



Goodbye July... 
 ALOHA  August!

Accredited by 
National Institute of
Senior Centers

STEELER 25-26 SEASON

FOOTBALL POOL

COST IS \$85 PER SQUARE

(COVERS THE ENTIRE SEASON)

PAYMENT PLAN AVAILABLE

PAYOUT IS \$50 FOR 1ST AND 3RD
QUARTERS, \$100 FOR HALFTIME
AND \$150 FOR FINAL.

LET'S GO STEELERS!



STEELER PRE-SEASON FOOTBALL POOL

MUST BE ON THE FOOTBALL POOL ALL 3
WEEKS. COST IS \$15 FOR 3 GAMES.

PAYOUT IS \$50 FOR 1ST AND 3RD QUARTERS,
\$100 FOR HALFTIME AND

\$150 FOR FINAL. LET'S GO STEELERS!

Steelers



LIFESPAN MON VALLEY

ACTIVE LIFE CENTER

HOURS OF OPERATION

Monday-Friday 9:00 AM TO 3:00 PM

(412) 664-5434

4313 WALNUT STREET

McKeesport, PA 15132

Amy Marcic (Center Supervisor)

Kerrianne Troesch (Activity Aide)



FLU SHOT REGISTRATION

THURSDAY AUGUST 28, 2025

11:00 AM - 1:00 PM

PROVIDED BY PATHWAYS WELLNESS.

FLU SHOT CLINIC

TUESDAY SEPTEMBER 16, 2025

11:00 AM - 1:00 PM

PROVIDED BY PATHWAYS WELLNESS.



Event: End of Summer Celebration

Date: Friday August 22, 2025

Time: 10:00 AM - 2:00 PM

Cost: \$15/person

Sign Up By: FRIDAY August 8, 2025 (NO EXCEPTIONS)

Description: Celebrate the end of summer with friends at LifeSpan and make some memories, too! Activities will begin at 10 AM, appetizers will be served at 10:30 AM, lunch will be served at 11:15 AM, DJ Ray and Tracy will perform at 12:30 PM, some of your favorite oldies and there will be karaoke to sing along, too! Treat bag, party favor and more!

Wear RED, WHITE and BLUE and receive a ticket to win a door prize!

OUR AUGUST RESTAURANT TRIP IS:

TILLIE'S RESTAURANT

(THERE WILL BE A LIMITED MENU)



308 36th Street McKeesport (412) 672-7557

OLD SCHOOL, FAMILY-OWNED RESTAURANT

OFFERING PIZZA, PASTA AND CLASSIC ITALIAN ENTREES
SINCE 1962.

FRIDAY AUGUST 29, 2025

SIGN UP BY WEDNESDAY AUGUST 20, 2025

WILL CALL WITH PICK UP TIMES

CLOSED



LIFESPAN ACTIVE LIFE CENTERS ANNUAL FUNDRAISER

GET YOUR
SQUARE
TODAY!



Steelers

FOOTBALL POOL

FUNDRAISER

2025-2026 season

DON'T MISS OUT!

\$5.00

PER SQUARE



1st & 3rd
Quarters - \$50

Halftime - \$100

Final - \$150

ALL PROCEEDS BENEFIT LIFESPAN CENTER SERVICES

ALL PAYMENTS GO TO AMY MARCIC OR MOLLIEANN GRAY

QUESTIONS CALL 412-664-5434

How to Pay? \$85 per Square or Payment Plan

(Covers Entire Season)

3 PAYMENTS FOR REGULAR SEASON GAMES

*! All money due when
signing up for preseason !*

PS Due **8/8**

\$15

1 - 8/9

2 - 8/16

3 - 8/21

**MUST KEEP ALL
SQUARES FOR ALL
3 PRESEASON GAMES**

#1 Due **9/3**

\$30

1 - 9/7

2 - 9/14

3 - 9/21

4 - 9/28

6 - 10/12

7 - 10/16

COVERS WEEK #'S

#2 Due **10/8**

\$30

8 - 10/26

9 - 11/02

10 - 11/09

11 - 11/16

12 - 11/23

13 - 11/30

#3 Due **12/3**

\$25

14 - 12/7

15 - 12/15

16 - 12/21

17 - 12/28

18 - TBD

POST SEASON DATES & PAYMENT WILL BE ANNOUNCED LATER

ARE YOU READY FOR SOME Steelers FOOTBALL?



JOIN US FOR A TAILGATE PARTY

AT THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER ON

THURSDAY SEPTEMBER 4, 2025

\$10 PERSON SIGN UP BY MONDAY AUGUST 25, 2025

THE EVENT BEGINS AT 10:00 AM WITH SOME SWEET TREATS,

FOLLOWED BY LUNCH, AND SOME TAILGATE SNACKS.

DJ MICK WILL BE PLAYING ALL YOUR FAVORITE SONGS TO

HELP US CHEER ON THE PITTSBURGH STEELERS FOR THEIR FIRST

REGULAR SEASON GAME ON SUNDAY SEPTEMBER 7, 2025!

DON'T FORGET TO WEAR YOUR BLACK AND GOLD FOR A CHANCE

TO WIN A DOOR PRIZE!





MEET & GREET

MEET AND GREET

Q&A

WITH JOE ANGELELLI

LIFESPAN'S NEW CEO

MONDAY AUGUST 4, 2025

10:30 AM-11:30 AM

LUNCH AT 11:30 AM

LET'S GO BUCS

WE ARE GOING TO THE PIRATE GAME ON

WEDNESDAY AUGUST 20, 2025

12:35 PM SECTION 103

SIGN UP AND PAY BY AUGUST 2, 2025

WEDNESDAY SEPTEMBER 17, 2025

12:35 PM SECTION 103

SUNDAY SEPTEMBER 21, 2025

1:35 PM SECTION 103

\$35 PER GAME/\$5 LOADED VALUE PER
GAME SIGN UP TODAY!



DONUTS WITH

REP. DAN GOUGHNOUR

Q&A SESSION

MONDAY AUGUST 18, 2025

10:30 AM-11:30 AM

THIS WILL BE DAN'S FIRST
VISIT TO OUR LIFESPAN!

MAKE HIM FEEL WELCOME!

MONDAY



Stay Active
& Independent
for Life (SAIL)

JOIN US EVERY MONDAY!

Women Billiards Instructor Lead

EVERY Monday 12:30 PM



10:00 AM-10:45 AM

S.A.I.L. EXERCISE

RIVERS CASINO TRIP

MONDAY AUGUST 25, 2025

SIGN UP BY

MONDAY AUGUST 18, 2025

WILL CALL WITH

PICK UP TIMES

12:00 PM MEMBERSHIP BINGO

(\$5 PACKAGE INCLUDES:

2 BOARDS, 3 SPECIALS AND
A JACKPOT)

ADDITIONAL CARDS ARE \$.50

KRISTY FROM CARE
COMFORT HOSPICE WILL
BE HERE ON MONDAY
AUGUST 25, 2025 AT
10:30-AM-11:30 AM

Mexican Train

Come And Join In

Monday's 2:00 PM
Right after Bingo



JOIN THE CARD CLUB
EVERY MONDAY
AT 11:00 AM



TUESDAY

EMILIANO'S
mexican restaurant & bar

DRUMMING WITH NORMA AT 10:00 AM!
NEW ROUTINES EVERY WEEK! JOIN US
TUESDAY IN AUGUST 08/05, 08/12,
08/19, AND 08/26.

ANOTHER RESTAURANT FOR THE MONTH
OF AUGUST IS
EMILIANO'S MEXICAN RESTAURANT

AND BAR IN BETHEL PARK

At Emiliano's, they're passionate about
delivering the finest Mexican cuisine crafted with love
and tradition. Around there, everyone's familia.

TUESDAY AUGUST 26, 2025

SIGN UP BY TUESDAY AUGUST 18, 2025



BEAN MOSAIC ART IS SUCH A FUN ACTIVITY!

JOIN KERRI AND AMY ON

TUESDAY AUGUST 19, 2025 AT 12:15 PM

TO MAKE THIS

MOSAIC DOG BEAN ART.

THIS IS A FREE CRAFT. SIGN UP BY

FRIDAY AUGUST 15, 2025.

12:15 PM PLAY

PENNY POKENO

(BRING YOUR OWN PENNIES)



Photo: iStockphoto.com. Creative Commons. Photo: iStockphoto.com. Copyright © 2025 2025. All rights reserved.

Destination: Pittsburgh Botanic Garden

Address: 799 Pinkerton Run Road Pittsburgh, PA 15071

Date: Tuesday August 19, 2025

Sign up by: Tuesday August 11, 2025

Description: You and a guest can receive FREE admission to the Garden if you are a **UPMC for LIFE MEMBER**.

Please be ready to present your member ID card at check-in.

Pick Up Time: 8:30 AM

(Must arrive between 9:00 AM - 11:00AM to receive FREE admission) but TBD by Access

Return Time: 2 PM but TBD by Access



TAKE A TRIP TO THE AVIARY

WEDNESDAY AUGUST 20, 2025

INCLUDES

A TOUR NOT LEAD BY A GUIDE. GENERAL ADMISSION,

\$19 /A PERSON SIGN UP AND PAY BY AUGUST 6, 2025

CENTER PICK UP 9:00 AM PICK UP AT THE AVIARY 2:00 PM

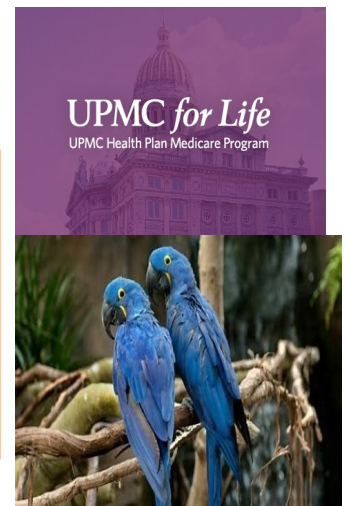
10:00 AM - 10:45 AM Explore the Aviary

11:00 AM - 11:30 AM *Passport to Parks Bird Show*

11:30 AM - 12:15 PM *Education Program* - a program with our Ornithologist Bob Mulvihill

12:30 PM - 1:00 PM Lunch in a Reserved Space

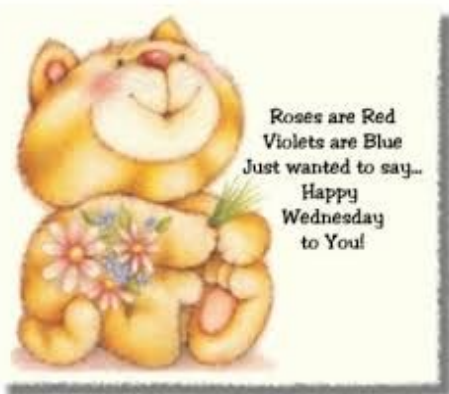
1:00 PM - 2:00 PM Explore the Aviary



WEDNESDAY

11:00 AM METRO CHAIR EXERCISE

12:15 PM LCR DICE



Be A Part of The Advisory Committee Meeting

Your voice counts! Share your thoughts on...

- Promotional ideas and public awareness.
- Help develop subcommittees.
- Contribute input and feedback.
- Aide with organizational and center development.
- Strategic planning and decision making.
- Comradery
- Attend monthly meetings the Second Wednesday of each month at 12 PM.



WE WILL BE CLOSED

WEDNESDAY AUGUST 27, 2025

FOR OUR QUARTERLY TEAM MEETING.

WE WILL RESUME NORMAL HOURS ON

THURSDAY AUGUST 28, 2025 AT 9:00 AM

Mental Aerobic Workshop (a snack will be provided)
Time: Every Wednesday 10:30 AM-11:30 AM
Note: MENTAL EXERCISES HELP STIMULATE THE BRAIN AND SHARPEN THINKING, MEMORY, REASONING, AND PROCESSING SKILLS. IT IS NEVER TOO LATE TO FOCUS ON YOUR COGNITIVE HEALTH. WORK ON A SERIES OF MEMORY GAMES, PUZZLES AND CREATIVE EXERCISES. IT'S A GREAT OPPORTUNITY TO SOCIALIZE WHICH ALSO HAS POSITIVE BENEFITS.



**SIMON SAYS
WEDNESDAY AT
11 AM-11:30 AM**



THURSDAY

LEARN ABOUT FIRE SAFETY AND PARTICIPATE
IN A MOCK FIRE DRILL WITH
FIRE MARSHALL ALVIN HUSSEY ON
THURSDAY AUGUST 21, 2025 AT 12:00 PM
STAY SAFE WITH US AT THE LIFESPAN MON
VALLEY ACTIVE LIFE CENTER!



THE DOG DAYS OR DOG DAYS OF SUMMER ARE THE HOT,

SULTRY DAYS OF SUMMER!

WHY NOT ENJOY A GRILLED HOT DOG EVERY
THURSDAY IN AUGUST.

ENJOY A HOT DOG ALONG WITH YOUR LUNCH OR
TAKE IT HOME FOR AN AFTERNOON SNACK.

PLACE YOUR ORDER AT THE FRONT DESK TO
RECEIVE A TICKET. HOT DOGS

ARE **\$2 EACH**

TOPPINGS INCLUDE: KETCHUP, MUSTARD, ONIONS AND RELISH.



THE CROCHETING/KNITTING
CLUB MEETS ON

THURSDAY AUGUST 14, 2025
AND

THURSDAY AUGUST 28, 2025

At 11:00 AM



WE ARE ACCEPTING DONATIONS FOR
THE CAR CRUISE ON SEPTEMBER 13, 2025
FOR CHINESE AUCTION BASKETS
ANY NEW OR SLIGHTLY USED ITEMS
PLEASE SEE AMY OR MICHELLE



12 PM MEMBERSHIP BINGO

ALL REGULAR GAME CARDS, ALL
SPECIAL GAME CARDS AND ALL
JACKPOT GAME CARDS
ARE \$.25 EACH

PERK DAY

ENJOY A YUMMY BREAKFAST WITH YOUR
PERK CARD ON

TUESDAY AUGUST 26, 2025 AT 9:30 AM

CEREAL, EGGS, BACON, SAUSAGE, TOAST, BAGELS,
COFFEE, TEA,
AND ORANGE JUICE

SIGN UP BY THURSDAY AUGUST 21, 2025





12:00 PM UNO CARD GAME
JOIN IN A FUN GAME OF UNO EVERY
FRIDAY WITH OTHER LIFESPAN MEMBERS



WATERMELON BUTTON ART
FRIDAY AUGUST 1, 2025
10:00 AM - 11:30 AM

Cost: This craft is FREE.
Add A "slice" of color to your
summer décor with this handmade
WATERMELON BUTTON ART and
enjoy a real "slice" of watermelon
among friends, to celebrate National
Watermelon Day (August 3rd)

ON THE MOVE walking class
with Amy
August 1st and August 29th
From 10:00 AM - 10:45 AM

WHAT IS ON THE MOVE?
SEE NEXT PAGE FOR DETAILS



SIMON SAYS
FRIDAY AT
11:00 AM-11:30 AM



SAND CLAY HANDPRINTS

NATIONAL SAND DAY IS
AUGUST 11TH.. LET'S CREATE
SAND CLAY HANDPRINTS TOGETHER!
(THIS IS A FREE CRAFT)
FRIDAY AUGUST 8, 2025
10:00 AM - 11:30 AM

What is **On the Move**?

On the Move is

- A physical therapist developed group exercise program to improve walking
- A fun way to meet others and exercise
- Recognized as an Evidence-Based Program by the Administration for Community Living (ACL)
- Backed by research

People who Participate in On the Move

- Become more confident in their walking
- Walk farther without having to stop and rest
- Walk faster which is related to fewer falls and less disability
- Find it easier to do daily tasks



“
When you're younger, you don't have to think about how to make your body work. On the Move helped get us back to doing things like we did when we were younger.
”

HOW ON THE MOVE WORKS:

- > Specialized walking and stepping patterns promote improved timing and coordination for walking
- > Two 50-minute exercise classes each week
- > All classes are done to music
- > Led by a certified instructor
- > Exercises are tailored to individual abilities

WHO IS THE PROGRAM FOR?

People who:

- > Want to improve their walking or balance
- > Are fearful of falling
- > Have chronic conditions such as arthritis, heart disease, or diabetes
- > Can walk on their own but may be unsteady or have some difficulty
- > Want to exercise and have fun



WE ARE HAVING AN END OF SUMMER

HOAGIE/PIZZA FUNDRAISER!

WE ARE SELLING A VARIETY OF MARIANNA'S

HOAGIES AND PIZZAS

FOR \$10 EACH

ALL HOAGIES ARE 14 INCH AND PIZZAS ARE 12 INCH.

**ALL THE FRESH HOAGIE TOPPINGS ARE
INDIVIDUALLY VACUUM SEALED IN EVERY HOAGIE.**

**YOU CAN USE THE ORDER FORM TO HELP SELL THE
HOAGIES TO YOUR FAMILY AND FRIENDS.**

**TURN IN ALL ORDERS
WITH CASH OR CHECK MADE OUT TO LIFESPAN TO THE
FRONT DESK BY**

FRIDAY SEPTEMBER 12, 2024

PICK UP WILL BE

TUESDAY SEPTEMBER 23, 2024

AT 1:00 PM AT LIFESPAN

4314 WALNUT STREET MCKEESPORT, PA 15132

ANY QUESTIONS ASK AMY (412) 664-5434

14" FAMOUS HOAGIES

Made On a Freshly Baked Italian Roll



ITALIAN
Peppered Ham, Capicola Ham, Genoa Salami, Pepperoni, Provolone Cheese, Mild Pepper Rings, Marianna's Own Italian Dressing



ALL AMERICAN
Cooked Salami, Ham, Bologna, American Cheese, Marianna's Own Italian Dressing



HAM & SWISS
Virginia Baked Ham, Swiss Cheese, Pickles, Horseradish Sauce, Marianna's Own Italian Dressing



HAM CLUB
Cooked Sliced Bacon, Imported Ham, Virginia Baked Ham, American Cheese, Pickles, Marianna's Own Sweet & Sassy Mayo



TRADITIONAL
Imported Ham, Genoa Salami, Provolone Cheese, Mild Pepper Rings, Marianna's Own Italian Dressing



SWEET LEBANON
Setzer's Double Smoked Sweet Lebanon Bologna, American Cheese, Mild Pepper Rings, Marianna's Own Sweet & Sassy Mayo



ROAST BEEF
Roast Beef, Provolone Cheese, Pickles, Horseradish Sauce, Marianna's Own Italian Dressing



SMOKED HAM & CHEDDAR
Smoked Ham, Cheddar Cheese, Mild Pepper Rings, Marianna's Own Sweet & Sassy Mayo



TURKEY
Roasted Turkey Breast, Provolone Cheese, Pickles, Mayonnaise, Marianna's Own Italian Dressing



THREE CHEESE
Provolone, American, and Swiss Cheese, Mild Pepper Rings, Marianna's Own Italian Dressing



12" PIZZAS

Made on Marianna's Own Freshly Baked Crust



PEPPERONI
DeGrosso NEW YORK STYLE Pizza Sauce, Shredded Mozzarella & Provolone Cheese, Pepperoni



WHITE
Shredded Mozzarella & Provolone Cheese, Olive Oil Blend, Tomato's, Onions, Mild Pepper Rings, Green Peppers, Herbs, Spices



CHEESE
DeGrosso NEW YORK STYLE Pizza Sauce, Shredded Mozzarella & Provolone Cheese

All hoagies include: Lettuce, Tomato, and Onions, except Ham Club (No Onions).
For complete nutritional and allergen information, visit our website at mariannasfundraisers.com

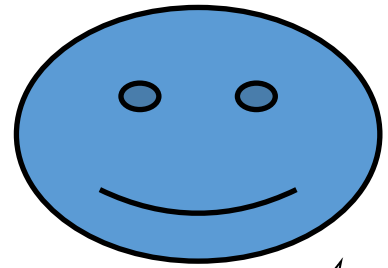
www.MariannasFundraisers.com



\$1000 BINGO & Lunch



*Special
Offering*



WE ARE OFFERING A SPECIAL FOR THE MONTH
OF AUGUST! BRING A FRIEND WHO HAS NEVER
BEEN TO THE LIFESPAN MON VALLEY ACTIVE LIFE
CENTER SATURDAY BINGO AND YOU AND YOUR
FRIEND WILL RECEIVE A \$5 EXTRA PACKAGE

AFTER YOU BOTH PURCHASE A

\$25 BINGO PACKAGE!

HOPE TO SEE YOU THERE!



At The LifeSpan Mon Valley Active Life Center at Olympia

**PAYOUT: \$15 REGULAR GAMES, \$50 SPECIALS AND
\$500 JACKPOT!**

Saturday AUGUST 16, 2025

\$25.00

Doors Open at 10:00am—Bingo starts at 12:00pm

Ticket Includes: Lunch, Bingo Package and Door Prize Entry

Bingo Package Includes: 6 paper board/20 sheets for all regular games,
3 paper board/5 sheets for all specials

Olympia Shopping Center-4313 Walnut St.

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley active life center at Olympia



ENJOY A TASTE OF AUGUST TRIVIA!

1. Who is August named after?
2. What was August originally called?
3. During a leap year, which month starts on the same weekday as August?
4. What are August's two zodiac signs?
5. What are August's birthstones?
6. What are August's birth flowers?
7. What's the name of the holiday that celebrates the first day of harvest in the UK on August 1?
8. How many days did August originally have?
9. Why was August changed to 31 days?
10. What meteor shower occurs every year in mid-August?

General August Trivia Answers:

1. The Roman Emperor, Augustus Caesar
2. Sextilis
3. February
4. Leo and Virgo
5. Peridot, spinel, and sardonyx
6. Poppy and gladiola
7. Lammas Day
8. 30
to have fewer days than the one named after Julius Caesar (July).
9. Because Augustus Caesar didn't want his month
to have fewer days than the one named after Julius Caesar (July).
10. The Perseids





OHIO STAR THEATER

A CHRISTMAS CAROL LIVE

**TUESDAY,
DECEMBER 2ND**

\$90 per person

Includes:

Coach Bus Transportation
Light Lunch at Dutch Valley Restaurant
Live Showing of a Christmas Carol

**Be at LifeSpan for
pickup at 8:00 AM**

**Sign Up and Pay by
Friday, November 14th**

**DUQUESNE UNIVERSITY
CENTER FOR INTEGRATIVE HEALTH**

DIABETES PREVENTION PROGRAM

**FREE & OPEN
TO ALL!**

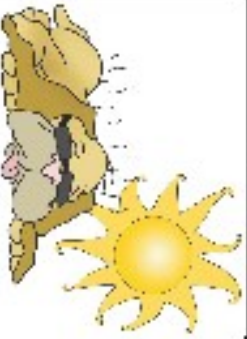



**NEW
COHORT
STARTING
AUGUST
14th!**



*A Free Year-Long Program Proven to Prevent or Delay Type 2 Diabetes
at the Mon Valley Lifespan on Thursdays 10:30am-11:30am
4313 Walnut St Suite 370, McKeesport, PA 15132*

**LEARN SKILLS TO EAT HEALTHY & STAY ACTIVE
COPE WITH CHALLENGES & STRESS
GET BACK ON TRACK & STAY MOTIVATED
GROUP ACCOUNTABILITY & SUPPORT
PRIZES FOR PARTICIPATION**

See Sign Up Sheet to Register!
For Questions, Contact Shannon Shaffer at:
412-396-1749 shaffers3@duq.edu

Mon	Tue	Wed	Thu	Fri
 4 Peppered Egg Salad Sandwich (1 C Egg Salad w/ Bell Peppers) 1/2 C Baby Carrots 1 C Garden Vegetable Soup WW Sandwich Roll 1/2 C Diced Peaches Cal 667	 5 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 835	 6 Firehouse Chili (1 C Beef & Bean Chili) 1/2 Peppers & Onions 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Grapes Cal 675	 7 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 SI Pound Cake w/ 1/4 C Peaches Cal 814	1 Greek Salad with Salmon (1 Salmon Filet) Salad (2 Cups Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olives) & Dressing 1 C French Onion Soup WW Bread w/Margarine Fresh Orange Cal 735
11 Breaded Sili Chicken Sandwich w/VW Roll (1 Breaded, Dill Chicken Breast) 1/2 C Tomato Salad w/Mayo Pk 1/2 C Chickpeas, Kale, Edamame, Quinoa Blend 1/2 C Fresh Cantaloupe Cal 650	12 Petite Beef Tenderloin Medallions (1 slice beef w au jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711	13 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 TBSP Tomatoes, 1 TBSP Cucumber, 1/4 Avocado) & Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 770	14 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 SI Banana Bread w/Margarine Fresh Apple Cal 716	15 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w/1/4 C Peaches Cal 634
18 Meatloaf w/Gravy (1 SI Meatloaf w/Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	19 Turkey & Smoked Gouda Sandwich (2 SI Turkey, 1 SI Cheese on WW Sandwich Roll) 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 694	20 Salisbury Steak (1 Breaded Beef Patty w/ 1/4 C Creamy Gravy) Cal 941 1/2 C Mashed Potatoes 1/2 C Maple Glazed Carrots WW Bread w/Margarine 1 SI Pound Cake w/1/4 C Berries	21 Southern BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 614	22 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS Cup Guacamole Cal 601
25 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Bread w/Margarine 1/2 C Fresh Watermelon Cal 655	26 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 728	27 CENTERS CLOSED	28 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir-Fried Vegetables 1/2 C Stir-Fried Rice WW Bread w/Margarine Fresh Orange Cal 611	29 Stuffed Shells (2 Shells w/Cheese & Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Diced Pears Cal 653