



# LITTLE HOUSE

ROSLYN G. MORRIS ACTIVITY CENTER



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

APRIL 2018

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Please visit [www.penvol.org/littlehouse/programs](http://www.penvol.org/littlehouse/programs) for specific class cancellations.

## 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



## 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](http://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

## Pain Away Back Care

Jason Chan

April 4 – May 23 (8–week class)

Wednesdays 11:15am - 12:15pm

\$136 members / \$160 nonmembers



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 class. Check with your health care provider to see if this class is appropriate for you.

# FITNESS AND WELLNESS

## Fitness Assessments

Fitness assessments are required by anyone interested in either our Personal Training Fitness program or use of 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 assess your personal fitness goals to help you develop a strategy to reach them. To schedule your assessment, 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.

*We ask that members not use the Gym unattended.*

Member	Non-Members
\$20	\$30

## 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

### Dance Classes

**Global Dance** An effective, easy-to-follow dance fitness party that combines rhythms like Hip-Hop, Latin and Bollywood. Burn calories, tone muscles, and improve cardio while having fun. All levels welcome. (SP)

**Line Dance** No partners needed. Traditional line dance moves to all genres of music: Country, Pop, Latin and more. A new dance move is taught each week and builds on the previous week's moves. All levels welcome. (SP)

# GROUP FITNESS AND WELLNESS CLASSES

## 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)

**Hatha Yoga** Each class is structured to develop balance, coordination, and a sense of centeredness with a strong focus on alignment and breathing. Bring your own mat. All levels welcome. (GP)

**Rosen Method Movement** works with the body's natural structure and engages the core, improves balance, 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/ \$ 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)

**Fun with Fitness** Increase your strength, mobility, flexibility and reduce your fear of movement. Class includes cardio movements and strengthening exercises using small hand weights and bands. All levels. (GP)

# GROUP FITNESS AND WELLNESS CLASSES

## Pilates

**Beginner Pilates** The Pilates Method is structured around your body's powerhouse. It includes the abdominals, pelvic floor, hip joint muscles 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)

## 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 cardiovascular 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

## Partner Programs

**Strong for Life** A free exercise program offered through Stanford Hospital and Clinics. It is an easy to follow exercise routine designed to improve strength, function, and balance in older adults with or without limitations. (F-PP)



**One Heart Kundalini Yoga** A powerful practice that incorporates various breathing and meditation techniques designed to strengthen your glandular and nervous systems and bringing balance to unleash bountiful energy through the reduction of stress, anxiety and depression. Bring your own mat.

All levels. (\$-PP)

**Jazzercise** Every Jazzercise class starts with a warm up, followed by choreographed dance routines that get your heart rate up and ends with strength training and stretching.

Register at [www.jazzercise.com](http://www.jazzercise.com)

# GROUP FITNESS AND WELLNESS CLASSES

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8:30am Lifetime Fitness Mary / SP		8:30am Lifetime Fitness Mary/SP		8:30am Lifetime Fitness Mary/SP		9:30am Fun with Fitness Vicky / GP		8:30am Lifetime Fitness Mary/SP		8:00am Kettle Bells Fran/GP	
8:30am Beginner Pilates Fran / GP		8:30am Beginner Pilates Fran/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/\$\$		9:45am Tai Chi Jason/\$\$		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 Mary/SP		9:45am Active & Fit 20-20-20 Mary / SP		9:45am Active & Fit 20-20-20 Mary / SP		11:00am Global Dance Hong Mei/SP		11:00am Global Dance Hong Mei / SP			
11:00am * Iyengar Yoga Ruchi /GP		11:45am Rosen Movement Free		10:00am Line Dancing Evelyn/SP		5:30pm Hatha Yoga Ruchi / GP					
		1:15pm Women's Chair Conditioning Dana / SP				5:40pm Jazzercise \$ / PP					
						7:00pm Kundalini Yoga Polly / GP					
6:00pm Jazzercise/ \$-PP		6:00pm Jazzercise/ \$-PP		6:00pm Jazzercise / \$-PP		7:00pm Tai Chi Lisette / GP					
		7:00pm * One Heart Yoga/ \$-PP									

**KEY**

GP = Gold Class Pass

SP = Silver Class Pass

\$\$ = Enrollment Class

\$- PP= Free Based Partner Program

F-PP= Free Partner Program

All Classes are one hour unless noted.

To register for classes,  
www.penvol.org



# TECHNOLOGY CLASSES



## Tech Tuesday

Tuesday, April 10  
1:00pm – 2:00pm

See and learn about devices and apps, and how these work for you in this **free** workshop. The topic this month is how to use Chrome-books.

## Facebook

Wednesdays, April 18 & 25  
1:00pm – 2:00pm

Connect with family and friends and learn to use Facebook! Includes how to post pictures and improve your profile page.

## Learning to Use the iPhone & iPad

Thursdays, April 5th–26th  
1:00pm – 2:00pm

Learn how to use an iPad or iPhone like a pro at Little House. Students can borrow and take home an iPad 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.

**\*\*The tech lab will be relocated on Tuesdays from February 6 thru April 10.\*\***

# ARTS AND CERAMICS

## Fun with Ceramics

### Mondays:

9:00am – 12:00pm

1:00pm – 4:00pm

### Thursdays:

9:00am – 12:00pm

1:00pm – 4:00pm

5:30pm – 8:30 pm

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



## Kids Ceramics

**Ages 9-12** Tuesdays 4:00pm - 5:30pm

April 3 – April 24

**Ages 6-8** Thursdays 4:00pm - 5:30pm

April 5 – April 26

\$60.00 per session. Materials included.

Introduce your kids to the wonderful world of ceramics. In this class, our experienced and patient instructor will guide the students on the basics of hand building and sculpture.



## Clay and Chardonnay

Tuesdays 6:00pm – 8:00pm

April 10 and April 24

\$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 to 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

# LIFELONG LEARNING

## Writing as a Second Career or for Fun

Tony Holtzman

Every other Wednesday starting April 4  
10:30am–12:00pm

\$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.



## Afternoon Art and Tea with Taun Paris

Wednesday, April 18 2:00pm

\$5.00 members / \$8.00 nonmembers

Paris in April: Photographs of Taun's "trip of a lifetime" to Paris.



## Transform Family Stories Into Living Memories

Bill Warner

Wednesday, April 18 10:00am – 11:00am  
Free

Your family has a unique story to tell. Let us help you tell that story through film and video production. Make a video record that will last through the ages. Modern Mobil preserves these stories for future generations without the expense of travel and set-up. Storytellers can have remote conversations that forever bond them to family and friends.

## Essential Oils for Your Family

Wednesday, April 18

9:30am / Free

Learn how to use gentle natural plant based alternatives for your family's wellness. There are oils to calm nerves, settle stomach pains, and soothe minor cuts and scratches.

## Book Club

Meets the 1st Wednesday of the Month

April 4 12:30pm – 2:00pm

Our Souls at Night by Kent Haruf



## Inspired by a Journey Exploring Beauty with Tony Foster

Tuesday, April 24 1:00pm Free

Join Mike Stassio from The Foster organization for an interactive and inspiring presentation of Tony Foster's art work. Tony Foster's breathtaking watercolors are uniquely suited to inspire reflection, discussion and education about art, wilderness, and the natural world. We will view and discuss art in Tony Foster's Exploring Beauty journey.

## Advanced French

Simone Lewis

Tuesdays 10:30 am – 12:00 pm

\$75 Member/\$75 Non-Member/\$15 Drop In

Bonjour! In this high intermediate and Advanced French conversation class you will not only read exciting and relevant material, but you will have open discussions with your fellow classmates and instructor in a warm and friendly atmosphere!

## Memoir Writing

Phyllis Butler

Tuesdays, 1:00– 2:00 pm

\$55 Members/\$60 Non-Members/ \$20

Drop In

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. Taught in a group setting, you will be instructed in creative writing for self-publishing or personal journaling.

## Great Course Series

History of India

March 15 – May 31 1:30pm-3:30pm

\$30 for 12 sessions + Refreshments

To Register: [janwar@sbcglobal.net](mailto:janwar@sbcglobal.net) or  
650-964-0560

India is home to some of the world's oldest, and most successful civilizations. Today the South Asian subcontinent contains 20 percent of the world's population and is a thriving center for global business. Video lectures are taught by Professor Michael Fisher, Ph.D



SPECIAL EVENT

YOU ARE INVITED TO A PROM NIGHT

*Starry Night*

Thursday,  
May 17th

DINNER- 5:30 PM  
DANCING WITH LIVE BAND 7:00 PM  
LITTLE HOUSE ACTIVITY CENTER

# COMMUNITY RESOURCES

## Take Charge-Advance Care Planning

Thursday 6:00pm – 8:00pm

April 19

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 advanced care directive and have the difficult conversations with your loved ones. RSVP: 650-272-5045



## Clear Captioning Ice Cream Social

Thursday, April 12

1:00pm

Come and learn about a free service from Clear Captions which enables anyone with hearing loss to communicate easier with the most advanced captioning phone system available. Ice cream will be served. RSVP 650-326-2025 or stop by the front desk.



## Savvy Caregiving Training

Mondays, April 30th, May 7th, and 14th

1:15pm-3:15 pm

Rosener House

Based on research by experts, this 3-week course will provide clinical-level training for family caregivers. Improve your knowledge, approach, skills and outlook. Gain the confidence to set and achieve caregiving goals. Learn strategies to manage stress, make decisions, and manage activities of daily living. The Savvy Caregiver Training Program provides over 6-hours of face to face training with dementia experts and a caregiver's manual. RSVP at 408-372-9940 or [amorris@alz.org](mailto:amorris@alz.org)

## AARP Tax Preparation

Tuesdays, February 10 – April 10

9:00am–2:00pm

Call 650-326-2025 to make your appointment to get free assistance filing your 2017 taxes.

## COMMUNITY RESOURCES



### Annual Shredding Day

Wednesday, April 18

1:30 to 4:00

Don't hold on to unwanted documents any longer! The PVI Little House Activity Center and Nancy Goldcamp & Associates Annual Shredding Day is here! Come on by and let us take the load off of your shoulders! Limit 3 boxes per person—no junk mail please.

## Transportation

### 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 in a few minutes. When you're ready to return, call us back and we will get you a safe comfortable ride home.



**Pre-registration is required for all users.**

Pricing is \$4.00 flat each way, for all residents of the Sequoia Healthcare District, regardless of the distance you travel.

Standard Lyft rates are charged for residents outside of the Sequoia Healthcare District.

**Monday - Thursday 8:00am - 8:00pm, Fridays 8:00am - 4:00pm,**

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

# GAMES, CLUBS, SOCIAL EVENTS AND COMMUNITY RESOURCES

Monday	Tuesday	Wednesday	Thursday	Friday
	8:00am – 5:00pm Bakery Distribution	9:00 am – 11:30am Acupuncture		
	9:00am – 12:00pm Knitting Club	10:00am - 12:15pm Wednesday Knitting Group		
11:30am – 1:00 pm Lunch	9:00am – 2:00pm AARP Tax Prep	10:30am – 12:00pm Beginning Bridge	10:00am - 12:15pm Hand and Foot Canasta	
1:00pm – 3:00pm Mah Jong	11:30am - 1:00pm Lunch	11:30am – 1:00pm Lunch	11:30am - 1:00pm Lunch	11:30am–1:00pm Lunch
1:00pm – 3:00pm Duplicate Bridge	1:00pm – 3:00pm Mah Jong		1:00pm – 3:00pm Mah Jong	12:15pm – 3:30pm Social Bridge
1:00pm – 3:00pm HiCAP		12:30pm – 3:00pm Pinochle	7:00pm – 8:45pm Thursday Night Dance	1:00pm – 3:30pm Bingo
1:00pm – 5:00pm Massage		1:00pm – 3:00pm Culture Movie		



## SPECIAL EVENT



### Members March Birthday Lunch

Little House Members with an April Birthday are invited to join us for a free lunch on **Thursday, April 19 11:30am -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

# APRIL MOVIES

## Eclectic Movies

*Mondays 1:00pm / Auditorium*

*Free for Members / \$3 Non-Members*

**April 2 Breathe**  
1 hr 17 min PG-13 2017

Biodrama tells the story of Robin Cavendish, whose charmed life suddenly darkens by polio. Rather than become imprisoned, he and his wife decide to tour the world.

**April 9 Victoria and Abdul**  
1 hr 12 min PG-13 2017

True story of an unexpected friendship in the later years of Queen Victoria's remarkable rule.

**April 16 Dealt**  
1 hr 25 min NR 2017

Fascinating documentary about Richard Turner, who lost his sight early in life, but went on to win global fame as a virtuoso card magician.

**April 23 Goodbye Christopher Robin**  
1h 47 min PG 2017

The world of Winnie the Pooh creator A.A. Milne comes to life in this biopic that focuses on the relationship with his son and inspiration.

**April 30 LBJ**  
1 hr 17 min PG 2017

Lyndon Baines Johnson, takes the reins of state in the wake of President Kennedy's assassination. This biopic looks at the man behind the political mask.

## Culture Movies

*Wednesdays 1:00pm / Auditorium*

*Free for Members / \$3 Non-Members*

**April 4 A Quiet Passion**  
2 hr 4 min PG-13 2017

Poet Emily Dickinson comes to life in this biopic that follows her from her days as a gifted but insecure student through her years as an introverted adult whose attachment to her family leads to self-imposed sequestration.

**April 11 Fathers & Daughters**  
1 hr 56 min R 2016

Unfolding via interwoven narratives, this touching drama follows novelist Jake Davis after he loses his wife in a car crash and becomes a single dad to Katie.

**April 18 Queen of Katwe**  
2hr 4 min PG- 2016

A Ugandan girl's life changes forever when she discovers she has an amazing talent for chess, in this celebration of the human spirit.

**April 25 This Beautiful Fantastic**  
1 hr 32 min PG 2017

When her landlord forces librarian and author Bella Brown to clean up her overgrown garden, she meets grumpy neighbor Alfie, who an avid horticulturalist and an unlikely friendship is born.

# UPCOMING TRAVEL

## California Coastal Cruise

April 7 – 14, 2018

Cruise round trip from San Francisco on Princess with stops in Santa Barbara, Long Beach, San Diego, and Ensenada. *Per person double occupancy: \$1160 inside; \$1355 outside; \$1460 balcony*

## Yosemite

June 5 - 7, 2018

Spend two nights at Chukchansi Gold Resort & Casino. Includes \$40 food & gaming credit, lunch at Majestic Hotel, tram tour in Yosemite, lunch & wine tastings at Ironstone Vineyards. *\$535 per person double occupancy/\$140 single supplement*

## 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, New York City.

*Confirm reservation by August 31, 2017 & 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 visit 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.

## APRIL 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Tuna Noodle Casserole	<b>3</b> Pot Roast with Gravy	<b>4</b> Chicken and Brown Rice Casserole	<b>5</b> Mongolian Beef	<b>6</b> Turkey Tetrazzini
<b>9</b> Corn Meal Breaded Fish	<b>10</b> Lemon Chicken Stir Fry	<b>11</b> Stuffed Bell Pepper w/ Ground Turkey	<b>12</b> Whole Wheat Spaghetti with Meat Sauce	<b>13</b> White Bean & Ham Stew
<b>16</b> Chicken Cordon Bleu with White Sauce	<b>17</b> Thinly Sliced Roast Pork Lion with Gravy	<b>18</b> Herb Roasted Chicken	<b>19</b> <b>April Birthday Lunch</b> Salmon with Tartar Sauce	<b>20</b> Chicken Piccata over Pasta
<b>23</b> BBQ Chicken	<b>24</b> Beef Stew with Potatoes	<b>25</b> Greek Chicken w/ Tomatoes over Spinach	<b>26</b> Turkey Loaf with Gravy	<b>27</b> Pork Picadillo
<b>30</b> Chicken Cacciatore				