



LITTLE HOUSE

ROSLYN G. MORRIS ACTIVITY CENTER



800 Middle Avenue, Menlo Park, CA
(650) 326-2025 • www.penvol.org/littlehouse

JUNE 2018

THIS MONTH AT LITTLE HOUSE

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Hours:

Monday	8:00 am - 8:00 pm
Tuesday	8:00 am - 8:00 pm
Wednesday	8:00 am - 8:00 pm
Thursday	8:00 am - 8:00 pm
Friday	8:00 am - 4:00 pm
Saturday	8:00 am - 1:00 pm



Open additional hours for select programs

Please visit www.penvol.org/littlehouse/programs for specific class cancellations

Volunteer Opportunities:

Volunteers are the heart of our organization. They support all our programs from our headquarters in Menlo Park and enhance our services in the mid-Peninsula. Whether it's Meals on Wheels, Rosener House or Little House, Peninsula Volunteers, Inc. has many ways for you to get involved!

To learn more visit www.penvol.org/volunteer or call 650-272-5108

Current Opportunities

- Transportation Coordinator
- Little House Front Desk Reception
- Meals on Wheels Drivers
- Meals on Wheels Packers
- Tech Tutors

SPECIAL EVENTS



Members June Birthday Lunch

Little House Members with a June Birthday are invited to join us for a free lunch on **Thursday, June 21 11:30 am -1:00 pm.**

Stop by the cafe and enjoy lunch and a special treat on us. While this is a free event, please RSVP to guarantee your spot.

650-326-2025

FITNESS AND WELLNESS

Fitness Assessments

Fitness assessments are required by anyone interested in either our Personal Training Fitness program or choose to use our open gym. Assessments are free and are by appointment only. Appointments are typically 30 minutes and include an orientation to the gym as well as an assessment of your personal fitness goals to help you develop a strategy to reach them. To schedule your appointment, contact member services 650-326-2025 or nazoulay@penvol.org



Open Gym Program

Open Gym time is available for individuals who choose to workout on their own and is a monthly fee based program. There is no limit to the number of gym visits per month. For safety reasons, we require a staff person to be in the Gym at all times during member usage. In the absence of a Fitness staff person, please notify the member service staff prior to using the gym. Closed toed shoes are required when using the gym.

Gym Hours M-F 8:30 am—2:00 pm

We ask that members not use the Gym unattended.

Member	Non-Members
\$20	\$30

Health and Wellness Programs

Pain Away Back Care

Jason Chan

Wednesdays 11:15 am-12:15 pm

June 6th – August 1st (8–week class)

\$136 members/\$160 non-members



Learn to relieve and heal chronic pain and tension in the lower back and hips such as sciatica. These self-help techniques often result in instant relief and long term results. This eight class series allows you to track and document your progress. This class is appropriate for those with low to mild, chronic low back discomfort and is not suitable for those with acute pain or recent back surgeries. You should be comfortable getting up from the floor several times during the class. Check with your health provider to see if this class is appropriate for you.

HEALTH AND WELLNESS PROGRAMS



Massage Program

Massage has been shown not only to help relieve stress but also to boost function of the immune system, speed recovery from surgery and some illnesses as well as lower blood pressure. We currently offer Therapeutic Swedish Massage for either 30 or 60 minute timeslots by appointment only. Massages are available on Mondays, Wednesdays, and Thursdays. For more information on pricing and booking, call member services 650-326-2025.

Acupuncture

Dr. Miyashita

Wednesdays, 9:00 a.m.—12:00 p.m.

\$30 for 45 minutes

Acupuncture is a technique in which practitioners stimulate specific points on the body by inserting thin needles through the skin. It is one of the practices used in traditional Chinese medicine. A number of studies suggest that acupuncture may help ease low-back pain, neck pain, and osteoarthritis/knee pain. It may also help reduce the frequency of tension headaches and prevent migraines. (By appt. only)

Blood Pressure Screenings

2nd Tuesday of the month.

10:00AM - 11:30AM

No appointment necessary

Group Fitness and Wellness Classes



T'ai Chi for Mobility and Balance

Session 1 July 9-30 / Session 2 Aug 1—29

Mondays and Wednesdays

9:45am—10:45am

T'ai Chi is proven to improve balance and has the potential to restore the physical functioning of our bodies. Movements taught are easy to learn and a joy to practice. This beginner level course requires no experience.

Session 1 (7 classes) \$97 (M) / \$112 (NM)

Session 2 (9 classes) \$125 (M) / \$144(NM)

GROUP FITNESS AND WELLNESS CLASSES

Fitness Class Pass Pricing

Silver Class Pass			
	Drop In	5 Class Pass	10 Class Pass
Members	\$10	\$35	\$65
Non-Members	\$13	\$45	\$75
Gold Class Pass			
	Drop In	5 Class Pass	10 Class Pass
Members	\$20	\$70	\$130
Non-Members	\$24	\$85	\$150

Mind and Body

Chair Yoga Recharge your mind, body and soul using yoga in the comfort of a chair. Improve flexibility, strength, proprioception, mental clarity and pain management. All levels welcome. (GP)

Iyengar Yoga This form of Hatha Yoga has an emphasis on detail, precision and alignment in the performance of postures and breath control. It uses belts, blocks, and blankets as aids in movement. Bring your own mat. Intermediate/Advanced level. (GP)

Tai Chi Chinese exercise meditation system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. With practice you will develop self-awareness of body alignment and movement. (GP)

Rosen Method Movement works with the body's natural structure and engages the core, improves balance and coordination, and increases range of motion in the joints. It creates space for natural breathing to relax chronic muscle tension. All levels welcome. (Free for members/ \$ 5 Non Members)

Kundalini Yoga This yoga style is a dynamic spiritual practice designed to give you an experience of your soul. It combines breath, mudra, eye-focus, postures and meditation offering you a heightened awareness and greater peace. Bring your own mat. All levels welcome. (GP)



Cardio Fitness

Lifetime Fitness Designed to strengthen, stretch and shape specific muscle groups. Learn body mechanics while building strong bones and accelerating your metabolism using hand weights and bands. Bring mat to class. All levels welcome. (SP)

20/20/20 Active and Fit This class incorporates 20 minutes of cardio moves, 20 minutes of strength and abdominal exercises with 20 minutes of stretching and flexibility exercises. Beginner to intermediate level.(SP)

GROUP FITNESS AND WELLNESS CLASSES

Joins in Motion

Jamie Morton

Wednesdays

11:15am–12:00pm

Gold Pass

Joins in Motion combines gentle strengthening with active range of motion exercises to promote life-long joint health. Most exercises will be done seated, making Joins in Motion a perfect routine for all ability levels. It is specifically geared to ease pain and address limitations associated with osteoarthritis, but will be beneficial for everyone's joints.



GROUP FITNESS AND WELLNESS CLASSES

Pilates

Beginner Pilates The Pilates Method is structured around your body's powerhouse—working the abdominals, pelvic floor, hip joints and lower back. Beginner level (GP)

Mat Pilates This class uses controlled movements to strengthen and tone, improve posture, increase flexibility and core strength, and create a more streamlined shape without increasing bulk. All levels (GP)

Pilates MVe (maximum versatility exercise) Using the MVe chair unit, this Pilates based program focuses on improving core and lower back strength, flexibility, upper/lower body strength, and balance. Intermediate/Advance level (GP)

Standing Pilates and Props

Using props such as the magic circle and weights this class offers a balanced workout from head to toe, all from a standing position. Intermediate Level (GP)

Therapeutic Programs

PWR!4Life Parkinson Exercise Program is a research-based, integrated exercise and wellness program designed to counteract the inactivity, motor deterioration, and symptoms of Parkinson Disease. Each class includes exercises to improve endurance, strength, flexibility and balance. (GP)

Body Conditioning Classes

Kettlebells HIIT (High Intensity Interval Training) Alternating intervals of kettlebell swings with a changing variety of strength, flexibility, and balance improving exercises. A great way to sculpt muscles and increase stamina. Intermediate/Advance level. (GP)

Women's Chair Conditioning This seated class combines a variety of upper and lower body exercises with the use of resistance bands and balls to strengthen and tone muscles. Standing balance exercises may be performed. Beginner level (SP)

MELT Method/Body Rolling class is a re-hydration of the body's connective tissue and deep tissue massage rolled into one! You will let go of unproductive muscle patterns in your body. Body rolling allows you to work specific muscles in detail. Participant should be able to get up and down from the floor with ease. Bring your own mat. All levels. (GP)



GROUP FITNESS AND WELLNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Lifetime Fitness Mary / SP	8:15am Mat Pilates Elaine / GP	8:30am Lifetime Fitness Mary/SP	8:15am Standing Pilates Elaine / GP	8:30am Lifetime Fitness Mary/SP	8:00am KettleBells Fran/GP
8:30am Beginner Pilates Fran / GP	9:30am Fun with Fitness Vicky / GP	8:30am Beginner Pilates Fran/GP	9:30am Fun with Fitness Vicky / GP	8:30am Pilates MVe Chair Fran/GP	9:00am Mat Pilates Fran/GP
9:45am Tai Chi Jason/\$\$	10:45am * Strong for Life Stanford Health Care F- PP	9:45am Tai Chi Jason/\$\$	10:45am* Strong for Life Stanford Health Care F –PP	9:45am Melt/ Body Rolling Fran/GP	
9:45am Active & Fit 20/20/20 Mary/SP	11:00am Global Dance Hong Mei/SP	9:45am Active & Fit 20/20/20 Mary / SP	11:00am Chair Yoga Joan / GP	11:00am Global Dance Hong Mei / SP	
11:00am * Iyengar Yoga Ruchi /GP	11:45am Rosen Movement Free	10:00am Line Dancing Evelyn/SP	11:45am Parkinson's Exercise Stephanie / GP		
6:00pm Jazzercise/ \$-PP	1:15pm Women's Chair Conditioning Dana / SP	11:15am Joints in Motion Jamie / GP	1:15pm Women's Chair Conditioning Dana / SP		
		11:15 am Pain Away Back Care Jason/\$\$	5:40pm Jazzercise \$\$ / PP		
	6:00pm Jazzercise/ \$-PP	6:00pm Jazzercise / \$-PP	7:00pm Kundalini Yoga Polly / GP		
	7:00pm * One Heart Yoga/ \$-PP		7:00pm Tai Chi Lisette / GP		

KEY

GP = Gold Class Pass
 SP = Silver Class Pass
 \$\$ = Enrollment Class
 \$- PP= Fee Based Partner Program
 F-PP= Free Partner Program
 *All Classes are one hour unless noted.
 To register for classes,
www.penvol.org

TECHNOLOGY CLASSES



How to Add Music to iPads

Tuesday, June 12th

1:00 pm– 2:00 pm

Learn how to add music to your iPad or iPhone by connecting to iTunes. Also learn about an app that tells you what is playing and who the artist is.

Fitness Technology

Mondays, June 11th and June 18th

1:00 pm– 2:00 pm

Learn about new fitness apps and devices to help get you into better shape this summer. Fitbit, C5K and MyFitnessPal will be covered in this class.

Learning to Use the iPad & iPhone

Thursdays, June 7th–28th

1:00pm–2:00pm

Learn how to use an iPad or iPhone like a pro. Students can borrow an iPhone and take one home for the duration of the course.

Tech Class Pass Pricing

	Drop In	5 Class Pass	10 Class Pass
Members	\$10	\$35	\$50
Non-Members	\$12	\$45	\$60

Tech Tutoring

Individual sessions with our volunteer tech tutors are available six days a week.

*Call 650-326-2025
to schedule an appointment*



Open Tech Lab

Our computer lab is available for a variety of tech programs. We have Apple Computers and PCs available five days a week. The lab is open throughout the day so it is available when you are. We also have a classroom for a variety of tech classes or a quiet space for one-on-one tutoring sessions.

ARTS AND CERAMICS

Fun with Ceramics

Mondays:

9:00 am – 12:00 pm

1:00 pm – 4:00 pm

Thursdays:

9:00 am – 12:00 pm

1:00 pm – 4:00 pm

5:30 pm – 8:30 pm

Come find your artistic niche with our exciting ceramics classes! Whether ceramics is a new hobby or a long-time passion, the Little House studio is open to artists of all caliber.



Clay and Chardonnay

Tuesdays 6:00 pm – 8:00 pm

June 12th and June 26th

\$25 Member / \$30 Non-Member per class

Join us at Little House for a wonderful evening that will help you unwind and release your inner artist. As you sip on wine, the instructor will guide you on a step-by-step artistic adventure to create your own clay masterpiece. Supplies, aprons, and wine are all part of the deal. Come enjoy a night out with your friends!

Open Studio

The Studio is available for current students to work independently during select hours.

Ceramics Class Pass Pricing

	Drop In	5 Class Pass	10 Class Pass
Members	\$23	\$100	\$150
Non-Members	\$26	\$115	\$170
Open Studio	\$15	\$50	\$80

Art Supply Class – Paints and Inks

Taun Relihan

Thursday June 14 2:00pm–3:00pm

\$5 member / \$8 non-member

Have you always wanted to learn about art supplies that you can use to make art and start your own creative practice? In this class, you will be introduced to ways to use watercolors, gouache, acrylic and special mediums. You can also try out different brushes for each medium.





World War I Exhibition Over Here: Americans at Home in World War I

Los Altos Museum Tour

Thursday, June 14th

12:00pm

The U.S. entry into World War I, 1917-1918, marks the beginning of its position as a global power, and dramatically affected the home front. “Over Here: Americans at Home in World War I”, a new exhibit at the Los Altos Museum, captures the patriotic fervor of draft registration, the emotional goodbyes of men leaving for training camps, the “hoopla” of Liberty Loan drives, the craze for volunteerism, and the violence of vigilantism.

Participants will meet at Little House and carpool to the Los Altos Museum. Please [RSVP at 650-272-5006](tel:650-272-5006) by June 13th to reserve space in the carpool. \$7 fee

Book Club

Meets the 1st Wednesday of the Month

June 6th 12:30 pm – 2:00 pm

Free

Unlikely Pilgrimage of Harold Fry by Rachel Joyce

Marv's Music Memories

All About Frank Sinatra

Tuesday, June 19th 1:00 pm

\$5 Members /\$8 Non-members

Join Marv Emerling for a trip down memory lane with a presentation of music and talk about one of America's most favorite entertainers, Frank Sinatra. From his early childhood to his rise to stardom, you'll hear stories that will surprise and delight you. You will also listen to his hit recordings that will transport you to a bygone era. This is a program not to be missed.





Great Courses Series

Myth in Human History

Thursdays, 1:30 pm – 3:30 pm

June 7th to August 23rd (12 sessions)

\$30 (includes refreshments)

To Register: janwar@sbcglobal.net or
650-964-0560

“A man lassoes the sun to lengthen the day. A giant boar raises the earth from the sea with its enormous tusks.” These are a just few myths from around the world. Grasping the deep-seeded truths behind myths is an illuminating and rewarding journey that reveals new insights into the ways beliefs are passed on from generation to generation.

Memoir Writing

Phyllis Butler

Tuesdays, 1:00 pm– 2:00 pm

\$55 Member / \$60 Non-Member

What makes your creative juices flow? Come interpret the context of your own life and loves using: place, space, time and biography to discover your own voice.

Writing as a Second Career or for Fun

Tony Holtzman

Every other Wednesday starting June 13th

10:30 am–12:00 pm

\$7 Member / \$10 Non-Member per class

Personal experience is the starting point of much fiction. Taking it down imagined pathways – tragic, comical or magical – is a major challenge. Tony Holtzman, local author and retired academic physician, will guide you through this fascinating process. He encourages active participation and plans to give brief writing assignments regarding participants’ own experiences. Tony has published five novels.



Essential Oils

Linda Watanabe

Getting Ready for Summer

Tuesday, June 5th 10:00 am

Summer is here and it’s time to enjoy its beauty and warmth. Join Linda as she shares some of her secret essential oil recipes for natural insect repellent, sun skin support, and natural hand sanitizer. These will make your summer days more pleasurable.

COMMUNITY RESOURCES

Legal Aid Society of San Mateo County

Free Legal Help for Preparing an
Advance Health Care
Directive

Thursday, June 14th from 1:00 p.m. to 3:00 p.m.

Attorneys and law students will be available to assist in the preparation of a health care directive. The purpose of the health care directive is to put in writing what your wishes are regarding life sustaining medical treatment in the event that you become incapacitated and cannot tell the doctor what kind of treatment you want. You can also name someone to make these decisions for you. We will also talk to you about a POLST.

Free but an appointment is required

Call 650-326-2025 or email littlehouse@penvol.org



COMMUNITY RESOURCES



Emergency Preparedness Event: Disaster Planning for Seniors, Individuals with Disabilities and the Entire Community

Monday, June 18, 2018
1:30 pm – 4:30 pm

EXPERT ADVICE

Learn from the Center for Independence
Presenters and 1st Responders on
Preparedness Topics

Free admission and refreshments
Raffle for 3-Day Emergency Kits
Goodie Bags for the First 100 Guests

PLEASE RSVP BY: Monday, June 11, 2018
CIDemergencyprep@gmail.com
(650) 645-1780 Ext. 115

HICAP- Health Insurance Counseling & Advocacy Program

Mondays, from 1:00 pm – 3:00 pm
Call 650-627-9350 for an appointment.

Take Charge Advance Care Planning

Wednesday, June 13th

1:00 pm—3:00 pm

Free in Partnership with Mission Hospice
If you were facing serious illness, what kind of care would you want? If you couldn't speak for yourself, who would? Planning for your future care can bring peace of mind to you and your loved ones. In this free advanced care planning workshop, you will learn the importance of planning ahead, how to complete your advance care planning directive and have the difficult conversation with your loved ones. RSVP 650-272-5045

Support Groups:

Alzheimer's and Dementia Family Caregiver's Support Group

For family member's currently taking care of someone with Alzheimer's or dementia.
Call 650-322-0126 for more information

Parkinson's Support Group

2nd Wednesday each month at Little House,
2:00 pm- 3:30 pm

Programs usually include guest speakers such as movement disorder specialists, physical therapists, speech therapists, psychologists, geriatricians, home care agencies, palliative care agencies, etc. Please contact Robin Riddle, Stanford APDA Information and Referral Center, 650-724-6090, rriddle@stanford.edu

TRANSPORTATION

We hope that our subsidized transportation service to medical/dental appointments and to the three senior activity centers is providing a valuable service to you. We are making two changes to our program, effective July 1st, 2018.

- We are expanding our subsidy coverage program to include all of the City of San Mateo in the north, and all of the City of Menlo Park, Palo Alto and East Palo Alto in the south,
- In tandem with our geographical expansion, we are creating a ‘zoned’ model for the pricing structure. Those traveling within a zone, or to a *contiguous* zone, will experience no change. For subsidized rides from Zone 1 to Zone 3 (or vice-versa) - which include our expanded coverage area - the one-way customer cost will be \$8.00.



Travel Within:			
One Zone	Neighboring Zones (i.e Zone 1-Zone 2)	Non-Neighboring Zones (i.e Zone 1-Zone 3)	Outside Program Boundaries
\$4.00	\$4.00	\$8.00	Standard Lyft Rates
Zone Coverage Areas			
Zone 1 - East Palo Alto, Palo Alto, Stanford, Portola Valley			
Zone 2 - Menlo Park, Redwood City, Atherton, Woodside			
Zone 3 - San Carlos, Belmont, Foster City, San Mateo			

Need a Lyft ?

If you need a ride from your home to Little House, the doctor or dentist, call our direct transportation hotline number at 650-272-5040. We will arrange for a Lyft Driver to pick you up from your home within a few minutes. When you're ready to return, call us back and we will get you a ride home. No cell phone necessary!

To register or order a ride: (650) 272-5040

Hours: Monday - Thursday 8:00 am - 8:00 pm Fridays 8:00 am - 4:00 pm

Pre-registration is required for all users.

GAMES, CLUBS, AND SOCIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1:00 pm Eclectic Movie	9:00 am – 12:00 pm Knitting Club	10:00 am - 12:15 pm Wednesday Knitting Group	10:00 am - 12:15 pm Hand and Foot Canasta	12:15 pm – 3:30 pm Social Bridge
1:00 pm – 3:00 pm Mah Jong	1:00 pm – 3:00 pm Mah Jong	10:30 am – 12:00 pm Beginning Bridge	1:00 pm – 3:00 pm Mah Jong	1:00 pm – 3:30 pm Bingo
1:00 pm – 3:00 pm Duplicate Bridge		12:30 pm – 3:00 pm Pinochle		12:15 pm – 3:30 pm Social Bridge
		1:00 pm – 3:00 pm Culture Movie	7:00 pm - 8:45 pm Thursday Night Dance	1:00 pm – 3:30 pm Bingo

MAY MOVIES

Eclectic Movies

Mondays 1:00pm | Auditorium

Free for Members | \$3 Non-Members

June 4 The Shape of Water

2 hr 3 min R 2017

Elisa is a mute, isolated woman who works as a cleaning lady in a hidden, high-security government laboratory in 1962 Baltimore. Her life changes forever when she discovers the lab's classified secret – a mysterious, scaled creature from South America that lives in a water tank. 2018 Best Picture Oscar.

June 11 Norman Lear

1 hr 30 min NR 2017

Documentary celebrating the man who changed TV forever by introducing issues of race, gender and politics into traditional sitcom genre.

June 18 No Movie

June 25 The Post

1 hr 45 min PG-13 2017

Story of the Washington Post's risky decision to publish the Pentagon Papers with Meryl Streep as Katherine Graham and Tom Hanks as Ben Bradlee and Steven Spielberg's attempt to relate the suppression of journalism in the 1970s to similar efforts being made today.

Culture Movies

Wednesdays 1:00pm | Auditorium

Free for Members | \$3 Non-Members

June 6 A Man Called Ove

1 hr 56 min PG-13 2016

Despite being deposed as president of his condo's resident association, 59 year old Ove continues to plague his neighbors. But when his new neighbor runs over his mailbox, the old crank finds he's met his match.

June 13 Phantom Thread

2 hr 10 min R 2017

Renowned dressmaker Woodcock is at the center of British fashion. He meets Alma, who turns his controlled and planned life upside down by the scariest curse of all...love.

June 20 The Unbearable Lightness of Being

1 hr 54 min R 1988

Womanizing Czech doctor, Tomas, rethinks his decadent ways in the light of harsh new political realities after Soviet tanks rumble through Prague in 1968.

June 27 Queen of the Desert

2 hr 8 min PG-13 2017

Helmed by Werner Herzog, this historical drama charts the life of the remarkable Gertrude Bell, a British adventurer, archaeologist, spy and political attaché who played a key role in reshaping the Middle East after World War I.

UPCOMING TRAVEL

Santa Cruz Follies

Wednesday, September 12

Following lunch at the Crow's Nest, we head over to the auditorium to see the Santa Cruz Follies production. This year's theme is "The Way We Were." \$110

Boston, Maine, Cape Cod

September 25 – October 2

Visit Nantucket, Martha's Vineyard, Boston, Kennedy Library, LL Bean store and much more. \$3925 single/\$3110 per person double

Canada and New England Cruise

October 5 – 16, 2018

Sail on Princess from Quebec City with stops in Sydney, Halifax, Portland, Bar Harbor, Boston, Newport, and New York City.

Confirm reservation by August 31, 2018 & receive \$627 beverage package or \$200/person shipboard credit.

Texas Heroes and Presidents

October 14 – 20, 2018

Explore 3 Presidential Libraries and more during visits to San Antonio, Austin, Dallas and Fort Worth.

\$3245 single / \$2660 per person double

New Year's Eve in Tucson

December 30, 2018 – January 3, 2019

Enjoy a new year's eve party in Tucson plus visits to Tombstone and Boot Hill, Pima Air & Space Museum, tram ride in Sabino Canyon, and much more.

\$2315 single/ \$1985 per person double

For more information: Call (650) 272-5018 during office hours on Fridays 9:30-12:30 or leave a message.

Little House Cafe

New Soup Menu

Every Day: Chef's Choice

Monday: Cream of Mushroom

Tuesday: Beef Barley

Wednesday: Cream of Tomato

Thursday: Chicken Noodle

Friday: Clam Chowder

Starts June 1st

Announcement

Beginning June 1st, our café prices will be changing, due to the increased cost of food.

We will continue to offer affordable and nutritious meals to Little House members and guests.

Thank you for your understanding!

JUNE 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Café Hours: Monday-Friday 11:30 am– 1:00 pm	<i>Menu Subject to Change</i>			1 Chicken Chow Mein
4 Beef Frankfurter	5 Chicken Fajitas	6 Penne Primavera	7 Lemon Chicken Breast	8 Salisbury Steak with Gravy
11 Cheese Tortellini	12 Breaded White Fish	13 Beef Stew with Potatoes	14 Chicken Cordon Bleu	15 Pineapple Pork
18 Oven Fried Chicken	19 Black Bean & Turkey Chili	20 Pot Roast with Gravy	21 Birthday Lunch Mongolian Beef	22 Hot Roast Turkey Sandwich
25 Chicken Tamale	26 Hamburger	27 Turkey Mediterranean	28 Corn Meal Breaded Fish	29 Beef Stroganoff