Key Contact Numbers

In-house TV Channel - 972

Daily Updates x2212
Pool x2229
Fitness Center x2254
Frame Shop x5163
Country Store x2167
Salon x2226
Clinic x7791
Security x2020
Room Set-up x4774
Courtyard Dining x2135
Guest Rm. Reservation x4778
Work Orders x2151

RA Website: collingtonresidents.org

All Courier submissions, meeting schedules, and meeting room reservations should be sent to:

Bianca Williams (bwilliams@collington.kendal.org)

Submission deadline for the Courier – Thursdays @ noon.

* See descriptive article
+ Volunteer pushers needed to transport Creighton Center residents to program

View page 6-7 for details about the Walk and how you can contribute…

THIS WEEKEND

9/17 10AM LWVPGC Meeting – Game Room

9/18 3PM Sunday Afternoon Concert - Auditorium

MONDAY NIGHT MOVIE

9/19 7PM “The Big Sleep”

MANAGER ON DUTY: x2020
Sharon Odumodo 9/17-9/18
Gene Davis 9/24-9/25

THE END OF ALZHEIMER’S STARTS WITH ME
alzheimer’s association
800.272.3300 | alz.org

You may also submit work orders at https://collington.theworxhub.com
WEEK-AT-A-GLANCE

MONDAY, September 19
8:30/10/1:00 Shuttle to Greenbelt Doctors, call x2247
10:00 Collington Woodshop Drop-in / Drop-off Hour
10:00 Brain Aerobics (Fitness) – Ping Pong Room
10:00 Trends in the Industry Presentation - Auditorium
10:30 Trip to Wegmans leaves from Security, x2020
11:15 Open Work Time – Creative Arts Room
*12:00-7 Parkinson’s Group Webinar – 1st Floor Meeting Room
1:00 Billiards Room - For the ladies
1:30 Mah Jongg – 3rd Floor Meeting Room
2:30-4:30 OO Shop – OPEN
3:00 Pottery Work Time – Creative Arts Room
4:00 Recreation Committee Meeting – Game Room
*4:00 Collington Singers Reception for Gailyn Gwin – Auditorium
7:00 Mysteries in Canadian History – (SAGE - Croatti) – Creative Arts Room
*+7:00 Monday Night Movie “The Big Sleep”– Auditorium

TUESDAY, September 20
8:30/10/1:00 Shuttle to Bowie Doctors, call x2247
10:00 Collington Woodshop Drop-in/Drop-off Hour
*10:00 Episcopal Service – Chapel
10:00 Therapeutic Aquatic Exercise – (SAGE-Shell) - Pool
10:00 Trip to Shopper’s Food Warehouse (Largo) leaves from Security, x2020
10:30 Framing Shop Drop in / Drop off Hour – Apartment 137
1:00 Balance & Beyond (Fitness) – Game Room
*1:30 Afternoon Movie: “The Karate Kid” – Potomac
1:30 RA Council Meeting – Auditorium
3:00 OO Advisory Committee – 1st Floor Meeting Room
4:30 Quaker Worship Service - Chapel
4:30-6 Don Lewis on Drums & Lloyd Henderson on Piano– Ivy Lounge
6:45 – 8:15 PG Philharmonic (members only meeting) – Game Room

**WEDNESDAY, September 21**
8:30/10/1:00 Shuttle to Greenbelt Doctors, call x2247  
10:00 Knitting & Crocheting Group – Creative Arts Room  
10:30 Trip to Wegmans Grocery Store leaves from Security, x2020  
10:00 Aqua Fit (Fitness) – Pool  
11:00 Catholic Communion Service – Arbor Great Room  
11:00 RA Office Open until 12NOON  
12:00 Billiards Room - Open for play and instruction  
2:00 Collington Woodshop Drop-in / Drop-off Hour  
2:00 Auditorium Committee Meeting – Blue Room  
2:30-4:30 OO Shop Open  
3:00 Wii Bowling Practice Play (Fitness) – Game Room  
4:00 Bible Study – Chapel  
4:30 Easy Listening with Janyce Watt – Ivy Lounge  
7:00 The Assassination of Segregation – (SAGE - Croatti) – Creative Arts Room

**THURSDAY, September 22**
8:30/10/1:00 Shuttle to Bowie Doctors, call x2247  
8:30 Circuit Training– (SAGE - Armstrong) – Game Room  
10:00 Collington Woodshop Drop-in / Drop-off Hour  
10:00 Therapeutic Aquatic Exercise – (SAGE-Shell) – Pool  
10:30 Trip to Giant Grocery Store leaves Security, x2020  
10:30 Framing Shop Drop In/ Drop Off Hour – Apartment 137  
11:00 Yoga with Marion Robbins – Game Room  
1:00 Billiards Room - Open for play and instruction  
1:00 Balance & Beyond (Fitness) – Game Room  
2:00 Fiscal Review Committee Meeting – Board Room  
**2:00 Health Services Committee Speaker - Auditorium**  
3:30 HC Residents Council Meeting – Ping Pong Room  
4:00 3rd Floor District Meeting – Game Room  
4:30-6 Don Lewis on Drums & Lloyd Henderson on Piano– Ivy Lounge  
6:30 Duplicate Bridge – Game Room
7:00 BINGO – Creative Arts Room

**FRIDAY, September 23**
8:30/10:00 Shuttle to Bowie Doctors, call x2247
10:00 Trip to Safeway Grocery Store (at Bowie Town Center), x2020
10:00 Aqua Fit (Fitness) – Pool
10:00 Interfaith Chapel Committee Meeting – 1st Floor Meeting Room
*11:00 Foreign Affairs Discussion Group – Game Room*
1:00 Shuttle to Greenbelt Doctors, call x2247
1:30 Seamstress/Pointer Ridge Dry Cleaners – Blue Room
2:30-4:30 OO Shop Open
3:00 Wii Bowling League Play (Fitness) – Game Room
3:30 Sing-A-Long – Arbor Great Room; *Volunteers needed!*
4:30 – 5:30 Eulane Rose and Friends – Ivy Room
*5:30 Shabbat Service and Dinner – Private Dining Room*

**SATURDAY, September 24**
Metro shuttle schedule: 9AM, 10AM, 11AM, 1PM, 5PM, & 8:30PM only
*8:30 Depart from Security for Alzheimer’s Walk*
10:00 Ping Pong – Ping Pong Room
*Depart from Security for Nat’l Book Festival*
11:00 Bocce – moves outside, near Ivy Room (weather permitting)
10:30 Trip to Giant Grocery Store departs from Security, x2020
10:30 Swim to Fit Class – Pool
3:00 Ellen Stamelos Memorial Service – Auditorium
4:30 Bus to Mass at St. Joseph’s departs from Security, x2020

**SUNDAY, September 25**
Metro shuttle schedule: 9AM, 11AM, 1PM, & 5PM only
9:30 Bus to St. Barnabas’ Episcopal Church, Village Baptist Church, & Hope Presbyterian Church leaves Clocktower
10:30 Shirley Kennard Memorial Service – Auditorium
3:00 Sunday Afternoon Concert – Chesapeake Chorale - Auditorium
THIS WEEKEND

LWVPGC MEETING, SATURDAY, SEPTEMBER 17, 10AM – GAME ROOM: This is an open meeting in the Game Room and our speaker Eulane Williams, currently elected official in Capital Heights, MD and mayor pro-temp will talk about Community Development.

SUNDAY AFTERNOON CONCERT, SUNDAY, SEPTEMBER 18, 3PM, AUDITORIUM: The Tango Reo Quartet play real Argentinian tango music. Their program will include vocal and instrumental music.

THIS WEEK

PARKINSON’S GROUP WEBINAR, MONDAY, 12PM-7PM – 1ST FLOOR MEETING ROOM: Family, partners, friends, and caregivers, join the Parkinson’s Group for a series of webinars. Times will be 12PM-2PM; 3:45PM-4:14PM and 5:20PM-7PM. Food will not be offered but feel free to grab a bite from the Dining Room or bring something from home.

COLLINGTON SINGERS RECEPTION, MONDAY, SEPTEMBER 19 4PM - AUDITORIUM: There will be a Reception for Gailyn Gwin who is retiring as Director of the Collington Singers after being the volunteer director for 27 years. Please come and show your appreciation for her dedication to us for so many years!

MONDAY NIGHT MOVIE, “The Big Sleep” 1946, NR, (1HR 54MIN): MONDAY, SEPTEMBER 19, 7PM – AUDITORIUM: A dangerous blackmailer has targeted the Sternwoods, a wealthy family once tucked away in the safety of their Los Angeles mansion. But while private eye Philip Marlowe (Humphrey Bogart) works on the case, he ends up falling for the clan's fiery daughter (Lauren Bacall). Crackling dialogue
and the perfect pairing of Bogart and Bacall make this adaptation of Raymond Chandler's novel a timeless classic. Howard Hawks directs

**EPISCOPAL SERVICE, TUESDAY, SEPTEMBER 20, 10AM** – **CHAPEL**: Rev. Gerry Ash, Celebrant & Rev. Laurel Cobb, Preacher (both are Collington Residents)

**TUESDAY AFTERNOON MOVIE: “The Karate Kid” PG, 1984 (2HR 7MIN), TUESDAY, SEPTEMBER 20, 1:30PM** – **AUDITORIUM**: Daniel moves to Southern California with his mother, but quickly finds himself the target of a group of bullies who study karate at the Cobra Kai dojo. Daniel befriends Mr. Miyagi who takes him under his wing, training him in a more compassionate form of karate and preparing him to compete against the brutal Cobra Kai

**HEALTH SERVICES COMMITTEE SPEAKER, THURSDAY, SEPTEMBER 22, 2PM, AUDITORIUM**: The Health Services Committee presents On-site Dermatology, a new group who will be providing services here on campus. They will discuss skin cancer prevention and maintaining healthy skin. Come and meet them.

**FOREIGN AFFAIRS DISCUSSION GROUP (FADG), FRIDAY, SEPTEMBER 23, 11AM** – **GAME ROOM**: Topic: Putin’s Russia, Ukraine and related issues.

**SHABBAT SERVICE AND DINNER, FRIDAY, SEPTEMBER 23, 5:30PM** – **PRIVATE DINING ROOM**: The next Sabbath service and dinner for Collington's Jewish Community is scheduled for Friday, September 23, beginning promptly at 5:30 pm in the dining room. Sign up by calling the dining room (x2135) no later than Thursday, September 22 by 4 pm. If we will not be in the Private Dining Room, we will post the new location at the podium.

**WALK FOR ALZHEIMER’S, SATURDAY, SEPTEMBER 24, BOWIE, MD**: The walk will be at PG Stadium and will be departing from
Security at 8:30AM. Returning to Collington around 12PM. There will be lots of water and light refreshments. There will also be entertainment at the conclusion of the walk! The walk is on a track around the stadium which will be easy for residents to make as many laps as you wish. Our goal this year was to raise $2,000. We have currently raised $3,507! Let’s see if we can double our goal and make it to $4,000!!! Register to walk or donate with paper forms (available from Pam Paterson in Administration) or online at http://act.alz.org/goto/teamcollington2016. Pre-registration is encouraged, but not required.

Saturday, September 24
8:30 Bus leaves Collington
9:30 Opening Ceremony
10:00 Walk begins
12:00 noon Bus returns to Collington
Water and light refreshments will be available. Walkers will get T-Shirts.

NATIONAL BOOK FESTIVAL, SATURDAY, SEPTEMBER 24, WASHINGTON, DC.: Departs from Security at 10AM; leave to return to Collington at 3 PM to arrive around 3:30-3:45 PM. Stephen King opens on the Main Stage at 11 AM with a presentation and recognition of his lifelong work promoting literacy. Tickets for Stephen King will be free and will be issued electronically beginning Sept. 14. The event is free and open to the public. Food and drinks are available at the Center, and there are many restaurants within walking distance. Go online to www.loc.gov/bookfest/information for more information.

IN MEMORY OF

Ms. Eleanor Werst, who passed away Friday, September 16, 2016.
ITEMS OF INTEREST

Recycle your old light bulbs by putting them in the grey bin labeled light bulbs in the cloak room behind the mirror near the auditorium.

COMPASSION AND CHOICES: The Compassion and Choices film, "How to Die in Oregon" will be shown at the Bowie Public Library, 15210 Annapolis Road in Bowie, on Saturday, September 24 at 2PM. This thought-provoking film examines both sides of the issue of whether - and when - patients with a terminal illness may choose to end their lives by taking a legally-prescribed overdose of medication. The film offers a powerful portrait of what it means to die with dignity, and won the Grand Jury Prize for Documentary at the Sundance Film Festival in 2011.

COLLINGTON MENTORING: Making a Difference in a Third Grader’s Life: Third graders who may fall through the cracks, some who are homeless or from dysfunctional families, these are the children who Collington residents mentor by reinforcing the skills they are learning in class and by building a relationship with them. This opportunity requires a commitment of 1 1/2 hours, twice a month. Collington men and women find this highly gratifying when they work with these students at nearby Kettering Elementary School, located just 15 minutes from Collington. Again this year, the mentoring program begins in October and ends in May 2017. For more information, please contact the Collington Mentoring Committee’s chairwoman, Carol Kempske, at ext. 5086.

LOOKING AHEAD: On Thursday afternoon September 29, historian Susan Pearl will give an illustrated lecture in the Auditorium about the first great collection of Old World Master paintings in America, the
family that cared for them, the elegant Riversdale mansion where they were located, and the first and only showing of the paintings to the American public before they were returned to Europe in 1816. Whether or not you plan to go on Collington’s especially-arranged trip to Riversdale in early October, if you have a taste for history or great art, you will find much of interest in Ms. Pearl’s talk. Questions? Call Anne Stone at x7282.

Reminders From the Nominating Committee:
• Sept. 22 is the deadline for nominations by petition for President, First Vice President, Second Vice President, Secretary and Treasurer of the Residents Association. Petitions containing the signatures of at least 25 Association members may be presented to the Nominating Committee, whose members are: Marlene Browne, John Geron, Marion Henry, Joyce Koch, George Newman (chair), Herbert Stone.
• A "Meet the Candidates" forum will take place Wednesday, Oct. 5, at 3 p.m. in the Auditorium. (The election will be held Friday, Oct. 7.)

Reminder About Badges: We have had a lot of new moves ins here at Collington and it is imperative that all residents, as well as staff remember to wear their name badges!!

Requests from the Technology Committee:
A. Make Sure You Are Getting Private Discussion Emails. As you know, we now have an internal private e-mail discussion list, limited to Collington residents. Every resident should be on it, unless you have (as I think only one has) asked to be excluded. If you are not getting these e-mails (which include the words “Collington Private-Discussion” in the message header), please let Richard Zorza, know the e-mail you want us to use for this purpose. You can do this by sending me an e-mail or calling. This list is different from the automatic e-mails you can subscribe for when something new is posted on our website, www.collingtonreidents.org. For these website notifications you subscribe in the box on the right column of the site.
B. Tell us of the Worst WiFi Areas. As we work with our energetic and knowledgable new Director of Technology, Rob Reigle, we are trying to find those places in which a group of units close to each other have particularly bad problems with WiFi. So please let Richard and/or Rob know of those at richard@zorza.net, or call on x5084.

REMINDER: DRUM CIRCLE: Friday, September 30 3PM-4 PM in the Courtyard or Auditorium.

CALLING ALL JEWELRY LOVERS (And aren’t we all?!): Our next temporary display will be in the Clocktower glass cases will be necklaces-old, new, beautiful, unusual, whatever! Please bring your contribution to this always popular (and securely locked) display on Monday, September 19 between 1:30-3PM and Tuesday, September 20 between 1:30-3PM. Jean Barnett (7337) and Jean Getlein (7332) will be on hand to accept them.

THE HEALTH SERVICES COMMITTEE of the Residents Association is developing a list of medical specialists who residents have used and are pleased with. If you have any information to share please send it to Joe Howard in 2017 (x7265) or jhhoward@comcast.net. Please include name of doctor, specialty, organization (if any), address and phone number.

LWVPGC NATIONAL VOTER REGISTRATION, SEPTEMBER 27, 9AM-2PM – PING PONG ROOM: If you would like to make a change to your name, address, or political party, register to vote in the state of Maryland or receive an absentee ballot please stop by.

Are You Interested in Singing with "The Collington Singers"? Do you like to sing Soprano, Alto, Tenor or Bass or in between and have fun singing in groups? We invite you to consider attending the first rehearsal of the Collington Singers on Monday, September 26, 2016 at 4:00 p.m. in the Auditorium.
You may either:
   > sit in the audience section and listen to the rehearsal
   > talk to Mary Kirkeby, the Interim Director of the Collington Singers for Fall 2016 and tell her of your interest in singing.

There are no auditions! If you decide to join the Collington Singers than mark your calendar for rehearsal each Monday at 4:00 p.m. in the Auditorium. We look forward to seeing you there... Louise Huddleston, x 5124 and RoAnne Dahlen-Hartfield, x 7386

**THEOLOGICAL BOOK CLUB:** We are starting a book club to study together some of the interesting recent Pope Francis newest book, *The Name of God is Mercy*. We plan to meet on the second Monday of the month in the First Floor Conference room at 11 am. Everyone is welcome. Please call Mary Kim, x5110, Apt 161, or send me an email for more information. Our first meeting will be on October 10 at 11AM in the first floor Conference Room.

**CONSTRUCTION UPDATE:** To all of our Apartment Building Residents … please be advised that it will be necessary for us to complete demolition within several apartments (261, 263, 264 & our current Design Center location) in order to prepare for construction of new administration offices. Moving our current admin. offices is necessary to make way for our New 2nd Dining Venue that we anticipate construction commencing by the end of this year. We have scheduled this work to be completed in the 10/7 – 10/17/2016 timeframe. Realistically, this will produce some loud noises off and on throughout this project, as well as large carts of materials being pushed from this designated area, down the hall toward the Clinic outside entry doors. We will take all precautions necessary to keep the noise as low as possible, the debris well contained, and to keep the hallway carpets & Clinic vestibule outside door area covered and swept throughout this timeframe. Please note, in order to accommodate this project, we will need to place a temporary dumpster
in the first four parking spots closest to the Clinic outside entry doors. This dumpster will, at most, be present in the 4 parking spots aforementioned from 10/7 – 10/17/2016 or less if possible. We “Thank You,” in advance, for your patience during this necessary progress to improve and benefit our Community for many years to come!

A MESSAGE FROM FACILITIES:
To: Villa and Apartment Building Residents
We will perform dryer duct cleaning beginning on Monday Sept 19 thru Friday Sept 23, 2016. Start time is 9:00 a.m. and stop time is 6:00 p.m. We will not enter your dwelling while performing this task. Questions please call Dwindle Robinson ext. 4777 or Gene Davis ext. 4765.

SEPTEMBER TRIPS!!
*Unless Noted Otherwise, All Trip Venues Are Wheelchair & Walker Accessible. $5 Transportation fee for all trips*
All Trips Depart From Security. If you need to cancel for any reason you must do so at least 48 hours in advance or you will be charged a $10 cancellation fee.

SUBSCRIPTION SERIES:

SOUTH COUNTY COMMUNITY ASSOCIATION (SCCA), THURSDAY, SEPTEMBER 29, HARWOOD, MD: Departs from Security at 6 PM and arrive at Collington around 10PM. Broadway, jazz, movie musicals, and more. Birth of the Beat takes the audience on a musical journey through the cities where these American musical genres were born. Re-discover the roots of American music, which will also include breathtaking scenery and costumes! Come celebrate the birth of the blues.

OCTOBER TRIPS!!
*Unless Noted Otherwise, All Trip Venues Are Wheelchair & Walker Accessible. $5 Transportation fee for all trips*
All Trips Depart From Security. If you need to cancel for any reason you must do so at least 48 hours in advance or you will be charged a $10 cancellation fee.

RIVERSDALE MANSION & FRANKILN’S RESTAURANT, WEDNESDAY, OCTOBER 5: Departs from Security at 9:45AM and will return to Collington at 2:30PM. Some of the Finest Paintings Ever in America" Exhibit and we have a special Colllington tour at 10:30 AM. There will be a $4 fee for the museum tour and to learn more about the mansion visit riversdale@pgparks.com. Keep in mind that Riversdale Mansion is not handicapped accessible and may be problematic for people with walkers and wheelchairs. We will then have a 12:15PM reservation at Franklins in Hyattsville.

MET OPERA “Tristan and Isolde”, SATURDAY, OCTOBER 8, BOWIE REGAL CINEMA: Will depart from Security at 11:15AM and return to Collington around 5:30PM.

50th OYSTER FESTIVAL, SUNDAY, OCTOBER 16, LEONARDTOWN, MD: Will depart from Security at 10AM and return to Collington around 2:30PM. The admission fee is $7.00 and will be about an hour drive. Due to significant unpaved areas this may not be a good environment for wheel chairs and walkers.

TAKE 5 JAZZ: THURSDAY, OCTOBER 20, WASHINGTON, D.C.: Departs from Security at 3:45PM. Music is from 5 - 7 PM. The bus will pick you up shortly after 7 and get back to Collington around 7:45PM. Bassist and composer James King has performed with jazz greats including Ella Fitzgerald, Gary Bartz, and Elvin Jones. He brings his signature style to SAAM, leading an ensemble in some of his original compositions.

MET OPERA “Don Giovanni”, SATURDAY, OCTOBER 22, BOWIE REGAL CINEMA: Will depart from Security at 12:15PM and return to Collington around 5:00PM.
SUBSCRIPTION SERIES:

NSO: COFFEE CONCERTS, FRIDAY OCTOBER 7, WASHINGTON, D.C.: Will depart from Security at 9:45AM and arrive at Collington around 2PM.

PG PHILHARMONIC, SATURDAY, OCTOBER 8, BOWIE, MD: Will depart from Security at 7PM and arrive at Collington around 10PM.

ROUNDHOUSE THEATER “Angels in America Part 1”, SUNDAY, OCTOBER 9, BETHESDA, MD: Departs from Security at 12:45PM and arrive at Collington around 5:30PM.

ARENA STAGE “The Little Foxes”, WEDNESDAY, OCTOBER 12, WASHINGTON, D.C.: Departs from Security at 10:45AM and arrive at Collington around 3PM.

ROUNDHOUSE THEATRE “Angels in America Part 2”, SUNDAY, OCTOBER 16, BETHESDA, MD: Departs from Security at 12:45PM and arrive at Collington around 6:15 PM.

SOUTH COUNTY COMMUNITY ASSOCIATION (SCCA) MONDAY, OCTOBER 17, HARWOOD, MD: Departs from Security at 6 PM and arrive at Collington around 10PM. Anna Kiryayeva, Pianist.

NSO: THURSDAY OCTOBER 27, WASHINGTON, D.C.: Will depart from Security at 5:15PM and arrive at Collington around 9:30PM. Benedetti plays Marsalis / Tchaikovsky's "Polish"

Have any ideas for a fun and exciting trip? The Trips Committee meets the 1st Tuesday of every month. Next, the Trips Committee will meet on Tuesday, October 4 at 4PM in the Board Room.
RESIDENTS ASSOCIATION

ABSENTEE BALLOT

APPLICATION

Residents seeking absentee ballots for the election of RA Officers on October 7, may request an application by contacting Marilyn Haskel, 10450 Lottsford Road #2011, Mitchellville, MD 20721, or by using the form below and depositing it in the 2011 mail slot.

Please send an absentee ballot for the use of

____________________________________
Print name

____________________________________
Print name

The ballot should be sent to the address below:

____________________________________
____________________________________
____________________________________
Signature

Collington 2016

15

September 19-25,
ALL VETERANS, please verify that you are a Veteran by tearing out only the page with your name, circising your own name, making corrections, and return it to John Geron, slot 241…

Also, please help to update the list, by sending back to John…
1. Names of veterans who have died since 11 November 2015
2. Names of veterans whose names are not on list
3. Names of veterans who have moved away
4. Names of veterans who are in the Arbor (Alzheimer) ward

1. Anderson, Herb       Air Force, Korea
2. Anzelmo, Robert      Air Force
3. Asire, Ardyce        Air Force, Korea
4. Astone, Albert (Buck) Army, WWII, Korea, Vietnam
5. Bagley, Grant        USAF
6. Baster, Doris        Navy WAVE, WWII
7. Blackman, Ronald     Army, WWII
8. Blake, Ernie         USAF
9. Blasier, Cole        Navy
10. Burdett, Jerry      Air Force
11. Carrington, Paul    1955-1959
12. Casto, Charles      Army Air Corps/Air Force
13. Colby, Bill         USMC
14. Conklin, Bill       
15. Corfman, Philip     Navy & USPHS, WWII, Korea, Vietnam
16. Cosgrove, Bill      USNA, Marines, WWII, Korea, Vietnam, Gulf War
17. Dell, Chuck         Army, WWII
18. Embree, Ainsle      RCAF, WWII
19. Embree, Suzanne     Navy WAVE, WWII
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<td>Gay, Gregory</td>
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<td>Gimbrere, Rene</td>
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<td>Hammond, Constance</td>
<td>Air Force, Korea, VietNam</td>
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<td>Nave WAVE, WWII</td>
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<td>Hawkins, Edward (Ted)</td>
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<td>Hawkins, Ronald</td>
<td>Army, peace time</td>
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<td>Navy, Korea Ed</td>
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<td>Army, Korea</td>
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<td>Navy SeeBees, WWII</td>
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Yale, Jack

USMA, Air Force, Korea, Vietnam, Gulf War
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<th>Lunch 11:30 AM - 1:30 PM</th>
<th>Takeout 4:30 PM - 5:00 PM</th>
<th>Dinner 4:30 PM - 7:30 PM</th>
<th>Weekly Menu</th>
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### Weekly Menu

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<tr>
<th><strong>Monday</strong> 19-Sep</th>
<th><strong>Tuesday</strong> 20-Sep</th>
<th><strong>Wednesday</strong> 21-Sep</th>
<th><strong>Thursday</strong> 22-Sep</th>
<th><strong>Friday</strong> 23-Sep</th>
<th><strong>Saturday</strong> 24-Sep</th>
<th><strong>Sunday</strong> 25-Sep</th>
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<tr>
<td>SOUPS</td>
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<tr>
<td>Chili</td>
<td>Miso Soup with Tofu</td>
<td>Soup of Tuscany</td>
<td>Chicken and Dumpling</td>
<td>Matzo Ball</td>
<td>Cream of Asparagus</td>
<td>Italian Wedding</td>
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<tr>
<td>Canalope Soup</td>
<td>Gapazcho</td>
<td>Cherry Bisque</td>
<td>Chilled Carrot and Ginger</td>
<td>Watermelon Soup</td>
<td>Beet Borscht</td>
<td>Tomatoes, Cucumber &amp; Black Olive</td>
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<tr>
<td>SALADS</td>
<td></td>
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<tr>
<td>Cole Slaw</td>
<td>Thai Cucumber Salad</td>
<td>Quinoa Salad</td>
<td>Redskin Potato Egg Salad</td>
<td>Tuna Pasta Salad</td>
<td>Greek Salad</td>
<td>Tomato, Cucumber &amp; Black Olive</td>
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<tr>
<td>Salad Bar</td>
<td>Salad Bar</td>
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<tr>
<td>Baby Back Ribs</td>
<td>Pork chops with Peanut sauce</td>
<td>Grilled Italian Sausage with Sautéed Peppers &amp; Onions</td>
<td>Roast Beef with Au Jus</td>
<td>Beef Brisket</td>
<td>Stroganoff</td>
<td>Roasted Pork Loin</td>
</tr>
<tr>
<td>Mustard and Apricot Glazed Chicken Breast</td>
<td>Chicken Pad Thai</td>
<td>Chicken Marsala</td>
<td>Roasted Turkey</td>
<td>Kosher Chicken</td>
<td>Chicken Cordon Bleu</td>
<td>Chicken Croquetts</td>
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<tr>
<td>Baked Fish Filet</td>
<td>Seared Tuna</td>
<td>Ricotta Ravioli with Pesto sauce</td>
<td>Blackened Catfish</td>
<td>Baked Salmon</td>
<td>Fried Cod</td>
<td>Shrimp Crusted Fish Filet</td>
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<tr>
<td>Caesar Salad Bar</td>
<td>Chef's Special</td>
<td>Pasta Bar</td>
<td>Chef's Special</td>
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<td>Omlette Bar</td>
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<td>STARCH &amp; VEGETABLES</td>
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<tr>
<td>Southern Sweet Cornbread</td>
<td>Brown Rice</td>
<td>Roasted Purple Potatoes</td>
<td>Barley O'Brian</td>
<td>Potato Pancakes</td>
<td>Brown Rice Pilaf</td>
<td>Whipped Sweet Potatoes</td>
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<tr>
<td>Homefries with Onions</td>
<td>Fried Tofu</td>
<td>Parmesan Orzo</td>
<td>Redskin Mashed Potatoes</td>
<td>Noodle Pudding</td>
<td>Buttered Noodles</td>
<td>Couscous</td>
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<tr>
<td>Roasted Parnsips</td>
<td>Green Beans</td>
<td>Butternut Squash</td>
<td>Roasted Beets</td>
<td>Carrot Tzimmes</td>
<td>Squash Medley</td>
<td>Spinach</td>
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<tr>
<td>Turnip greens</td>
<td>Mixed Vegetables</td>
<td>Ratatouille</td>
<td>Peas and Pearl Onions</td>
<td>Asparagus</td>
<td>Bussell Sprouts</td>
<td>Vegetable Blend</td>
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<tr>
<td>WEEKLY DESSERTS SELECTION</td>
<td>Chocolate Éclair</td>
<td>Peanut butter chocolate bar</td>
<td>Sugar Free Almond cake</td>
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<td>Assorted Desserts on Saturday &amp; Sunday</td>
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<tr>
<td></td>
<td>Cherry Soda Float</td>
<td>Blueberry Pie</td>
<td>Sugar Free Pistachio pudding</td>
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<td></td>
<td>Lemon mousse napoléon</td>
<td>Sugar Free apple pie</td>
<td>Fresh Baked Cookies</td>
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*We only use the freshest ingredients in the preparation of our meals! Please note that all menus may be subject to change based on market availability.*