



**LOOSE**

may  
2022

Family: Our flowers grow in many directions.

Our roots are one. -unknown





# From the Executive Director

Loose Family,

When we are young our lives are surrounded by holidays, family vacations, school and all the functions that went with it, birthdays and the love of our family. Each day brought a new adventure filled with excitement and fun. We looked forward to the next day with anticipation. When challenges would arise, we knew that mom and dad would be there to comfort us and make things better. We would look to them for guidance, encouragement, understanding, forgiveness and love.

As time went by and our interests and demands took us in other directions, we found that to reach our goals and fulfill our dreams, we would separate from the family core and establish a new life of our own. Brothers and sisters migrated to other parts of the country because of their work status or family needs. Slowly the comfort of our past began to fade and we found our love for family was celebrated from a distance. As time went by our relationships with the ones we loved became few as our lives (purpose and goals) changed. This is a common story for a lot of people whose bonds with family have faced separation and the challenge to stay close is stressful and somewhat depressing.

The good side of this story is that our love for family is strong. Even though we have seen a time in our lives when we long for the good old days, we find that those days are re-erected in our own family. We have children who we instill the wonderful family values of our precious childhood and allow them to experience the joys and love we had. We impose our wonderful memories on them so that they can grow and feel a strong family bond as they pursue their life's dreams.

In the end, families find a way to become one no matter what challenges of separation may come our way. We stand as one and never lose sight of the love we have for each other. We celebrate each and everyday that brings us together and strengthens our love.

In all of this, families can be compared to flowers.. Our flowers grow in many directions. Our roots are one.

All is well.  
Carl Gabrielson  
Executive Director  
Loose Senior Center

# Current Loose Activities

## **ARTHRITIS FOUNDATION EXERCISE** (Tuesday 9:30am and Thursday at 11am)

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level.

## **YOGA** Fee \$5

Gentle Flow Yoga (Monday 2pm, Wednesday and Friday 9:30am) Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

**CHAIR YOGA** (Tuesday 2pm and Thursday 10:00am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

## **LINE DANCING** (Thursday, 12:30pm) Fee \$5

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all.

## **ZUMBA GOLD** (Friday 11am Fee \$5)

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

## **LITERARY STUDIES - Book Club** (Second Monday 12:30pm)

This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

## **WOOD CARVERS** (Wednesdays, 12-1:30pm)

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion.

## **PAINTING** (Monday 9:30am)

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

*Must bring and use own materials, there will be no sharing.*

## **KNITTING/CROCHETING** (Fridays, 12:30 - 2:30pm)

Our knitting and crocheting group meets every Friday to knit or crochet needed items to donate to local charities. Please bring your own supplies, as there will be no sharing of items.

## **QUILTING** (Fridays, 12:30 - 2:30pm)

Quilters are welcome to work on their own projects or stitch on our current quilt. Basic quilting supplies are available to use. Fabric for charity projects is available off site. Join us as we stitch away in community.

## **ADDITIONAL SERVICES**

### **MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)**

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to meet Medicare beneficiaries by appointment only, by phone. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. If you need assistance, call the Center at 735.9406 to schedule an appointment.

### **MICAFE**

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 810.735.9406

### **GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES**

We welcome John Stilley and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Call Loose for an appointment— 2nd Tuesday of each month.

### **ASK THE LAWYER** (3rd Wed. of the month, 9:30 am-11:30 am)

Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

### **CONSUMER FRAUD ASSISTANCE**

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sherriff at 810.341.5923.

### **LOAN CLOSET**

If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate in good condition, feel free to drop it off during business hours behind the building at the barn on the west end of the building.

### **COMMODITIES SUPPLEMENTAL FOOD PROGRAM**

**2nd Monday of each month, 9-10 am**

Loose Center is a distribution site for emergency food assistance program.

# Activities

Movie Day  
May 4th  
1pm

## The Eyes of Tammy Faye

In the 1970s, Tammy Faye Bakker and her husband, Jim, rise from humble beginnings to create the world's largest religious broadcasting network and theme park. Tammy Faye becomes legendary for her indelible eyelashes, her idiosyncratic singing, and her eagerness to embrace people from all walks of life. However, financial improprieties, scheming rivals and a scandal soon threaten to topple their carefully constructed empire.

## Lunch at Loose

Come on inside, see the changes we have made to the center, enjoy lunch with the company of new and old friends.

Lunch is just \$5!!!  
Punch cards also available - \$50

## HEARING SCREENINGS

3rd Wednesday of each month,  
10am-12pm, FREE  
By Appointment  
Provided by: Your Hearing Solution



Testing 1 hour, 20-30 minutes for cleaning and adjusting  
Phonak, Signa, Sonic, Unitron, Starkey,  
Widex, Oticon, Hansaton



"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds and Southern Lakes Parks and Recreation Millage Funds. YOUR TAX DOLLARS ARE AT WORK."

**DINING ROOM**  
**NOW OPEN**  
*Welcome Back! We Missed You!*

## PODIATRIST

Tuesday June 14th (by appointment)

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, *copays or deductibles may apply*. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

## HAPPY STAMPERS

3rd Tuesday of each month, 1 pm, FREE

If you like to use rubber stamps to make greeting cards, this group is for you. We can always use new ideas, so come, bring your supplies and ideas. Spend time with those who share your interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.



Do You Need A Ride To  
Loose???

Call Fenton MTA at least 24 hours in advance to schedule your ride.



REMINDER, Loose is NON SMOKING, both facility and grounds. Smoking in vehicles is acceptable.



# Loose Activities



Tues, May 10th, 9:30-10:30

Coffee, **COPS** & Conversation will be a monthly opportunity at Loose.

Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden

City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



**Card Play 1pm-3pm**

**Mondays**

*Euchre and Mahjong*

**Wednesdays**

*Pinochle and Bridge*

*Open Cards - Thursday 9-11am*



## ONE-ON-ONE FINANCIAL HELP

**Last Wednesday of the month, 10:00 am**

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 4th Wednesday of each month. This service is available by appointment only.

To schedule an appointment, call Loose Center at 735.9406.

**WRITE YOUR LIFE STORY**  
*This is my story...*

**2nd and 4th Friday's—9:30-11:00**

**O**ur stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live.

**WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.**

This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience, My Proudest Moment, My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories.

## ALZHEIMER SUPPORT GROUP

**Every 4th Tuesday, 1 pm**

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Assisted Living.

**Estate Planning Seminar  
Coming in June**

**More information to come!**

**LOOSE FITNESS CLASS PUNCH CARD** is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$50 with 11th class free (\$4.50/class). Cards can be purchased at the Reception Desk, drop in fees are collected in class. A deal and also a GREAT GIFT!



## GRIEF SUPPORT GROUP

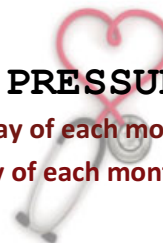
**2nd & 4th Wednesday @ 2pm**

We are thankful to Heartland Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

## BLOOD PRESSURE CHECK

**2<sup>nd</sup> Wednesday of each month, 10:30 - 11:30**

**3<sup>rd</sup> Tuesday of each month, 10:00 - 11:00**



# May 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org

OFFICE HOURS

Monday - Friday

9:00 am- 4 pm

2	<p>9:30 Painting  <b>11:30 Lunch</b>            12:00 Tai Chi            1:00 Card Play            Euchre/Mahjong            Yoga            2:00</p>	3	<p>9:30 Arthritis Exercise            11:00 Wii Bowling  <b>11:30 Lunch</b>            2:00 Chair Yoga</p>	4	<p>9:00 One on One            Therapy Exercise            Yoga  <b>11:30 Lunch</b>  <b>12:00 NO Woodcarving</b>            1:00 Movie Day            1:00 Card Play            (Pinochle/Bridge)</p>	5	<p>MMAP Counselor            9:00 Open Card Play            10:00 Chair Yoga            11:00 Arthritis Exercise  <b>11:30 Lunch</b>            12:30 Line Dancing            2:00 Garden Meeting</p>	6	<p>MMAP Counselor            9:30 Yoga            11:00 Zumba  <b>11:30 Lunch</b>            12:30 Pickleball            12:30 Quilting/            knitting/Crocheting            1:00 Chorus</p>	7/8	
9	<p>9:30 CSFP            9:30 Painting  <b>11:30 Lunch</b>            12:00 Tai Chi            12:30 Book Club            1:00 Card Play            Euchre/Mahjong            Yoga            2:00</p>	10	<p>Veteran Services (by appt.)            9:30 Arthritis Exercise            9:30 Cops &amp; Coffee            11:00 Wii Bowling  <b>11:30 Lunch</b>            2:00 Chair Yoga</p>	11	<p>9:30 Yoga            10:00 Blood Pressure  <b>11:30 Lunch</b>            12:00 Woodcarving            1:00 Card Play            (Pinochle/Bridge)            2:00 Grief Support</p>	12	<p>MMAP Counselor            8:00 Board Meeting            9:00 Open Card Play            10:00 Chair Yoga  <b>11:00 NO Arthritis            Exercise</b>  <b>11:30 Lunch</b>            12:30 Line Dancing</p>	13	<p>MMAP Counselor            9:30 Yoga            9:30 Write your            Life Story            11:00 Zumba  <b>11:30 Lunch</b>            12:30 Pickleball            12:30 Quilting/            knitting/Crocheting            1:00 Chorus</p>	14/15	

<p>16</p> <p>9:30 Painting  <b>11:30 Lunch</b>  12:00 Tai Chi  1:00 Card Play  Euchre/Mahjong  2:00 Yoga</p>	<p>17</p> <p>9:30 Arthritis Exercise  10:00 Blood Pressure  11:00 Wii Bowling  <b>11:30 Lunch</b>  1:00 Happy Stampers  2:00 Chair Yoga</p>	<p>18</p> <p>Hearing Screening (by appt.)  9:00 One on One  Therapy Exercise  9:30 Yoga  9:30 Ask a Lawyer  10:00 PACE  <b>11:30 Lunch</b>  12:00 Wood Carving  1:00 Card Play (Pinochle/  Bridge)  2:00 Balance and  Strengthening</p>	<p>19</p> <p>JUNK IN YOUR  TRUNK</p> <p>MMAP Counselor  <b>10:00 NO Chair Yoga</b>  <b>11:00 NO Arthritis  Exercise</b>  <b>11:30 Lunch</b>  <b>12:30 NO Line  Dancing</b>  1:00 Ivy Rehab</p>	<p>20</p> <p>MMAP Counselor  9:30 Yoga  11:00 Zumba  <b>11:30 Lunch</b>  12:30 Pickleball  12:30 Quilting/  knitting/Crocheting</p>	<p>21/22</p>
<p>23</p> <p>9:30 Painting  <b>11:30 Lunch</b>  12:00 Tai Chi  1:00 Card Play  Euchre/Mahjong  2:00 Yoga</p>	<p>24</p> <p>9:30 Arthritis Exercise  11:00 Wii Bowling  <b>11:30 Lunch</b>  2:00 Chair Yoga  1:00 Alzheimer  Support</p>	<p>25</p> <p>One-on-One Financial (by appt.)  9:30 Yoga  <b>11:30 Lunch</b>  12:00 Wood Carving  1:00 Card Play  (Pinochle/Bridge)  2:00 Grief Support</p>	<p>26</p> <p>MMAP Counselor  9:00 Open Card Play  10:00 Chair Yoga  11:00 Arthritis Exercise  <b>11:30 Lunch</b>  12:30 Line Dancing  1:30 Meditation</p>	<p>27</p> <p>MMAP Counselor  9:30 Yoga  9:30 Write your  Life Story  11:00 Zumba  <b>11:30 Lunch</b>  12:30 Pickleball  12:30 Quilting/  knitting/Crocheting</p>	<p>28/29</p>
<p>30</p> <p><b>Center Closed</b></p>  <p><b>MEMORIAL DAY</b>  REMEMBER AND HONOR</p>	<p>31</p> <p>9:30 Arthritis Exercise  11:00 Wii Bowling  <b>11:30 Lunch</b>  2:00 Chair Yoga</p>		<p><b>BOARD OF  DIRECTORS</b></p> <p>Frank Lukowski, President  Ken Wensel, Vice President  Roby Deese, Secretary  Rod Martin, Treasurer  Ray Culbert  Pat Lockwood  Joetta Pyles-Zalewski</p>	<p><b>LOOSE STAFF</b></p> <p>Carl Gabrielson  <i>Executive Director</i>  Jaclyn von Linsowe  <i>Executive Assistant</i>  Dotti Tynes  <i>Program Director</i>  Cheryl Rex  <i>Culinary and Travel  Director</i>  Dottie Davis  <i>Front Desk</i>  Chuck Salerno  <i>Maintenance</i></p>	<p>30</p>



# Upcoming Events

## Loose Garden is BACK!

If you are interested in the return of the Community Garden please come to informational meeting on how to be in on the "ground" level.

Thursday, May 5th  
2pm

**PLANT**  
*your*  
**GARDEN**



### Pelvic Health

Thursday, May 19th  
1:00pm—2:00pm

Are you experiencing incontinence, constipation, or pelvic pain and dysfunction? These issues are more commonly developed as we age but are not a normal part of aging. There are many things that can be done to address these issues including pelvic floor exercise, relation techniques and behavioral changes.

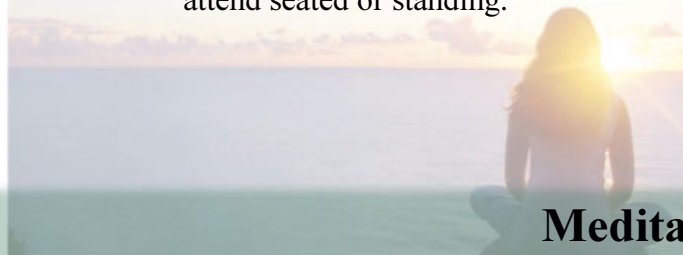
Join Ivy Rehab Linden physical therapist Brianne Bill PT, DPT for an informational presentation on what you can do to help treat or prevent pelvic floor dysfunction.

### Tai Chi for Arthritis Mondays Until June 6th 12 Noon

Free Class provided by: MSU

Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

Modifications will be provided for those who want to attend seated or standing.



### Meditation

Thursday, May 26th 1:30pm—2:00

Is it time for an emotional calm? A healing slow down? Come join in on a guided meditation and experience the calm. Quiet the mind, relax the body and let go of things you don't need to carry around.

If you would like to be a part of the team here at Loose and volunteer at any of the number of activities going on here or even behind the scene help is always appreciated.

#### Opportunities:

- Blood Pressure Checks
- Help with set up and tear down for special events
- Help with our Fundraiser Lunches
- Daily Lunches
- And so many more.....

Call and ask for Dotti if you are interested.  
(810) 735-9406



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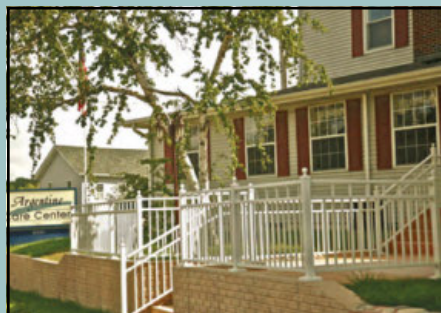
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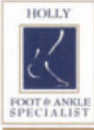


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# Upcoming Events

## Newsletter Mailings

If you would like to come into the center to pick up your newsletter please let us know. We know there are many of you that like coming in to see us and grabbing a newsletter instead of it being mailed to you. Just let us know if that's you so we have proper record of that.

Also if you have suddenly stopped receiving the newsletter in the mail let us know, there may be a reason you stopped receiving it, i.e. address change.

If you are an out of county member and would like to continue to receive the newsletter make sure you pay your membership as that helps pay for the postage of the newsletter, where as the county members have their tax dollars at work.

## Coming May 4th and 18th

One on One advice for a personalized daily exercise program

Both sitting and standing activity.

Will also offer proper sleeping positions to help alleviate back pain.

Call the center today to schedule your 15 minute session with Carrie.



## Aging in Place with PACE

Are you "55 or better?"  
Would you like to age in place at home?

If you answered yes to the above questions, join us Wednesday, May 18th at 10am!

Learn more about the PACE option for extra help with health services and care. We want eligible older adults to stay safe in their home, apartment living or living with family for as long as possible.

Help share the word, and hope to see you May, 18th!

# 2nd Annual



**\$30 per  
parking spot**

**May 19, 2022  
9am - 4pm**

**Register by May 16th**

**Cookout Lunch  
\$5**

**Setup Begins no earlier than 8:30am**

If you would like to participate in this event, please fill out the bottom portion of this page and return it to Loose Center at 707 N. Bridge St. Linden, MI 48451. Space is limited!

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## **“Junk in your Trunk” Garage Sale Registration Form \$30 per parking spot**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Check \_\_\_\_\_ Credit Card

*\*This will be destroyed after payment is processed*

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV \_\_\_\_\_



**FREE  
GIFT**



**LUNCH  
PROVIDED**

# Valley Area Agency On Aging

Answers, Action & Advocacy  
for **All Things Senior**

## Senior Power Day

Wednesday, May 25, 2022

9:00 a.m. - 2:00 p.m.

Crossroads Village

6140 Bray Rd., Flint

Tickets \$4.00

*Ticket includes, Lunch and Train Ride*

## STROLLING ENTERTAINMENT



**TRAIN  
RIDES**

## SENIOR RESOURCE TENT



# Travel & Trips

## TRIPS @ A GLANCE

June 6	Sagening Eagle	\$32/person
June 15	Honkey Tonk Angels (Turkeyville Theater)	\$91/person
June 15	Detroit Tigers Game vs. White Sox	\$75/person
June 22	Hamtramck History Tour	\$111/person
July 13	Huron Lady II	\$86/person
July 13 - July 14	Thunder Bay Resort	Price Varies
July 14	Soaring Eagle	\$35/person
August 11	Detroit Tigers Game vs. Indians	\$75/person
August 15 - August 16	Cleveland Rocks	Price Varies
August 23	Firekeepers	\$35/person
Sept 12 - Sept 17	Heartland of America Tour (Route 66)	Price Varies
Sept 18 - Sept 25	Pacific Northwest	Price Varies
Sept 20	Church Basement Ladies (Turkeyville Theater)	\$91/person
Oct 2 - Oct 9	Yooperland, USA	Price Varies
Oct 10 - Oct 14	Rails of West Virginia	Price Varies
Nov 9	Shipshewana Christmas	\$135/person

*Detailed flyers are available at the Loose Center.*

**Please note:** A reservation is made only when a deposit has been received.

### *Travel & Participant Statement*

#### **RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED**

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

## **The Whiting Departs at 7pm**

		<i>w/trans.</i>	<i>w/o trans</i>
May 6th	South Pacific	\$57.50	\$52.50

*Detailed flyers are available at the Loose Center.*

**Please note:** A reservation is made only when a deposit has been received.



# Travel & Trips

## Lifelong Learning - Applewood

10:00 - 12:00



May 20

The Amazing Nethercutt  
Museum of California

June 3

World War II/D-Day



**Cost: \$8**



## Play Ball!

Tiger Baseball is Back

June 15th - Chicago White Sox  
August 11th - Cleveland Indians

\$75/person

## Hamtramck History Tour

June 22th - \$111/person



## Huron Lady II

*Spend an exciting day in Port Huron, Michigan!*

July 13th - \$86/person



July 13th - July 14th - Price Varies

## Soaring Eagle

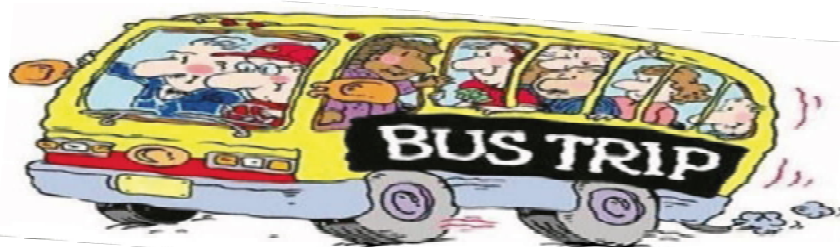
July 14th - \$35/person

May 20—31, 2023 ~ Netherlands, Belgium & France - \$5,749.00 based on double occupancy and bookings by October 21, 2022

May 7—16, 2023 ~ Discover Scotland - \$4,299.00 based on double occupancy and bookings by November 8, 2022

If interested please call the Loose Center for information on a Zoom presentation regarding the forementioned trips.

\*These rates are per person and subject to change, based on air inclusive packages from Detroit Metro Airport



**Call and Reserve your  
spot today!  
Buses fill up fast!**

# Travel & Trips

## Join Loose Senior Center



Thursday, August 23, 2022

# \$35

**DEPARTS**  
Loose Senior Center  
**DEPARTURE TIME**  
10 AM  
**APPROXIMATE RETURN**  
7 pm

### *INCLUDES*

- Round Trip Motor Coach Transportation to FireKeepers Casino
- **\$15 in Free Play**
- **\$5 in points** (food & beverage)
- Water & snacks on the bus

**Please note:** Loose assumes no responsibility for changes in the incentive package.



## JOIN LOOSE SENIOR CENTER



## Saganing Eagle's Landing Casino

Monday, June 6, 2022

# \$32

**DEPARTS**  
Loose Senior Center  
**DEPARTURE TIME**  
10:30 AM  
**APPROXIMATE RETURN**  
7:00 pm

### *INCLUDES*

- Round Trip Motor Coach Transportation to Saganing Eagle Casino
- \$10 on Players Card
- \$5.00 Dining Credit for SELC
- PLUS earn 100 points & receive \$10 in Premium Play
- Water & Snacks





**LUNCH** Pick up at 11:30 am,  
only \$5  
Please call the day before to reserve  
your lunch.

# May 2022 Menu

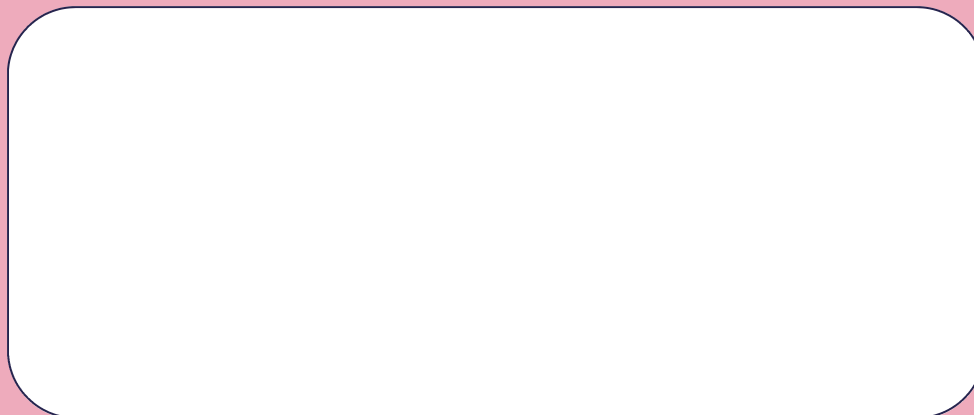
## Eat Inside or To-Go

2	Chicken Nuggets Mac-n-Cheese Vegetable Juice Dessert	3	Hamburger Gravy Mashed Potatoes Corn Fruit Dessert	4	Ham & Cheese Sandwich Cole Slaw Veggie Sticks Fruit Dessert	5	Pulled Pork Baked Beans Chips Fruit Dessert	6	Sloppy Joe Cole Slaw Chips Fruit Dessert
9	Fish Sandwich Tatar Tots Cole Slaw Fruit Dessert	10	Spaghetti Garlic Bread Cole Slaw Juice Dessert	11	Chicken Salad Sandwich Pasta Salad Chips Fruit Dessert	12	Swedish Meatballs over Noodles Vegetable Fruit Dessert	13	Coney Dog Macaroni Salad Chips Fruit Dessert
16	Mashed Potato Bowl Veggie Sticks Roll Fruit Dessert	17	Meatloaf Mashed Potatoes Vegetable Fruit Dessert	18	Mac-N-Cheese Fish Sticks Vegetable Juice Dessert	19	Junk In The Trunk	20	Mystery Lunch
23	Sweet & Sour Meatballs over Rice Fruit Dessert	24	Beef Vegetable Soup Bread Roll Fruit Dessert	25	Chicken Pot Pie Roll Veggie Stick Fruit Dessert	26	Kielbasa Mac-N-Cheese Vegetable Juice Dessert	27	Tacos Chips & Cheese Fruit Dessert
30	Center Closed	31	Pulled Pork Baked Beans Veggie Sticks Fruit Dessert						



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