



ST. GEORGE ACTIVE LIFE CENTER

For Active Adults



60+ Forever Young

CENTER INFORMATION

245 N. 200 W.
St. George, UT 84770
phone: 435.634.5743
web: coa.washco.utah.gov/st-george/

Facebook: <https://www.facebook.com/StGeorgeActiveLifeCenter/>

HOURS

Tuesday -Friday
9:00 am - 4:00 pm
(Closed Saturday thru Monday)

LUNCH SERVED

Tuesday -Friday
11:30 am -12:30 pm
Suggested Donation \$3.00

THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday
9:30 am - 1:30 pm
(Closed Saturday thru Monday)
We take donations!

CENTER STAFF

Supervisor: Jeanie Johnson
Meals on Wheels: Linda
Dial-a-Ride: Deanna Bringham
Director: Jacob Browning



July



Join us for our...
Grand Re-opening!

Please join us for our grand re-opening celebration on **Tuesday, July 21, 2020!** We are planning some fun things for that day, like a big socially-distanced **bingo game at 1:00 PM**, so be sure to join us!

As we expected, there will be some changes here that we hope are temporary. We will not be having lunch in the dining room, however, meals can still be purchased for a \$3.00 donation from 11:30-12:30 at the front of the building. Lunch includes a frozen entrée and a cold side (salad, fruit, etc.) We accept checks or cash (exact change would be helpful). Please bring your key tag with you so we can scan it. (Call 435-634-5743 to reserve your meals.)

We have had to cancel some of our activities and classes, so please check the class list on pages 8-9 to see if your favorite activity has been impacted. At all times, please keep a six-foot distance between you and other people. We are taking temperatures with a scanner when people enter the building to ensure that everyone is healthy, and stays healthy!

The Dial-a-Ride program and Meals-on-Wheels will continue to

(Continued on page 3)

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2 This Month

AARP Driver Safety Class has been canceled indefinitely.

Chair Massage

SUSPENDED UNTIL FURTHER NOTICE

1st & 3rd Friday of the month from 11:00 am—12:00 pm, Front Lobby.

Dixie Poets

SUSPENDED UNTIL FURTHER NOTICE

1st and 3rd Tuesdays at 1:30—3:30pm

Free Attorney Service

SUSPENDED UNTIL FURTHER NOTICE

Wednesday, June 3rd at 2:00 pm; Thursday, June 11th at 1:30 pm; Thursday, June 25th at 1:30 pm. Please make an appointment with Linda.

Ladies Bridge

SUSPENDED UNTIL FURTHER NOTICE

3rd Thursday of each month from 12:00—4:00 pm.

Parkinson's Caregivers Group

SUSPENDED UNTIL FURTHER NOTICE

PLEASE NOTE NEW DAY AND TIME! For caregivers only, please. 2nd Friday of the month at 11:30 pm.

Parkinson's Meeting

SUSPENDED UNTIL FURTHER NOTICE

For caregivers and people with Parkinson's. 3rd Wednesday of the month at 10:30 am.

The free shredding bins are no longer available. The company The free shredding bins are no longer available. The company that provided them to us has been bought out by another company.



Dial-A-Ride

Need a ride to a medical appointment, to pick up a prescription, shopping or to come to the Senior center for lunch?

CALL DIAL-A-RIDE

435-634-5743 OPT 1

Between 8:00 am—12:00 pm, or
leave a message anytime!

Please State Clearly

- 1) First & last name, telephone number, and home address.
- 2) Date & time you would like to be picked up at home.
- 3) Destination name, with complete address.
- 4) Appointment time (if applicable).
- 5) Time you would like to be picked up and taken home.
- 6) Any special condition such as mobility aids or personal attendant travelling with you.

Transportation Available

Tuesday through Friday

9:30 am—2:30 pm

**PLEASE SCHEDULE AT LEAST
THREE DAYS IN ADVANCE!**



function as usual. The library is also open. Here are a list of some other things to be aware of:

- ~ The free shredding bins are no longer available. The company that provided them to us has been bought by another company.
- ~ A vending machine with healthy snacks and drinks will be available in the lobby area. We will not be selling ice cream.
- ~ The AARP tax preparers have suspended their operations until 2021.
- ~ We are considering planting a community garden in the back of the building. What do you think?
- ~ The Thrift Shoppe is NOT open, but we are taking donations. The Shoppe will reopen in September.
- ~ The dance room received a fresh coat of paint.

~ The tree at the northwest corner of our lot received a much-needed haircut.





SELECTIVE LISTENING, OR HEARING LOSS?

Our senses are designed to clue us in when something isn't quite right. If you can't see the road signs, losing your balance, wearing blue socks or red socks, if you are eating sugar or salt or if you are drinking sparkling water or white soda, you know it.

However, when it comes to age-related hearing loss, the process is so gradual it can continue for years before you or someone else notices it.

Signs of Hearing Loss

Misunderstanding what is being said such as mistaking "watering the plants" for "wetting your pants," or accusing others of mumbling is often embarrassing, but can be how it begins. Men are often accused of tuning out their wives, but the high-pitched sounds of women and children can be difficult to hear in situations of ongoing hearing loss.

According to healthyhearing.com, one of the chief complaints health care professionals hear from patients complaining of hearing loss is that they can hear, but they can't understand.

Hearing loss not only involves the ear, but the brain as well, where the sound is transmitted into meaningful language. Symptoms of age-related hearing loss vary from mild to profound, but most seniors deal with mild to moderate hearing loss, the type that makes it challenging to hear higher pitched sounds. Other symptoms include:

- Difficulty hearing phone calls
- Trouble following conversations
- Asking others to repeat what they said
- Very loud TV volume
- Background noise clouding conversations
- Feeling exhausted from trying to hear

Hearing Loss Can Affect Mental Health

Studies show that at least a third of those between 65 and 74 and half of those over 75 are dealing with hearing loss. Many of them are reluctant to admit they can't hear, but not dealing with it can lead to depression or isolation in an attempt to mitigate embarrassment or frustration at not understanding conversations.

Hearing loss can also lead to increased risk of dementia, falls, and depression. According to a 2014 National Institutes of Health study, researchers found that hearing loss nearly doubled the risk of depression in adults. Those wearing a hearing aid were happier and had a greater quality of life.

Don't Accept Difficult Hearing

Schedule a visit with an audiologist to get your hearing checked. There may be an easy remedy to boost your ability to hear, such as a hearing aid. Others may benefit from devices such as a cochlear implant.

Hearing Aid Benefits

Prevent falls — According to Johns Hopkins University School of Medicine, even mild hearing loss can triple the risk of falls as the individual is less aware of what is going on around them, making them more susceptible to colliding with another or tripping over a pet. Also, by using extra brain power to hear, the brain is unable to focus as well on surroundings.

Mood Boosting — Those who wearing hearing aids are more likely to participate in social activities as they no longer feel left out because they cannot hear conversations. A survey by the National Council on aging found that untreated hearing loss caused 30% of non-hearing-aid-users to battle depression.

Memory Improvement — Research at the University of Maryland found that wearing hearing aids improves

memory because the brain isn't working so hard to decipher words. Being able to hear frees up resources in the brain that can be used for cognitive function.

Relationship Building — Individuals with hearing loss who wear hearing devices have better relationships with family members, friends, and colleagues than those without. A Hear the World Foundation survey of more than 4,300 people about hearing aids and relationships revealed:

- 69.7% believe hearing aids have improved their relationships.
- 81% whose partner has been fitted with a hearing aid say they are glad.
- 40% say they receive more attention from their partner.

If you are struggling to understand your loved ones, it's alright to ask for help. The benefits of visiting an audiologist and admitting that you are having difficulty will far outweigh the discomfiting knowledge that hearing loss is part of your reality.



We've come a long way! :D

Articles courtesy of [https://
www.lpiseniors.com/blog/](https://www.lpiseniors.com/blog/)

6 Recipe

ENJOY NATIONAL BLUEBERRY MONTH WITH MUFFINS!

From April to October, fresh blueberries are harvested in 35 of the 50 states, accounting for almost 95% of the world's crop. National Blueberry Month is celebrated every July, the peak harvest time. So make a trip to a local u-pick blueberry farm (if you're lucky enough to live near one) or to your favorite grocery store and stock up!

Health Benefits—For as small as blueberries are, those little blue beauties are bursting with flavor as well as nutrition. Just one cup of blueberries provides 14% of the recommended daily dose of fiber, aiding in digestion. They are also rich in calcium, iron, magnesium, phosphorus, zinc, and vitamin K, which helps promote healthy bones. The antioxidants in blueberries boost brain functioning and the immune system, while protecting against heart disease. It's no wonder that blueberries are considered to be one of the top superfoods!

Buying and Storing Blueberries—When buying fresh blueberries, look for ones that are firm, dry, plump, and smooth-skinned, with a silvery surface. The color should be deep purple-blue to blue-black. Stay away from blueberries that look soft or shriveled or have any signs of mold. The berries should move freely in the container when you shake it, and the bottom of the container should be dry and free from juice stains.

Refrigerate unwashed blueberries in their original plastic pack or in a covered container for up to five days. Wash them just before using. Blueberries also freeze wonderfully for you to use in a variety of recipes. Place dry, unwashed berries in an airtight container or resealable plastic bag. The blueberries will freeze individually so you can remove only the portion you need. Just rinse before using. For best quality, consume frozen blueberries within a year.

Best Blueberry Muffins—Make a batch of these pretty, tasty muffins and pop them in the freezer to thaw and serve for breakfast or mid-day snack. To prevent the blueberries from sinking to the bottom of the muffins, toss with a little flour before adding to the batter.

Topping:

- 1/3 cup old-fashioned oats
- 1/4 cup packed brown sugar
- 1 tablespoon all-purpose flour
- 1/8 teaspoon cinnamon
- 1 tablespoon butter, melted

Muffins:

- 2-1/2 cups all-purpose flour
- 1 cup sugar
- 2-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1 cup buttermilk
- 1/4 cup butter, melted
- 1 teaspoon vanilla extract
- 1-1/2 cups fresh or frozen blueberries

For topping, combine oats, brown sugar, flour, and cinnamon in a bowl. Drizzle with 1 tablespoon melted butter; toss with a fork. Set aside. In a large bowl, combine the flour, sugar, baking powder, and salt. In a small bowl, combine the eggs, buttermilk, butter, and vanilla; stir into dry ingredients just until moistened. Fold in blueberries. Fill greased or paper-lined muffin cups three-fourths full. Sprinkle with topping. Bake at 400 degrees F for 20-24 minutes or until a toothpick inserted in muffin comes out clean. Remove to a wire rack to cool.

Yield: 1 dozen



“FREE” usually grabs the attention of older adults on a fixed income, but sometimes “FREE” really means, “FRAUD.” You may get a call saying you’ve won a free vacation, only to find out that it isn’t really free or they are just trying to steal your identity. You may get an email offering you gift cards or other prizes but what you really get is a virus or malware installed on your computer. Even healthcare providers may offer “free” items or services that Medicare normally charges a copay for. It might be “free” for you but they are fraudulently billing Medicare for the costs. Just remember, if something sounds too good to be true, it usually is. Never click links in unsolicited texts or emails, hang up the phone if something doesn’t sound right, and check your Medicare Summary Notice for services that you receive.

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Acrylics Painting	Learn interesting techniques to paint photo-realistic style art, using acrylic paints. All levels welcome.	Wednesday	1:00—3:30	\$2.00
Arthritis Foundation Exercise Program	Activities also include endurance building activities, balance exercises, and relaxation techniques.	Tuesday	11:00—12:15	\$1.00
Ballet	Beginning ballet consists of barre exercises to improve core strength, flexibility, and coordination.	Thursday	10:30—11:30	\$1.00
Billiards (open play)	We have two billiards tables available.	Tuesday—Friday	9:00—4:00	\$1.00
Bingo (60+ only)	Join us for fun rounds of bingo! You must be 60 or older to play.	Friday	10:00—11:30	—
Blood Pressure/ Sugar Screening	Please be fasting for these tests.	Thursday	9:00—11:00	—
Cardio Dance	This is an aerobic-style class with low-impact dance moves.	Tuesday Starting July 16th	1:30—2:30	\$1.00
Cardio Drumming	This fun class is a full-body cardio and core strengthening workout complete with rhythmic drumming.	Friday	9:15—10:15	\$1.00
Cardio Fit	Cardiovascular fitness moves with basic dance steps and light hand weights.	Thursday starting July 16th	9:15—9:45	\$1.00
Ceramics	Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome.	Wednesday (instructor) Tues/Thurs/Fri (open)	12:30—3:30 10:00—3:30	\$2.00
Chess Club	Our new chess club welcomes every player of any skill.	Friday	1:00 —4:00	\$1.00
Circle of Friends	Circle of Friends is a discussion group. Taboo subjects are politics & religion.	Thursday	10:00—11:00	\$1.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
Drawing with Pencil	This group uses graphite and color pencils. There is no instructor for the course currently.	Thursday	9:30—11:30	\$1.00
Drawing Technique for Painters	This group uses graphite pencil and paper. Instruction and exercises will improve drawing or painting ability.	Friday,	10:00—12:00	\$1.00
Five Crowns Card Game	Five Crowns is a progressive rummy-style game that has five suits.	Wednesday	12:30—2:00	\$1.00
Grief Support Group	A safe place to express feelings and thoughts as well as learn healthy coping mechanisms.	Wednesday	2:30—3:30	\$1.00
Hand and Foot Card Game	A Canasta variant involving four to six decks rather than two and is played by teams of two players.	Wednesday and Friday	9:00—11:30	\$1.00
Knitting and Crocheting	Meet other like-minded people and turn your yarn into something spectacular. Any Handiwork.	Tuesday	1:00—3:00	\$1.00
Line Dancing—Advanced	This is the most difficult level of line-dancing classes we offer.	Thursday	1:30—3:30	\$1.00
Line Dancing—Beginning	We do all kinds of line dances to all different kinds of music. Tempos range from the cha-cha to the waltz.	Wednesday	9:00—10:30	\$1.00

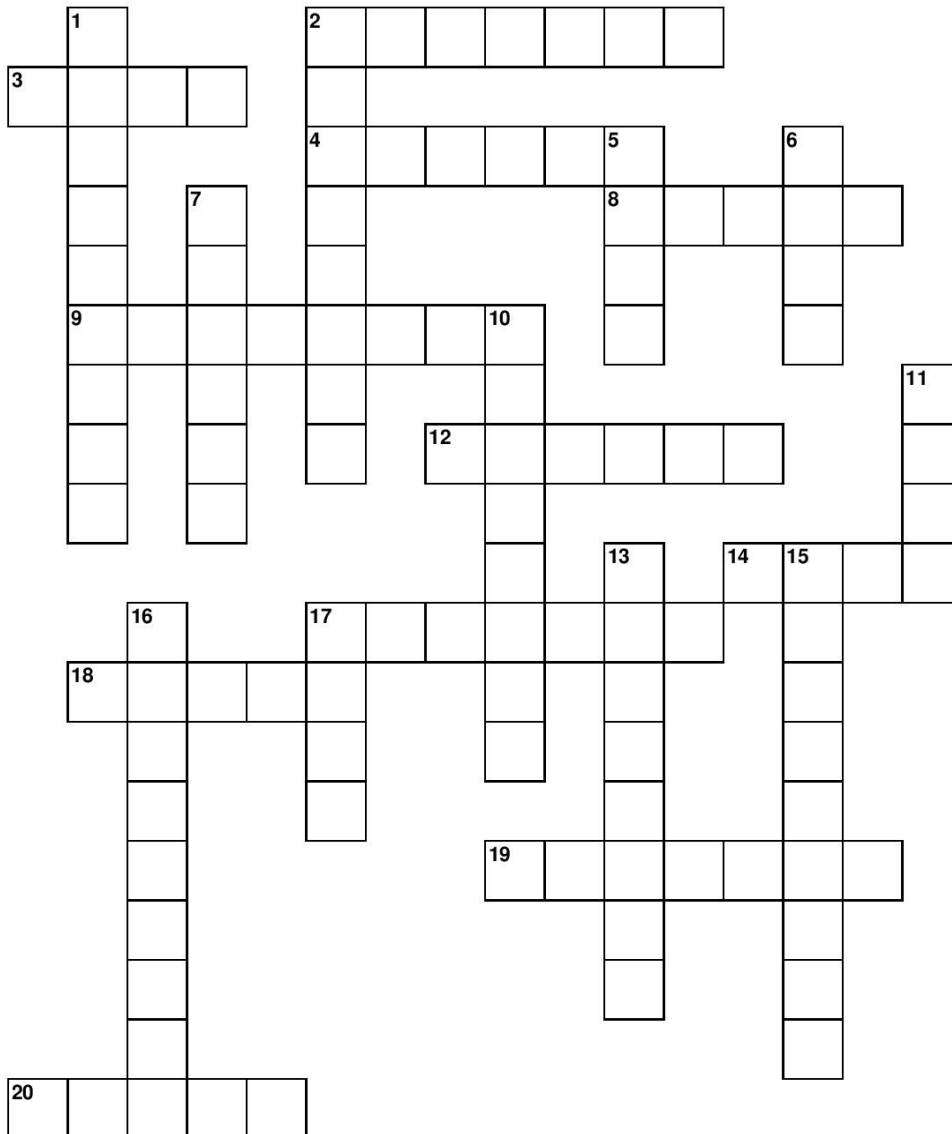
Activities List

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CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00
Long-term Medical Question	Get some answers to your questions regarding long term medical care and insurance.	Tuesday	12:30	\$1.00
Mahjong	Learn to play Mahjong, the ancient Chinese tile game.	Tuesday	1:00	\$1.00
Mat-less Yoga Stretch	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Thursday Starting July 16th	10:00—10:45	\$1.00
Oil Painting	This class is for all levels of painters. Work on projects, learn new techniques.	Tuesday	9:00—3:00	\$2.00
Party Bridge	A trick-taking game using a standard 52-card deck.	Wednesday & Friday	12:00—3:00	\$1.00
Pickleball	Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.	Tuesday—Friday Except July 21st	1:30—4:00	\$1.00
Pinochle	A trick-taking card game typically for two to four players and played with a 48 card deck.	Wednesday & Thursday	12:30—3:00	\$1.00
Strength Training	This class is a cardio routine broken up with sections of weights.	Tuesday	2:30—3:30	\$1.00
Social Singles	This is a group for planning friendship-based outings with other seniors.	Friday	12:30—1:30	\$1.00
Stretch Class	Gentle stretching for the entire body, head to feet.	Wednesday Friday	9:00—10:00 10:15—11:15	\$1.00
Table Tennis	No class 3rd Tuesday of the month. Paddles are provided. We have three tables available.	Tuesday	9:00—12:00	\$1.00
Tai Chi	This is a great class for beginners and involves gentle stretching, breathing, and meditation in motion.	Wednesday	10:30—11:30	\$1.00
Tap—Beginning	This class is for beginners and people who have never taken a tap class.	Wednesday	12:00—1:00	\$1.00
Tap—Intermediate	This class covers the basic steps of tap dancing, combinations of basic steps used in floor work, and floor exercises.	Wednesday	1:00—2:00	\$1.00
Tap—Advanced	A more advanced level than Basic. Participants in this class need a prerequisite knowledge of tap dancing.	Wednesday	2:00—4:00	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$2.00
Wii Bowling	Players interact with the gaming system by a remote control to simulate playing sports or engaging in exercise.	Thursday	1:00—2:00	\$1.00
Yoga	Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind.	Tuesday	9:00—10:30	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	8:15—9:10	\$1.00

Solution on page 11

SUMMER



By Evelyn Johnson - www.qets.com

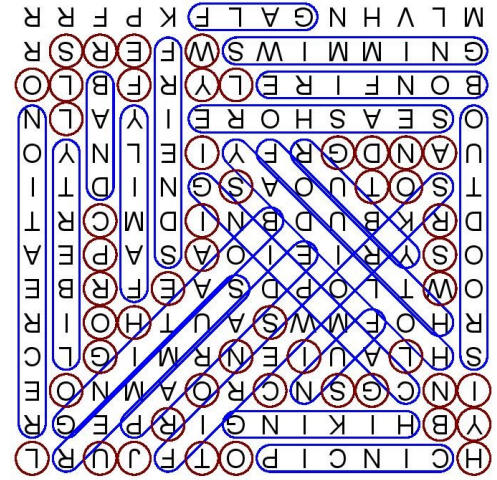
ACROSS

- 2 Open shoe with sole and straps
- 3 Sixth month
- 4 Hot summer month
- 8 Release from effort or strain
- 9 In the open air
- 12 Informal outdoor meal
- 14 Unrestrained movement or action for fun
- 17 Day on which business activity is suspended
- 18 Open boat with pointed ends that is paddled
- 19 Activity of using a water craft for pleasure
- 20 Humid and steamy

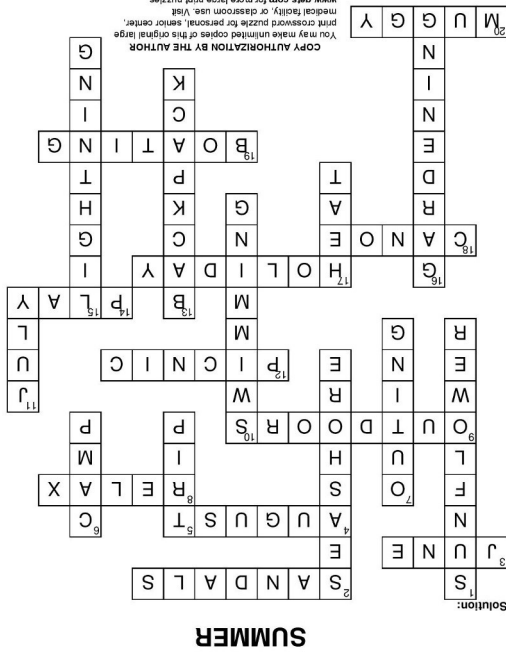
DOWN

- 1 Tall plant with yellow sun shaped flowers
- 2 Land bordering an ocean
- 5 Journey, voyage or excursion
- 6 Outdoor space with temporary shelters
- 7 Short trip away from home
- 10 Activity of propelling one's body through the water through physical movement
- 11 Month with Independence Day holiday
- 13 Container to carry camp gear
- 15 Flashes in the sky
- 16 Cultivation of flowers and plants
- 17 Degree of warmth





COPY AUTHORIZATION BY THE AUTHOR
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 Evelyn Johnson



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SUMMER

JULY

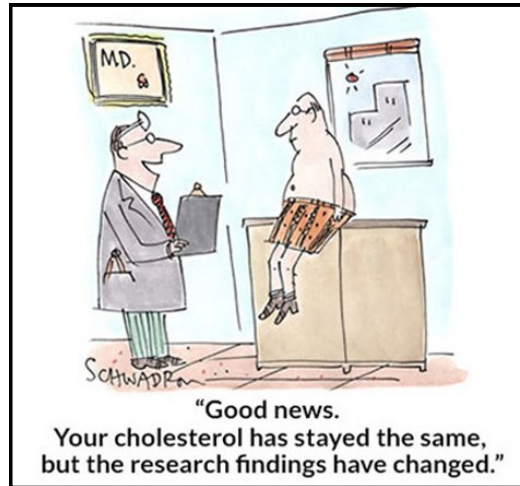
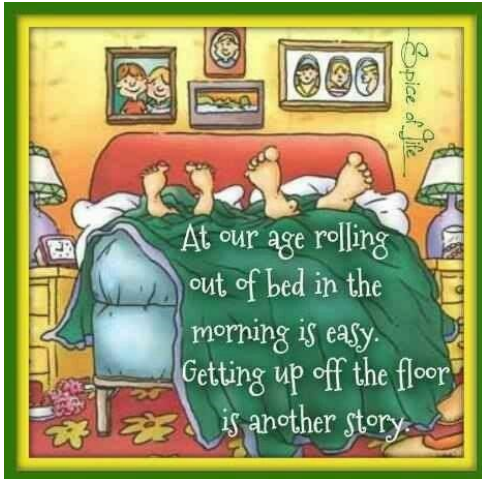
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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H C I N C I P O T F J U R L
Y B H I K I N G I R P E G R
I N C G S N C R O A M N O E
S H L A U I E N R M I G L C
R H O F M W S A U T H O I R
O W T L O P D S A E F R B E
O S Y R I E I O A S A P E A
D R K B U D B N I D M C R T
T S O T U O A S G N I D T I
U A N D G R F Y I E L N Y O
O S E A S H O R E I Y A L N
B O N F I R E L Y R F B L O
G N I M M I W S W F E R S R
M L V H N G A L F K P F R R
  
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By Evelyn Johnson - www.qets.com

Band	Fourth	Parade
Boating	Friends	Picnic
Bonfire	Fun	Recreation
Camping	Hiking	Ruby
Family	Holiday	Seashore
Fireworks	Liberty	Summer
Flag	Outdoors	Swimming



TIPS FOR SHOPPING FARMERS' MARKETS



Your local farmers' market is not only a great place to purchase fruits and vegetables that are grown nearby. It's a good opportunity to score other freshly baked and produced goods, from pastries and jams to handmade jewelry and homegrown flowers. A farmers' market is also a fun way to spend a few hours on a summer day.

Another advantage of shopping a local farmers' market is the prices. For a senior on a fixed income, it's tough to beat the affordability of fresh produce and baked goods.

How can you make the most of your weekly trip to the farmers' market? We have a few tips to help you master the market.

1. Bring your own bag.

A farmers' market essential is a sturdy bag to stash your goodies in. It's also an environmentally friendly way to shop. If you have other errands or stops to make afterward, consider bringing a cooler with ice to keep your produce cold.

2. Wear comfortable shoes.

When you shop at a farmers' market, it's guaranteed that you will do a lot of walking. Wearing comfortable shoes is a must.

3. Bring cash.

While some farmers might accept credit cards, cash is generally the preferred currency. It's also a great way to stay on budget and avoid indulging in too many impulse purchases.

4. Talk with the growers.

Vendors at farmers' markets can be a great source of information and advice. Make sure to talk with them as you make your rounds. There is much to be gained by talking with those who grow or make items to sell at a farmers' market, from learning how things are grown to getting suggestions for how to prepare produce.

5. Shop early if you can.

Farmers' markets have gained in popularity in recent years. If you want the largest variety of fruits, vegetables, and other goodies, it's best to go early. You'll not only have the first pick of goods, you'll probably have more time to chat with vendors.

(Continued on page 15)

6. Get to know the market.

Most markets have regular vendors who set up in the same place week after week. Once you get familiar with the market, you can visit your favorites each time you shop. It helps you plan your menus and snacks for the week. One tip, however, is not to fall into the trap of visiting only the vendors you've shopped before. Continue to explore new vendors and those who sell just a few times a summer.

7. Adhere to market etiquette.

Few farmers' markets encourage the haggling you often find at flea markets or other sales. Before you try to barter with vendors, take time to learn market etiquette. The market may discourage that type of behavior.

Finally, remember the health benefits you gain by shopping at a local farmers' market. In addition to providing you with an abundance of healthy foods to use in planning meals, you'll reap the cardiovascular benefits of walking. Those are two of the best steps for avoiding disease and living your best life.

Here are some local farmers' markets:

DOWNTOWN FARMERS' MARKET, 2 W St. George Blvd., St. George, UT 84770, Saturdays from 8 AM to noon.

TUACAHN SATURDAY MARKET, 1100 Tuacahn Drive, Ivins, UT 84738, Saturdays from 8 AM to 1 PM.

WEST VILLAGE ARTISAN MARKET, 214 N 1000 E, St George, UT 84770, first Wednesday of each month, 4 PM to 7 PM.

16 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER			
July 2020			
			
Tuesday	Wednesday	Thursday	Friday
<p>A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals.</p> <p>Frozen entrees and cold sides only.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>	<p>1</p> <p>Glazed Ham Yams Garden Vegetable Blend Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>2</p> <p>Independence Day Meal Beef Chili Cheese Dog Tater Tots Coleslaw Hot Dog Bun Apple Blueberry Crisp Milk Mustard Ketchup Diet - Apple Slices</p>	<p>3</p> <p>Closed Independence Day (observed)</p>
7	8	9	10
<p>Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk</p>	<p>Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Baked Cookie Milk Ketchup</p>	<p>Turkey Tetrzzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine</p>	<p>Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing</p>
14	15	16	17
<p>Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine</p>	<p>Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine</p>	<p>BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches</p>	<p>Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing</p>
21	22	23	24
<p>Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk</p>	<p>Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing</p>	<p>Pioneer Day Bratwurst Sauerkraut Herb Potato Salad Hot Dog Bun Watermelon Milk Mustard</p>	<p>Closed Pioneer Day</p>
28	29	30	31
<p>Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing</p>	<p>Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Baked Cookie Milk Diet - Vanilla Wafers</p>	<p>Glazed Ham Maples Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing</p>	<p>Beef Chili w/ Beans Shredded Cheese Baked Potato Tossed Salad Peaches Milk Sour Cream Ranch Salad Dressing</p>