td>
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<td></td>
<td><strong>1 oz Sliced Virginia Ham/1oz Swiss Cheese on Rye Mustard/Mayo 1/2c Tomato, onion, cucumber, basil salad 1/2c Coleslaw W/Shredded Carrot 1/2c Sparkling Juice Holiday Cake 8oz LF Milk</strong></td>
<td></td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>MINIMUM PORTIONS SERVED AT EACH MEAL:</td>
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<tr>
<td>1c Milk – 1% or equivalent</td>
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<tr>
<td>1c Vegetable and Fruit or equivalent</td>
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<tr>
<td>2oz. Protein</td>
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<tr>
<td>1 pat Margarine</td>
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<tr>
<td>2 Bread servings or equivalent (enriched or whole grain)</td>
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<tr>
<td>All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt</td>
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<tr>
<td>All Rolls are Seedless</td>
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<tr>
<td>All White rice is Enriched</td>
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<tr>
<td>All Non-citrus juices are Vitamin C fortified.</td>
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</tbody>
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