

# Collington's Weekly Courier

March 28 - April 3

## Key Contact Numbers

### In-house TV Channel - 972

Daily Updates	x2212
Pool	x2229
Fitness Center	x2254
Frame Shop	x5163
Country Store	x2167
Salon 2226	x2226
Clinic	x7791
Security	x2020
Room Set-up	x4774
Courtyard Dining	x2135
Guest Rm. Reservation	x5023
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](mailto:bwilliams@collington.kendal.org))*

*Submission deadline for the Courier –  
Thursdays @ noon.*

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

## MANAGER ON DUTY: X2020

Kanika Naylor 3/26-27

Patrese Nesbitt 4/1-2



## THIS WEEKEND

## MONDAY NIGHT MOVIE

3/28 7 PM "The Martian"

## WEEK-AT-A-GLANCE

### MONDAY, March 28

8:30/10/1:00 Shuttle to Greenbelt Doctors, call 2247  
9:00 Balance (SAGE – Hunter) – Auditorium  
10:00 Weights (SAGE – Hunter) - Auditorium  
10:00 Collington Woodshop Drop-in / Drop-off Hour  
10:00 Brain Aerobics (Fitness) – Ping Pong Room  
10:00 Sustainability Group – Game Room  
10:30 Trip to **Wegmans** leaves from Security, x2020  
11:00 Pilates/Aerobics (SAGE – Shell) – Auditorium  
11:15 Open Work Time – Creative Arts Room  
1:00-3 Tai- Chi (SAGE-Chang) – Game Room  
1:30 Mah Jongg – 3<sup>rd</sup> Floor Meeting Room  
2:30-4:30 OO Shop - OPEN  
3:00 Pottery Work Time – Creative Arts Room  
4:00 Collington Singers Rehearsal – Auditorium  
**\*+7:00 Monday Night Movie “The Martian”– Auditorium**

### TUESDAY, March 29

8:30/10/1:00 Shuttle to Bowie Doctors, call x2247  
8:30 Circuit Training (SAGE – Armstrong) – Game Room  
10:00 Literature (SAGE – Bates) – Creative Arts Room  
10:00 Therapeutic Aquatic Exercise (S.A.G.E. - Shell) – Pool  
10:00 Collington Woodshop Drop-in / Drop-off Hour  
**\*10:00 Episcopal Service – Chapel**  
10:00 Trip to Shopper’s Food Warehouse (Largo) leaves from Sec.,  
x2020  
10:30 Frame Shop Drop In/Drop Off Hour – Apartment 137  
1:00 Balance & Beyond (Fitness) – Auditorium  
1:00 Art 1 (SAGE – Hurley) – Creative Arts  
**\*1:30 Afternoon Movie “Hoosiers” – Auditorium**  
2:00 Mild-to-Moderate Exercise (SAGE – Richardson) – Game Room  
3:00 Art 2 (SAGE – Hurley) – Creative Arts

4:00 Mysteries of History: America (SAGE – Croatti) – Blue Room

**\*4:00 4100 Cluster Meeting – Game Room**

4:30-6 Don Lewis on Drums & Lloyd Henderson on Piano– Ivy Lounge

7:30 World History: US Foreign Policy (SAGE – Croatti) – Blue Room

### **WEDNESDAY, March 30**

8:30/10/1:00 Shuttle to Greenbelt Doctors, call x2247

9:00 Balance (SAGE – Hunter) – Auditorium

10:00 Weights (SAGE – Hunter) - Auditorium

10:00 Knitting & Crocheting Group – Creative Arts Room

10:00 Aqua Fit (Fitness)

10:00 Tai- Chi (SAGE-Chang) – Game Room

10:30 Trip to Wegmans Grocery Store leaves from Security, x2020

11:00 Pilates/Aerobics (SAGE – Shell) – Auditorium

11:00 RA Office Open until 12NOON

**\*11:00 Estate Sale – Apartment 249**

12:00 Billiards Room - Open for play and instruction

1:00 Billiards Room - Open for play and instruction

1:00 Wine Appreciation (S.A.G.E. – Groppe) – Creative Arts Room

1:00 5000 District Meeting – Game Room

2:00 Collington Woodshop Drop-in / Drop-off Hour

2:30-4:30 OO Shop Open

3:00 Wii Bowling Practice Play (Fitness)

4:00 Bible Study – Walker Interfaith Chapel

4:30 Solo Piano with Jan Watt – Ivy Lounge

### **THURSDAY, March 31**

8:30/10/1:00 Shuttle to Bowie Doctors, call x2247

8:30 Circuit Training (SAGE – Armstrong) – Game Room

10:00 Therapeutic Aquatic Exercise (S.A.G.E. - Shell) – Pool

10:00 Collington Woodshop Drop-in / Drop-off Hour

10:30 Trip to Giant Grocery Store leaves Security, x2020

10:30 Frame Shop Drop In/Drop Off Hour – Apartment 137

1:00 Parks in Canada (SAGE – Crane) – Creative Arts

1:00 Billiards Room - Open for play and instruction

1:00 Balance & Beyond (Fitness) – Game Room  
1:30 Mysteries of History: The World (SAGE – Croatti) – Blue Room  
2:00 Mild-to-Moderate Exercise (SAGE – Richardson) – Game Room  
3:00 3000 District Meeting-Speaker: RoAnne Dahlen-Hartfield – Creative Arts Room  
4:30-6 Don Lewis on Drums & Lloyd Henderson on Piano– Ivy Lounge  
6:30 *Duplicate Bridge* – Game Room  
**\*7:30 Speakers Committee Meeting - Auditorium**  
7:30 World History: Global Hot Spots (SAGE – Croatti) – Blue Room

### **FRIDAY, April 1**

8:30/10:00 Shuttle to Bowie Doctors, call x2247  
9:00 Balance (SAGE – Hunter) – Auditorium  
10:00 Weights (SAGE – Hunter) - Auditorium  
10:00 Trip to Safeway Grocery Store (at Bowie Town Center) call 2020  
10:00 Literature (SAGE – Link) – Board Room  
10:00 Sandwich Making Project – Creative Arts Room  
10:15 Depart from Security for NSO Coffee Concert  
11:00 Pilates/Aerobics (SAGE – Shell) – Auditorium  
11:00 – 12:30 Estate Sale in Cottage 1001  
12:45 Grounds Committee – 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 – 6 Eulane Rose on Piano and Friends – Ivy Lounge

**SATURDAY, April 2**

**Metro shuttle schedule: 9AM, 10AM, 11AM, 1PM, 5PM & 8:30PM only**

9:30 LWVPG Meeting – Game Room

10:00 Ping Pong – Ping Pong Room

11:00 Bocce – Auditorium

10:30 Trip to Giant Grocery Store departs from Security, x2020

12:00 Depart from Security for Met Opera “Madama Butterfly”

4:30 Bus to Mass at St. Joseph’s departs from Security

**SUNDAY, April 3**

**Metro shuttle schedule: 9AM, 11AM, 1PM & 5PM only**

9:30 Bus to St. Barnabas’ Episcopal Church leaves Clocktower & Village Baptist Church

10:00 Bus to Hope Presbyterian Church leaves Clocktower

**\*3:00 Candlelight Concert - Auditorium**

**THIS WEEKEND**

No weekend events have been scheduled ☹

**THIS WEEK**

**MONDAY NIGHT MOVIE, “The Martian” 2015, PG-13 , (130 MIN):**

**MONDAY, MARCH 28, 7PM – AUDITORIUM:** Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left.

**EPISCOPAL SERVICE, TUESDAY, MARCH 29, 10 AM –**

**CHAPEL:** Rev. Carol Jablonski, Rector, St. Andrew’s Church, College Park and Rev. Ty Jones, Vocational Deacon

**TUESDAY AFTERNOON MOVIE: “Hoosiers” TUESDAY, MARCH**

**29, 1:30 PM – AUDITORIUM:** In Lieu of “March Madness”... Failed college coach Norman Dale (Gene Hackman) gets a chance at redemption when he is hired to direct the basketball program at a high school in a tiny Indiana town. After a teacher (Barbara Hershey) persuades star player Jimmy Chitwood to quit and focus on his long-neglected studies, Dale struggles to develop a winning team in the face of community criticism for his temper and his unconventional choice of assistant coach.

**4100 CLUSTER MEETING, TUESDAY, MARCH 29, 4PM, - GAME**

**ROOM:** At our meeting Alice Nicholson will discuss gardening at our cottages.

**ESTATE SALE, , 11AM- 12:30PM, WEDNESDAY, MARCH 30 -**

**APARTMENT 249:** Includes double bed, desk, upholstered arm chair, round drop-leaf table, stackable single level bookcases, bed desk, glass and metal occasional table, glass brick and board bookshelf, TV, 2 HP printers, phone system, computer speakers, USB hub, Bose wave system, Nikon 35 mm slide scanner, Sony clock radio, toaster, blender, pots, coffee press, double boilers, men’s clothing, Rollator, tool box, hand tools, Oxford English Dictionary set, folding canvas wheelbarrow, umbrellas and more. See flyer for additional merchandise.

**WOODLAWN PLANTATION NEEDLEWORK EXHIBIT & SALE:**

**THURSDAY, MARCH 31: *Departing Security at 10AM.*** Woodlawn, the first site operated by the National Trust, was part of George Washington’s Mount Vernon. Lunch and desserts are served from 11:30am to 2:00pm in the Tea Room. The freshly prepared, locally sourced menu is created and served by members of Nelly’s Needlers. Proceeds from lunch support the historic site.

*-PLEASE NOTE: Tickets are \$15 and will be available for purchase, cash and credit cards are taken at the door. If you would like to have*

*lunch here (served in the Tea Room between 11:30 AM and 2PM) only cash or check is accepted, no credit cards. Prices for lunch range around \$10-15. Also, please note that the house is not accessible, and the displays in the second floor rooms can only be reached via stairs.*

**SPEAKERS COMMITTEE MEETING, THURSDAY, MARCH 31, 7:30**

**PM – AUDITORIUM:** *Mark Sherman, journalist covering the Supreme Court for the Associated Press, will give a talk in the auditorium. His topic is “The Supreme Court in the Balance.” He will discuss the Supreme Court in the context of presidential politics, a pivotal vacancy, an aging bench and a stark ideological divide.*

**PARKINSON’S DISEASE AWARENESS, FRIDAY, APRIL 1, 9:30AM**

**– GAME ROOM:** Ever wanted to learn about the importance of exercise with Parkinson’s Disease? What to know more about tips and key information about the Fitness Center? This will be a full event, so be sure to show up early– sign up not required! Questions? Please call Patrese at x. 7679

**GROUNDS COMMITTEE EVENT, FRIDAY, APRIL 1, 12:45-2:45PM,**

**GAME ROOM:** There will be a presentation about pruning plants and we hope to go outdoors for some hands-on learning, weather permitting.

**CANDLELIGHT CONCERT, SUNDAY, APRIL 3, 3PM –**

**AUDITORIUM:** Five friends and colleagues in the U.S. Marine Band in Washington, D.C. formed The Valor Brass Quintet in the summer of 2004. The goal of the ensemble is to perform landmark works of the brass quintet repertoire in live recitals. From their beginning, they have toured various regions of the United States performing master classes and recitals at universities and schools around the nation. The quintet actively commissions new works. Returning by popular demand, their concert will offer a variety of engaging and dynamic music sure to be enjoyed by all.

## **BOCCE – MARCH 19, 2016**

Game 1: Cardinals 13, Hornets 11;

Game 2: Cardinals 4, Hornets 10

### **CARDINALS:**

Vic Laties

Lee McKnight

### **HORNETS:**

Marion Haaser

Vic James

## **WELCOME NEW RESIDENTS**

Thomas and Carolyn Kelly will move into villa 5015 on, April 1. 2016.

Their telephone number is 541-5081.

Leslie (Pat) Bozeman will move into cottage 1006 on April 1. 2016.

Her telephone number is 925-7206

Deborah Wolfe will move into apartment 225 on, March 31. 2016. Her

telephone number is 925-7539.

Marian Fuchs & Jacob Kijne will move into villa 5108 on, April 1, 2016.

Their telephone number is 541-5093



## ITEMS OF INTREST

Mr. Green Collington says:



This logo on products indicates it meets EPA standards and that the products are better for the environment.

**POOL CLOSURE:** Please note, due to extensive cleaning, the pool will remain closed thru April 2<sup>nd</sup>.

**2<sup>nd</sup> FLOOR DISTRICT MEETING, TUESDAY, APRIL 5, 1:30 PM – PING PONG ROOM:** Third floor, first room to the left, exiting the elevator. The featured speaker will be Sharon Odumodu, Director of Nursing, Health Services."

**SHABBAT SERVICE AND DINNER, FRIDAY, APRIL 8, 5:30P – PRIVATE DINING ROOM:** The Jewish Community is invited to this service and dinner. Please RSVP by Wednesday April 6, by 6PM by calling x2135.

**PROTESTANT WORSHIP SERVICE, SUNDAY, APRIL 10, 1:30PM - CHAPEL:** Please welcome back to Collington our friends and neighbors from Woodstream Church. Minister Malcolm Reeves will lead the service. This month, The Hands of Worship and The Judah Interpretive Dance Ministry will be performing. Please Remember the time is now 1:30 PM. All are invited and welcome. Questions? Call Ardyce Asire x7348

**SAVE THE DATE – APRIL 22, 2016!** The Collington Foundation will present La Trattoria Collington, the Foundation's spring fund raising

event, on Friday evening, April 22. Guests can sample culinary delights from the Tuscany region of Italy prepared by Chef Christian Ramsey's team. Proceeds will benefit the Foundation's charitable activities. Collington art students are painting side tables and rocking chairs that will be available in a silent auction. Watch for details. You won't want to miss this fun event!

**VOLUNTEER APPRECIATION:** The Collington Volunteer Tea has been postponed. Please pay close attention to the new date and time for it be will be posted in the Courier soon.

**LANDSCAPING NOTICE:** Ruppert Landscaping will start clean-ups and mulch in the 1000 block next week. This includes the 1000s, 1100s and 1200s.

**ALL COMMITTEE CHAIRS:** The fiscal year ends 3/31. If you have any outstanding bills that you wish to have paid out of this year's budget, please submit them as soon as possible. Any received after that date will be credited to next year. Anne McCulley, Treasurer

**PHONE BOOKS:** A supply of Northern Prince George's County Business White and Yellow pages were delivered to Collington. If you are interested in one, you may pick one up from the Clock Tower area.

**INVITATION TO THE BOOKER PRIZE BOOK CLUB:** The Booker Prize Book Club meets in the Blue Room at 4PM on the second Tuesday of each month. At each meeting, we discuss one of the excellent contemporary novels that have been winners or were short-listed for the prestigious Man Booker Prize. In our next meeting on April 12, we will discuss The Lowland by Jhumpa Lahiri, short-listed for the Booker Prize in 2013. Other books by Lahiri include The Interpreter of Maladies and The Namesake. After The Lowland we will read and discuss The Garden of Evening Mists by Tan Twan Eng (May 10), To Rise Again at a Decent Hour by Joshua Ferris (June 14), and Bruno's Dream by Iris Murdoch (July 12). Our meetings are stimulating and fun,

and a great way to share opinions about some of the best fiction written in the past half century. For more information, call Lee Miller at X7373 or email him at Lnm2@cornell.edu

**SAVE THE DATE!! FRIDAY, APRIL 15, 7PM – AUDITORIUM:** Carl Koch will give a Know Your Neighbor presentation.

**NEWS FROM THE LIBRARY:** Want to find a book in the Collington library? Here is the way to see if we have it:

-Go to any computer, at home or in the library and type [www.librarything.com](http://www.librarything.com) in the search window of Google.

The username is collington and the password is kendal. When the search window appears, type the title or author's name.

If we have the book, the catalog will tell you where it is located in our library. If you need further assistance, call Barbara Fairchild at 7349. Also, window sill sale book donations help the library buy new books!!

**SOCIAL SERVICES DEPARTMENT:** Please join the Social Service Department on April 18, 2016 @ 1:30 PM in the auditorium. Capital Caring will be presenting information on MOLST and Hospice Care in support of National Healthcare Decision's. This year's theme: "It always seems too early, until it's too late."

If you are unable to attend the presentation Advance Directive information can be found in the social service department as well at The Maryland Attorney General's Office 410-576-7000 or 1-888-743-0023. To download the forms go to [www.oag.state.md.us/healthpol/adirective.pdf](http://www.oag.state.md.us/healthpol/adirective.pdf)

**ARENA STAGE SUBSCRIPTION SERIES:** The Arena Stage registration for the 2016-2017 subscription is now closed. We will begin to contact all residents about accepting payments for the subscription series. This year there are 9 shows in total all at 12PM and the cost of the series will be \$315.00.

## APRIL BIRTHDAYS!!

**2<sup>nd</sup>** Carol Ghebelian

**3<sup>rd</sup>** Ebonie Cook

Nancy McGhee

**4<sup>th</sup>** Shirley Knudson

Rose Ryskwich

Roseanne Potter

**5<sup>th</sup>** Quita Wennah

Limini Sherman

Omotayo Williams

**6<sup>th</sup>** Fancis Rustin

Pierie Mackie

**7<sup>th</sup>** Susan Deller

Jakara Grant

Gina Geron

Rita Schiavone

**8<sup>th</sup>** Jason Rolley

Mary Idialu

Ursula Dunn

Henry Irvin

**10<sup>th</sup>** Cynthia Daye

Wilbur Boone

Barbara Allen

**11<sup>th</sup>** Katrina Hatton

**12<sup>th</sup>** John Bunting

Kenroy Campbell

Henry Johnson

**14<sup>th</sup>** Kadijatu Bah

Deann Lewis

**17<sup>th</sup>** Lyndall Caffey

Dr. Harlow Freitag

Hendretta Jabatie

**18<sup>th</sup>** Lyndall Caffey

Samuel Myers

**20<sup>th</sup>** Denina Trotman

Grace Okpara

Eleanor Short

Grant Bagley

**21<sup>st</sup>** Albert Kamara

Michelle Daramy

Ruth Price

Williams McCuskey

**22<sup>nd</sup>** Leon Brown

Verila Haynes

Wanda Olson

23<sup>rd</sup> Albert Astone

Russell Hager

24<sup>th</sup> Francis Hammersmith

Nan Oldham

Mary Hines

Janet Jeffreys

25<sup>th</sup> Dorothy Brown

Williams Marsh

Ana Amaya

28<sup>th</sup> William Cosgrove

29<sup>th</sup> Vera Gartoff

Virginia Villa

30<sup>th</sup> Khadefi Flomo

## **APRIL TRIPS!!**

***\*Unless Noted Otherwise, All Trip Venues Are Wheelchair & Walker Accessible. \$5 Transportation fee for all trips\*  
All Trips Depart From Security***

**MET OPERA: “Madama Butterfly” SATURDAY, APRIL 2:** Departing from Security at 12 PM.

**CHERRY BLOSSOMS & MLK MEMORIAL, MONDAY, APRIL 4:** Departing from Security at 10:30 AM.

**ARUNDEL MILLS MALL & MARYLAND LIVE! CASINO, MONDAY, APRIL 11 PM:** Departing from Security at 10 AM.

**MET OPERA: “Roberto Devereux” SATURDAY, APRIL 16:** Departing from Security at 12 PM.

**BALTIMORE MUSEUM OF THE ARTS & GERTRUDE’S, WEDNESDAY, APRIL 20:** Departing from Security at 10 AM.

**TAKE 5! JAZZ, THURSDAY, APRIL 21:** Departing from Security at 3:45 PM

**NATIONAL MUSEUM OF THE AMERICAN INDIAN, MONDAY, APRIL 25:** Departing Security at 10AM.

**GARDEN FAIR AND PLANT SALE, FRIDAY, APRIL 29:** Departing from Security at 1 PM.

**MET OPERA: “Elektra” SATURDAY, APRIL 30:** Departing from Security at 12 PM.

**2015 – 2016 APRIL SUBSCRIPTION SERIES**

***\*Unless Noted Otherwise, All Trip Venues Are Wheelchair & Walker Accessible. \$5 Transportation fee for all trips\*  
All Trips Depart From Security***

**NSO COFFEE CONCERTS , FRIDAY, APRIL 1:** Departing from Security at 10:15 AM.

**SHAKESPEARE THEATER: “1984”, TUESDAY, APRIL 5:** Departing from Security at 6:15 PM.

**NSO, THURSDAY, APRIL 7:** Departing from Security at 5:15 PM

**ARENA STAGE: “ALL THE WAY” WEDNESDAY, APRIL 13:**  
Departing from Security at 10:45 AM.

**ROUNDHOUSE THEATER: “CAT ON A HOT TIN ROOF” SUNDAY, APRIL 17:** Departing from Security at 12:45 PM

**NSO, THURSDAY, APRIL 28:** Departing from Security at 5:15 PM

***Have any ideas for a fun and exciting trip? The Trips Committee meets the 1<sup>st</sup> Tuesday of every month. Attend the next Trips Committee meeting, **Tuesday, April 5** at 4pm in the Board Room.***

## TELEPHONE DIRECTORY SUPPLEMENT

KEEP THIS PAGE! It has the latest new or corrected names, unit numbers, phone numbers, and email addresses that came in after our new JANUARY 2016 edition of Collington's Telephone Directory was prepared. This page contains a cumulative list of changes that came in since January 6, 2016.

Each month, remove the old supplement (if any), and attach this new one to your January 2016 Telephone Directory, until the next edition of the full Directory is issued.

PLEASE CHECK YOUR OWN INFORMATION, and send corrections or changes to [cmelichar@yahoo.com](mailto:cmelichar@yahoo.com), or call Charlotte Melichar at 7224.

All these phone numbers are in area code 301. When dialing from a Collington phone, only the "extension" (the last four digits) is required.

### RESIDENT PHONE LIST

NAME	UNIT #	PHONE #	E-MAIL ADDRESS
BOZEMAN, Leslie (Pat)	1006	925-7206	lpbozeman@gmail.com Moving in FEBRUARY 28! Welcome!
CASSIDY, James	345	925-7592	Moving in MARCH 23! Welcome!
DUNN, Ursula	304	925-7560	u_dunn@yahoo.com      Changed unit
FUCHS, Marian, & Jacob Kijne	5108	925-7206	marianfuchs@gmail.com Moving in APRIL 1! Welcome!
HARVEY, Charlie	353	541-5136	crharvee35@earthlink.net      Changed unit
KIJNE, Jacob, & Marian Fuchs	5108	925-7206	marianfuchs@gmail.com Moving in APRIL 1! Welcome!
MEZEY, Robert	1216	925-7247	Moving in MARCH 23! Welcome!
PRIESTER, Jackie	221	925-7535	Moving in FEBRUARY 23! Welcome!
WILSON, Peter	250	541-5059	Changed unit
WOLFE, Deborah	225	925-7539	Moving in APRIL 1! Welcome!

### OTHER NUMBERS

MODEL TRAINS, Skipjacks, Etc.	4114		(Phone will be available later.)



# Collington Dining Service

# Weekly Menu

	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 3:00 PM
Lunch	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 1:30 PM	11:30 AM - 3:00 PM
Takeout	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	4:30 PM- 5:00 PM	Brunch
Dinner	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	4:30 PM- 7:30 PM	
	<b>Monday</b> 28-Mar	<b>Tuesday</b> 29-Mar	<b>Wednesday</b> 30-Mar	<b>Thursday</b> 31-Mar	<b>Friday</b> 1-Apr	<b>Saturday</b> 2-Apr	<b>Sunday</b> 3-Apr
<b>SOUPS</b>	Beef Noodle (Low Sodium)	Broccoli Cheese Soup	Chicken Gumbo (Low Sodium)	Tomato and Cabbage (Low Sodium)	She Crab Soup	Chicken Vegetable (Low Sodium)	Tomato Bisque
	Potato Leek	Chili (Low Sodium)	Navy Bean	Cream of Mushroom	French Onion Soup (Low Sodium)	Split Pea	Oatmeal & Grits
<b>SALADS</b>	Cucumber and Tomato	Beet and Walnut Salad	Pasta Primavera	Carrot, Pineapple and Raisin	Spiced Pear Salad	Greek Salad	German Potato Salad
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>ENTREES</b>	Pork Chop with Spiced Apples	Beef Burgundy	Corned Beef	Vegetarian Samosa	Braised Leg Of Lamb	Beef Brisket with Caramelized Root Vegetables	Baked Cured Ham
	Fried Chicken	Baked Chicken Quarters	Breast of Chicken Almondine	Chicken Kabob	Cornish Game Hen	Grilled Mesquite Chicken	Roast Turkey
	Baked Mahi Mahi	Fried Haddock	Vegetable Quiche	Fish Curry	Poached Salmon	Butter Crumb Cod	Seafood Creole
	Pizza with Pizzazz	Chef's Special	Pasta Bar	Veal Tandori	Artichoke Pomodoro	Chef's Special	Omelet Bar
<b>STARCH &amp; VEGETABLES</b>	Rice Pilaf	Wild Rice	Boiled Potatoes	Basmati Rice	Couscous	Brown Rice	Scalloped Potatoes
	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato	Creamy Mashed Potato
	Braised Turnip Greens	Sautéed Brussels Sprouts	Spinach Soufflé	Green Peas and Pearl Onions	Sautéed Spinach	Braised Parsnips	Green Bean Casserole
	Winter Blend Vegetables	Ratatouille	Braised Cabbage	Cauliflower	Baked Butternut Squash	Steamed Broccoli	Roasted Vegetables
<b>WEEKLY DESSERTS SELECTION</b>	Banana Cream Pie	Coffee Cake	Sugar Free Almond Cake				
	Apple Crumb Pie	Root Beer Float	Sugar Free French Vanilla Mousse				
	Brownies	Sugar Free Lemon Pudding	Fresh Baked Cookies				

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.