



# Ninilchik Senior Center

PO Box 39422. 66265 Aspen Ave. Ninilchik, AK. 99639 Phone: 567-3988

**January**  
**2025**

## Coming Up:

- ~New Year's Day 1/1 (Center closed)
- ~Martin Luther King Jr. Day 1/20  
(Center closed)

## A Note From the President of the Board:

Happy New Year to everyone. I hope all of you had a fantastic holiday season. I pray that the new year has treated you well so far. I am really looking forward to what is happening at the Senior Center this coming year. I'm looking forward to things like Valentine's Day, then there is the Iditarod and the fun we have with that race at the Center. Then there is Easter, followed by Memorial Day. We always have fun with Independence Day. Then don't forget that Mario (The Honky Tonk Rebel) will be here this summer. He has two dates scheduled at the Center this summer. Mark your calendars for July 2 and July 16. Both Wednesdays. Those are the only two days he will be here this summer. You don't want to miss him.

This is the year we hope to have our kitchen remodeled. There is a lot of work to be done before this project can be done but things are happening. We have a committee that is working on this project and I want to thank them for their work.

Martin Luther King Day is this month. That means the Center will be closed that day, so please plan accordingly.

Don't forget to send in your PFD application. The window opened on Jan. 1 and closes on March 31. Plenty of time but don't procrastinate. Again, Happy New Year and God Bless you.

~ Dick Hawkins, President



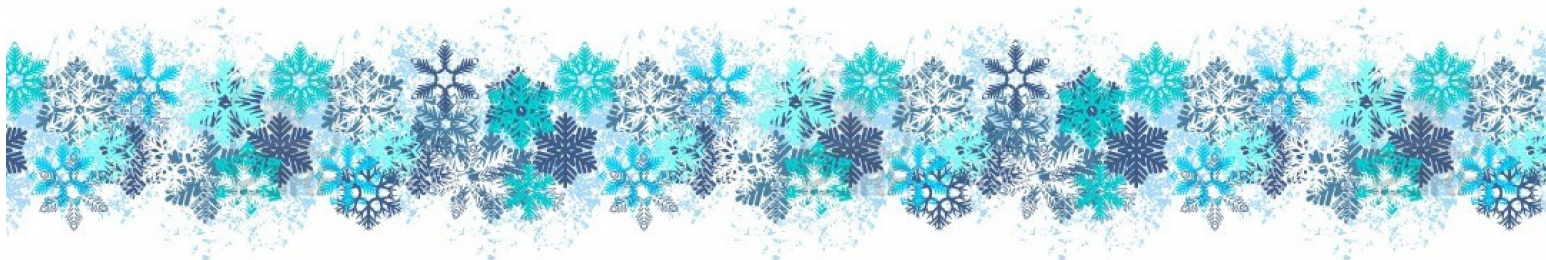
## **A Note from the Executive Director:**

Happy New Year! Welcome 2025!! So hard to believe it's 2025. Hope everyone's holidays were great and filled with lots of love and laughter. This time of year is often a time of reflection and excitement: reflection on how last year went and excitement over how next year will turn out. I for one am looking forward to 2025! Thoughts of winter being over, gardening season beginning and abundant warm sunshine come to mind almost daily. Yes, the days are gradually getting longer although we all know there is still a lot of winter left.

This year will be one of change for the senior center, lots of activities going on throughout the year but the biggest change will be the remodeling of the kitchen area. This will be a big change and maybe a little rough to get through but we'll make it! Stay tuned to the newsletters for details on how and when things are progressing.

Here's to 2025! May it be the best year yet!!

~ Julie Otto



# 10 Simple strategies to conserve cognitive energy for better brain performance, even when you're exhausted, distracted, and not feeling your best.

- 1. Think WIN—What's Important Now?:** Identify the most important tasks and prioritize them based on importance, and energy requirements. Always get the biggest tasks out of the way first, when you're feeling fresh.
- 2. Break Tasks Down:** Break larger tasks down into smaller steps. This will reduce the chance of overwhelming yourself and save your mental energy.
- 3. Get Techy:** Make use of productivity apps, voice assistants, reminders and calendars on your smart phone. These will allow you to transfer all that information you struggle to remember to a safe place where you'll know you can find it.
- 4. Create Checklists:** Develop checklists for daily tasks, projects and daily routines. This not only helps you to organize your day, but you'll also be able to check off an item when it's completed, helping you to avoid forgetting something important.
- 5. Use External Reminders:** When you do something that has a time limit, set an alarm. Use the calendar on your phone to receive audible and visual reminders for events and appointments. External reminders like this will call your attention to a task when you might have otherwise forgotten about it.
- 6. Take Notes:** Carry a small notebook with you (or use the notes on your phone) to jot down important information, talks, and reminders. This helps offload memory demands and reduces the need to rely solely on your memory.
- 7. Single Task:** Focus on one task at a time rather than attempting to multitask, which can drain mental resources. By concentrating on one task fully, you conserve mental energy and achieve better results.
- 8. Establish Routines:** Create daily routines to minimize decision-making and free-up mental space for crucial tasks. Make decisions about dinner and lay out your clothes the night before, or whenever you're not under pressure.

**9. Use Environmental Cues:** Organize your belongings in a way that cues you to take certain actions. For example, leave your lunch bag on the table so you see it, and remember it. Leave your keys somewhere on the path to the front door as a visual cue to lock up before you go.

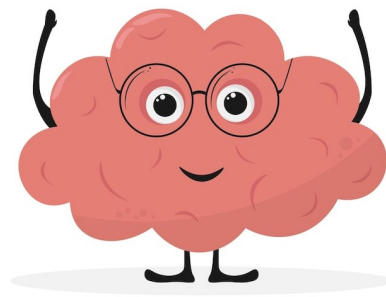
**10. Allow For Mindful Rest Periods:** Incorporate rest periods throughout your day to recharge your mental batteries. For concentration tasks, rest periods are generally needed every 20-30 minutes, but everyone is on their own timeclock.

### **Don't Forget...**

**Practice Self-Compassion:** Be kind to yourself and acknowledge your limitations, allowing for breaks and self-care whenever you need it.

**Stay Hydrated and Nourished:** Take care to sip water throughout the day and eat healthy foods to remain more sharp and alert.

**Seek Support:** Don't hesitate to lean on your friends, family and support groups for help and encouragement when times feel too challenging.



*Taken From: Brainthrive Consulting, LLC / [www.longliveyourbrain.com](http://www.longliveyourbrain.com)*



## DUGOUT NEWS

Hello 2025 and you sure are coming in with a bang! This also means only 51 more days till Baseball Spring Training!!! Since it's the first month of the new year I thought I would give hints to start the year off.

### HEALTHY IDEAS:

**For Coughs** eat pineapple, garlic and ginger

**Stressed** eat a banana and watermelon

**For a good gut** eat cabbage, garlic and onions

**Good eyes** eat carrots, apples and vitamin A

**Hydration** eat cucumbers, orange and watermelon

**Strong bones** and eat eggs, fish and beef

**Healthy heart** eat avocado, beans, garlic, and onions

**Build up your Immunity** eat eggs, fish and beef

**More red blood cells** eat beets, carrots and cucumber

**For a good prostate**, eat tomato, carrots and beans

**Good kidneys** drink 2-3 liters of water a day, eat beans,

(Looks like a big run on carrots and garlic for everyone)

### CLEANING IDEAS WITH BAKING SODA:

**Soap Scum Remover:** 1 tbsp. baking soda, hydrogen peroxide, 1 tsp dish soap. Combine everything to make a paste. Dip a soft cloth, scrub surface gently and rinse.

**Towel Freshener:** add 1/2 cup of baking soda to the rinse cycle for soft fresh towels. Dry under the sun.

**Sink Cleaner:** 1/4 cup baking soda, 1/2 cup vinegar, 3 drops of lemon juice. Combine all ingredients and pour into the sink and rinse it off with hot water.

**Stove Cleaner:** 1 cup baking soda, 1/2 cup vinegar, 1 tbsp castile soap, 4-6 drops lemon. Soak accessories in solution and scrub with a scrubber or toothbrush to remove grease and grime.

As always Keep Swinging for the Fence!

Cheryl

# Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

Cost: \$1 per ticket. Members may purchase as many tickets as desired each week. Tickets purchased are valid only for that week's drawing. Tickets must be purchased each week until 11am Friday if the member wishes to participate in that week's drawing.

Drawing Time: Every Friday at 12:00 pm

Location: Ninilchik Senior Center 66265 Aspen Ave Ninilchik, AK

## Progressive Split the Pot Raffle Rules:

One winner every week.

Winner does not need to be present to win.

Open to NSC members only. Membership must be current.

The Current Raffle will last up to 16 weeks or until someone draws the Eagle. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

## 16 cards

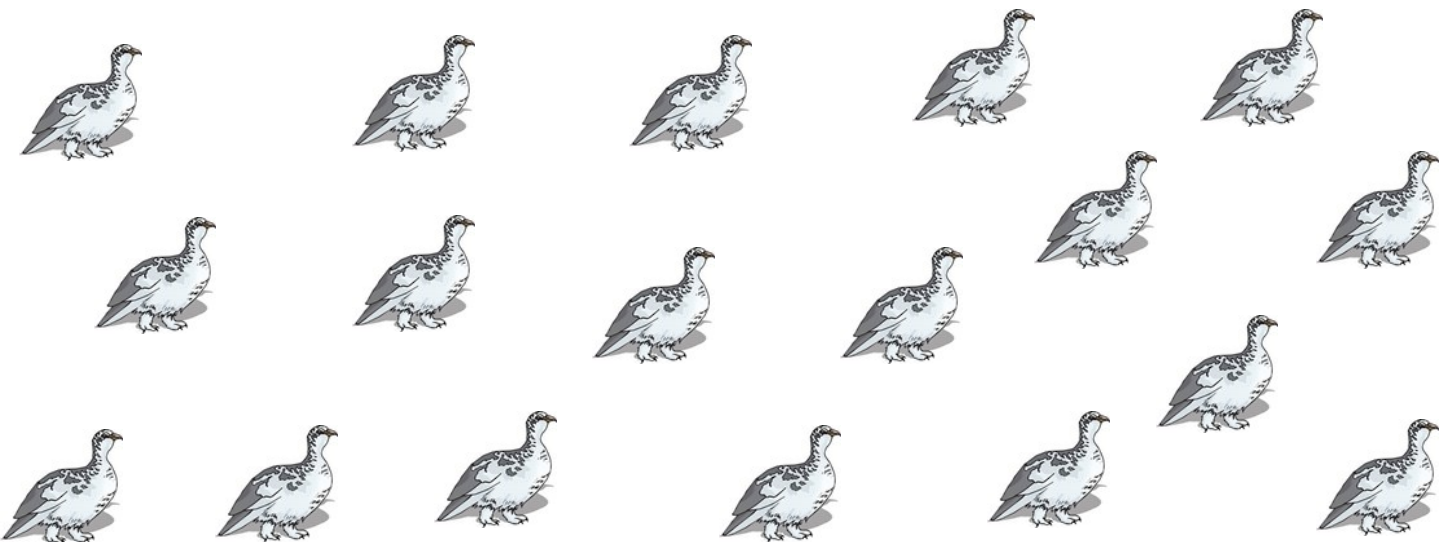
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to all the prior weeks winners



# Happy New Year

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell the name of a popular location for celebrating New Years Eve.

S E I B A B N E W Y E A R S E V E Y  
G C H A M P A G N E T Y I M N S T T  
E N S S U E T H C D A N C E D R H R  
S Q I N F E T O O D M U A Y O E I A  
E F C G F I N A S L S U E R F K R P  
D H E F N F R R R R I A S E D A T S  
A I U S E I A S E B R D N I E M Y K  
R B B T T E S M T I E S A F C E F R  
A M T A Y I A N N O R L A Y E S I O  
P I S W L E V R O E F T E E M I R W  
N D E A R L E I N I H J V C B O S E  
D N E T R V O N T E T E A S E N T R  
A I S W I A A O R I N A S N R O H I  
Y G Y E O B I T N T E I R R U K C F  
O H W I N E I T S S K S I O H A T S  
N T Y L I M A F N O I S A C C O R T  
E T S A E F S N O I T U L O S E R Y  
S R E Z I T E P P A Y F R I E N D S

APPETIZERS  
BABIES  
BALLOONS  
BANNERS  
BUFFET  
CELEBRATE  
CHAMPAGNE  
CONFETTI  
DANCE  
DAY ONE

DECORATIONS  
END OF DECEMBER  
EVENTS  
FAMILY  
FATHER TIME  
FEAST  
FESTIVITIES  
FIREWORKS  
FIRST OF JANUARY  
FRIENDS

HATS  
HOLIDAY  
HORNS  
KISS  
MIDNIGHT  
MUSIC  
NEW YEARS DAY  
NEW YEARS EVE  
NOISEMAKERS  
OCCASION

PARADES  
PARTY  
PUNCH  
RESOLUTIONS  
SINGING  
STREAMERS  
THIRTY FIRST  
TIARAS  
WINE  
YEAR IN REVIEW

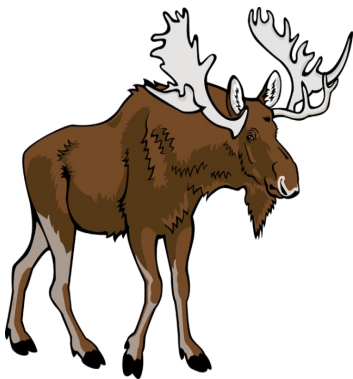




1985 Teddy's Toys & Co., All Rights Reserved.

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1. What British explorer named Admiralty Island?
2. Why was Alaskan Spruce sent to Wichita, Kansas around 1920?
3. What is the snowshoe hare's main predator?
4. Name one of the two Indian tribes that migrated from Canada to southeast Alaska.
5. True/False Halibut have been known to severely damage boats and fishermen once they are on board the boat by their slapping motions.
6. True/False The Arctic coastline is known for its extreme high and low tides.
7. What was the main resource the Russian traders took from Alaska?
8. True/False The length of shadows are longer in the Arctic than other parts of the state.
9. What is the "Milepost"?
10. Approximately what percent of an iceberg is under water?
11. Where was the first Russian Orthodox Church located?
12. Where was the richest gold mine in Alaska?



banks

7. Furs  
 8. True  
 9. A collection of signs started in 1942 along the Alaskan highway and also travel guide used by tourists  
 10. Three-fourths (75-80%)  
 11. Kodiak Island  
 12. Ester Creek, near Fair-

1. Captain Vancouver  
 2. For use in the airplane industry, Alaska Spruce is tall and straight grained  
 3. Lynx  
 4. Haidas and Tsimpsians  
 5. True  
 6. False, one foot tides are the average



**Across**

- 1. Kind of bean
- 5. Storage site
- 10. Like some decisions
- 14. On the ocean
- 15. Rap sheet listing
- 16. Hawaiian performance
- 17. Like a morning meadow
- 18. Oscar de la ---
- 19. Redo a clue
- 20. Harris and Sullivan
- 21. It can help you see about me
- 23. Ogre
- 25. He plays Niles' brother
- 26. Ma plays with them
- 28. "--- Got a Brand New Bag"
- 30. Elongated O's
- 31. Jerk
- 32. They look better after crunching
- 35. Imbroglia
- 36. Use a camera
- 37. Bank deposit?
- 38. Word with blonde or Wednesday
- 39. Streisand film
- 40. Turn to mush
- 41. Take care of
- 43. Strengthen, as security
- 44. Colonnade
- 47. --- Gras
- 48. Trailer follower
- 51. Outdated records
- 54. Indian princess
- 55. Inflate, as with pride
- 56. Plugging away
- 57. Garlic quality
- 58. Insurance giant
- 59. Count (on)
- 60. Year's last word, often
- 61. Out on a limb
- 62. "Jurassic Park" menace, briefly

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21							22			
		23	24					25						
26	27						28	29						
30						31					32	33	34	
35					36						37			
38					39					40				
			41	42					43					
44	45	46						47						
48						49	50					51	52	53
54					55						56			
57					58						59			
60					61						62			

**Down**

- 1. Word with man or self
- 2. Secondhand
- 3. Showstopper?
- 4. "The --- Divorcee"
- 5. Driveway attachments
- 6. Pollster's discovery
- 7. Windows application?
- 8. Tiny bit
- 9. Unrealistic one
- 10. Beachcomber's collection
- 11. Several Renoirs
- 12. Skirt style
- 13. Fall guy
- 21. Corp. magnates
- 22. Afternoon reception
- 24. Troubles and misfortunes
- 26. Whoever's in it is out of it
- 27. Days before
- 28. Part of a frame-up?
- 29. "Famous" cookiemaker
- 31. Door position
- 32. Automobile part
- 33. Type of cheese
- 34. Hike kickoff
- 36. Shows contempt for
- 37. Sought damages
- 40. Short wave?
- 41. Mad magazine's genre
- 42. College Web address ending
- 43. Romantic song
- 44. Spherical coils
- 45. All set
- 46. Religious law
- 47. Kanga's creator
- 49. Basin accessory
- 50. Pay homage to
- 52. Carpet feature
- 53. "Babe" group
- 56. Lichtenstein's forte



8		6	2	3			4	
	9		4		5			8
				1		5	6	
	2	9			6	3		
	3			9			7	
		5	8			4	9	
	6	4		8				
9			1		4		2	
	1			7	9	8		4

1sudoku.com

n° 122832 - Level Easy

8				9		2		
				3				
	9	1	2		8	5		4
1		3			7	8	9	
2	8		5		1		6	3
	5	4	6			2		7
5		2	9		6	7	3	
				7				
	7		3					9

1sudoku.com

n° 120835 - Level Easy

	2	9	6		5			
1							2	
8				1			7	3
	3	6					8	5
		2				4		
9	8					2	6	
2	5			3				8
	9							4
			1		9	3	5	

1sudoku.com

n° 29217 - Level Medium

8				9				
	3	5			1		2	
		1		7		3		
2	7		9		8			
	1			3			4	
			1		4		7	8
		2		9		5		
	8		6			2	3	
			5					1

1sudoku.com

n° 28319 - Level Medium

		6	8	1				7
	7			4	3	1		
1			5					
					8		4	
	3	2				8	9	
	4		2					
					7			8
		4	3	5			7	
9				8	4	6		

1sudoku.com

n° 310606 - Level Hard

				1		3		2
8	5				7			
7			9	2				8
4		8	1					
	6						9	
					5	1		4
	2			8	6			9
			3				2	5
9		6		5				

1sudoku.com

n° 35863 - Level Hard

# Join NSC's Legacy Club!

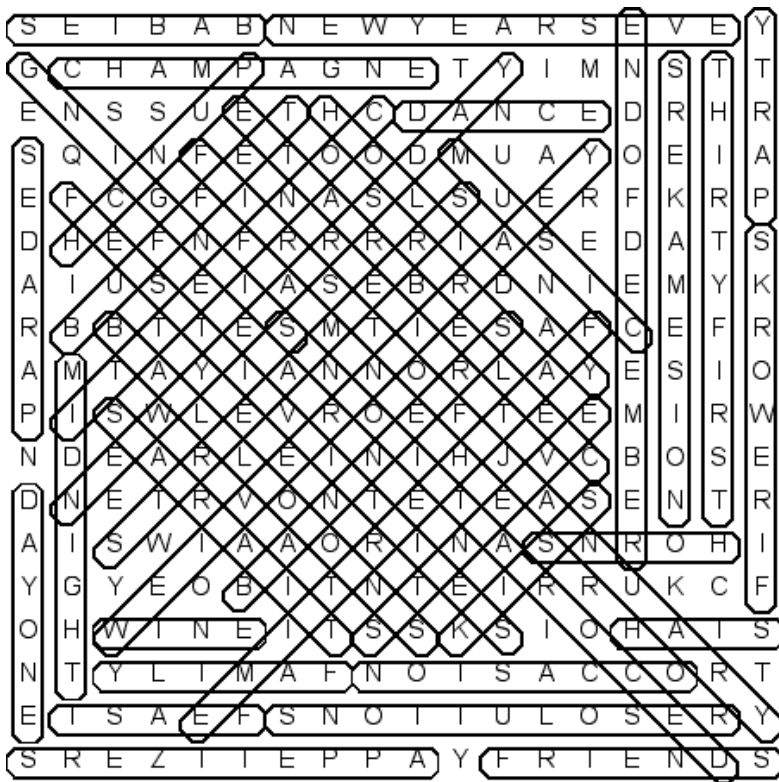
Leave a Legacy and make a donation (monthly or not) of any amount to the NSC Endowment Fund or NSC Operations and once your donations reach \$500, your name will be added to our donor tree. Endowment Fund Donations provide long-term investment income for the Senior Center.



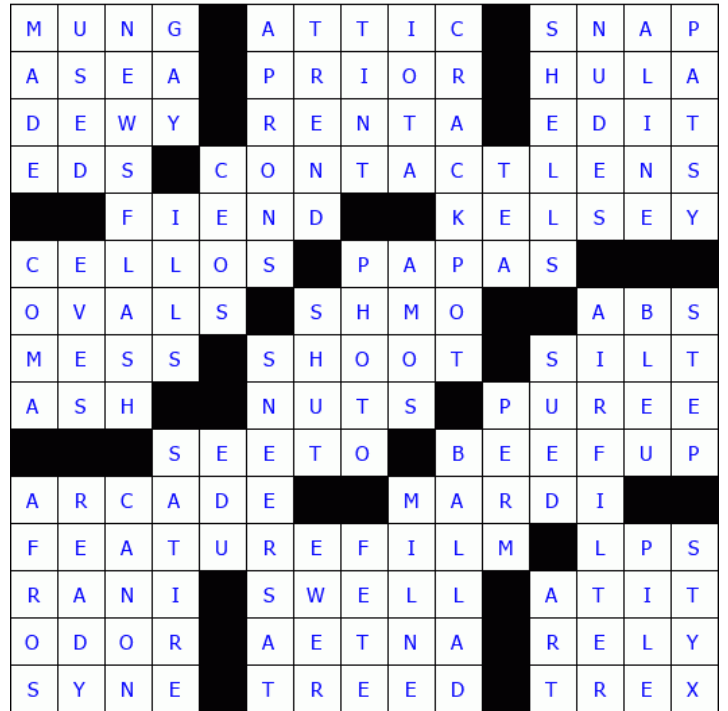
## Donor Tree Wall Levels of Giving:

- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.

Thank you to all who donate to the Ninilchik Senior Center!



Puzzle Solution © OnlineCrosswords.net



8	5	6	2	3	7	1	4	9
2	9	1	4	6	5	7	3	8
7	4	3	9	1	8	5	6	2
1	2	9	7	4	6	3	8	5
4	3	8	5	9	1	2	7	6
6	7	5	8	2	3	4	9	1
5	6	4	3	8	2	9	1	7
9	8	7	1	5	4	6	2	3
3	1	2	6	7	9	8	5	4

1sudoku.com n° 122832 - Level Easy

8	4	6	7	5	9	3	2	1
7	2	5	1	3	4	9	8	6
3	9	1	2	6	8	5	7	4
1	6	3	4	2	7	8	9	5
2	8	7	5	9	1	4	6	3
9	5	4	6	8	3	2	1	7
5	1	2	9	4	6	7	3	8
6	3	9	8	7	5	1	4	2
4	7	8	3	1	2	6	5	9

1sudoku.com n° 120835 - Level Easy

3	2	9	6	7	5	8	4	1
1	4	7	8	9	3	5	2	6
8	6	5	2	1	4	9	7	3
7	3	6	9	4	2	1	8	5
5	1	2	7	8	6	4	3	9
9	8	4	3	5	1	2	6	7
2	5	1	4	3	7	6	9	8
6	9	3	5	2	8	7	1	4
4	7	8	1	6	9	3	5	2

1sudoku.com n° 29217 - Level Medium

8	2	7	3	5	9	4	1	6
6	3	5	4	8	1	7	2	9
4	9	1	2	7	6	3	8	5
2	7	4	9	6	8	1	5	3
9	1	8	7	3	5	6	4	2
3	5	6	1	2	4	9	7	8
1	4	2	8	9	3	5	6	7
5	8	9	6	1	7	2	3	4
7	6	3	5	4	2	8	9	1

1sudoku.com n° 28319 - Level Medium

4	5	6	8	1	9	3	2	7
2	7	9	6	4	3	1	8	5
1	8	3	5	7	2	9	6	4
6	9	1	7	3	8	5	4	2
7	3	2	4	6	5	8	9	1
5	4	8	2	9	1	7	3	6
3	6	5	9	2	7	4	1	8
8	1	4	3	5	6	2	7	9
9	2	7	1	8	4	6	5	3

1sudoku.com n° 310606 - Level Hard

6	4	9	5	1	8	3	7	2
8	5	2	6	3	7	9	4	1
7	1	3	9	2	4	5	8	6
4	9	8	1	6	3	2	5	7
5	6	1	7	4	2	8	9	3
2	3	7	8	9	5	1	6	4
3	2	5	4	8	6	7	1	9
1	8	4	3	7	9	6	2	5
9	7	6	2	5	1	4	3	8

1sudoku.com n° 35863 - Level Hard

## Puzzle Answers



Kathryn Hale 1/1

JoJo Seitz 1/8

Mirl Fowler 1/21

Phillip Lopez 1/1

Lorraine Reinhart 1/10

Tina Kenshalo 1/23

Linda Bischoff 1/1

Doug MacLean 1/12

Richard Behnken 1/26

Johnny Hylan 1/2

Rick Rector 1/13

Linda Hawkins 1/26

Rich Ferguson 1/2

Char Moore 1/14

Janice Nofziger 1/29

Allen Minnihan 1/2

Dan Nicholson 1/14

Larry Matson 1/30

Bill Richardson 1/6

David Zuck1/16

Patrick Sullivan 1/30

Bob Nathanson 1/7

Henry Theodore 1/16

Bruce Randall 1/31

Elizabeth Spinasantto  
1/7

Ann Hill 1/17

Mark Syska 1/19

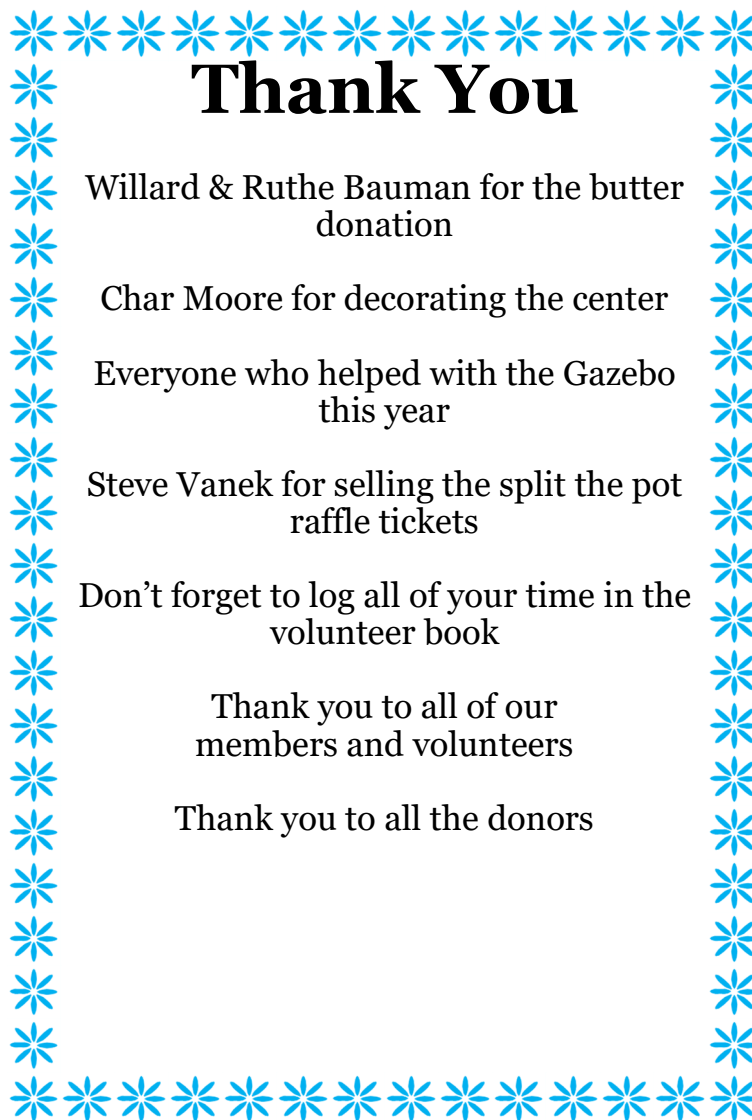


### **\$5 A Month Club**

Thank you to the following who contributed to the club:

- David & Judy Clemenson
- Bruce Randall
- Delmer McCune
- Debbie MacLean
- Nora & Howard Appel
- Cathy Perry
- Char & Byron Moore
- Josie Savoy
- John & Janice Nofziger
- Ron Jorgensen
- Jim Beall

We have a fund to provide items that are not in the budget. If you would like to join the club, just bring or send a donation of \$5 any time you can.



## **Thank You**

Willard & Ruthe Bauman for the butter donation

Char Moore for decorating the center

Everyone who helped with the Gazebo this year

Steve Vanek for selling the split the pot raffle tickets

Don't forget to log all of your time in the volunteer book

Thank you to all of our members and volunteers

Thank you to all the donors

# About The Ninilchik Senior Center

## Our Mission

We are dedicated to making life easier, more interesting, and providing assistance to others in need among our members, as well as the surrounding community, in ways which lift the spirit and give a feeling of love to each other. We are dedicated to assisting one another through cooperation, respect, and strength of spirit, so that everyone feels welcome and their contributions valued.

## Board of Directors

President: Dick Hawkins  
V. President: Steve Vanek  
Secretary: Kaye Waldsmith  
Treasurer: Vi Nordgren  
Trustee: Cheryl Doyle  
Trustee: Lynn Harding  
Trustee: John McCombs

## Endowment Trustees

Chair: Kaye Waldsmith  
Vice Chair: Steve Vanek  
Treasurer: John Nofziger  
Trustee: David Clemenson  
Secretary : Vi Nordgren

## Staff

Executive Director: Julie Otto  
Adm. Assist/Bookkeeper:  
Tandy Wallace  
Kitchen Assistant: Niki Keenan  
Cook: Casey Campbell  
Cook/Maintenance: Rick Ferguson  
Trans. Driver: Mark Brees

## Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.  
Suggested donation:  
\$8 or members, \$12 for non-members  
Lunch includes: soup,  
salad, entrée and dessert

## Events and Activities

### Weekly

**Mondays:**  
Quilting/Sewing 1-4 pm

**Tuesdays:**

**Wednesdays:**  
Bingo (after lunch 1:15 pm)

**Thursdays:** Game Day 1-4 pm

**Fridays:**  
Knitting 1:30 -4:00  
Billiards 1-4 pm



So far this year (2023), the center received **\$238.31** from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

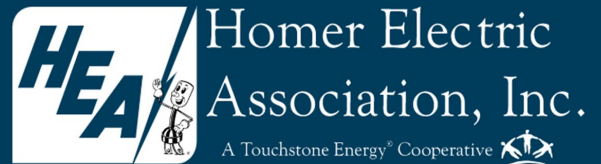
If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

The center's Organization Identification Number is **GP013**.

**Thank you!!!**






The Senior Center is partially funded by these Corporate Sponsors



Alaska Food Coalition  
American Legion Auxiliary #18  
Dolifka & Associates, PC  
Enstar  
Fred Meyer/Kroger  
HEA  
Hilcorp  
Kenai Peninsula Borough  
Kenai Peninsula Family Caregivers  
Support Program  
Meals on Wheels America  
Ninilchik Family Dentistry  
Ninilchik Native Association, Inc.  
Private Donations  
Sons of the American Legion 18  
South Peninsula Hospital  
State of Alaska/NTS Grant  
The Alaska Community Foundation

# \*\*\*January 2025 Menu\*\*\*

Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad). Lunch Starts at Noon.  
 Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance for take-out meals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthdays</b>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Kathryn Hale 1/1 Phillip Lopez 1/1 Linda Bischoff 1/1 Johnny Hylan 1/2 Rick Ferguson 1/2 Allen Minnihan 1/2			<b>Closed For New Year's Day</b>	Pork in Red Sauce Cabbage Fried Rice Beans	Frittata Sausage Texas Toast Fruit	<i>Soup served daily with pick up meals</i>
5	6	7	<i>Bingo @ 1:15</i> 8 Garlic Tomato Baked Chicken Stuffing Peas & Carrots	9	10	11
Bill Richardson 1/6 Bob Nathanson 1/7 Elizabeth Spinasanto 1/7 JoJo Seitz 1/8 Lorraine Reinhart 1/10	Asian Chicken Rice Eggroll Stir Fry	Pulled Pork Buns Kidney Beans Coleslaw	<i>Bingo @ 1:15</i> 15 French Toast Bake Sausage Eggs Hashbrowns Fruit	French Dip Sandwich Fries Broccoli	Baked Ham Scalloped Potatoes Green Beans Rolls	<i>Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup</i>
12	13	14	<i>Bingo @ 1:15</i> 15 French Toast Bake Sausage Eggs Hashbrowns Fruit	<i>Board Meeting</i> 16 Croissant w/Cashew Chicken Salad Broccoli Potato Salad	17	18
Doug MacLean 1/12 Rick Rector 1/13 Char Moore 1/14 Dan Nicholson 1/14 David Zuck 1/16 Henry Theodore 1/16 Ann Hill 1/17	BBQ Chicken Baked Beans Coleslaw Macaroni Salad	Pork Medallions Yams Stuffing Green Beans	<i>Bingo @ 1:15</i> 22 Crispy Pork Cutlets Sweet Potato Fries Cauliflower Bread	23	24	
19	20	21	<i>Bingo @ 1:15</i> 22 Crispy Pork Cutlets Sweet Potato Fries Cauliflower Bread	23	24	25
Mark Syska 1/19 Miril Fowler 1/21 Tina Kenshalo 1/23	<b>Closed For Martin Luther King Jr. Day</b>	Beef Stroganoff Broccoli Bread	<i>Bingo @ 1:15</i> 29 Crispy Chicken Mashed Potatoes Gravy Broccoli Rolls	Turkey Day	Lasagna Mixed Veggies Garlic Bread	<i>Lunch starts right at noon</i>
26	27	28	<i>Bingo @ 1:15</i> 29 Crispy Chicken Mashed Potatoes Gravy Broccoli Rolls	30	31	
Richard Behnken 1/26 Linda Hawkins 1/26 Janice Notziger 1/29 Larry Matson 1/30 Patrick Sullivan 1/30 Bruce Randall 1/31	Sweet & Sour Meatballs Rice Eggroll Veggies	Florentine Spaghetti Bake Carrots Bread	Soft Taco Refried Beans Rice	Tuscan Chicken Pasta Cauliflower Bread		

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.\*