

January 2025 Senior Center Newsletter

A New Year's Message :

As we ring in a new year, we want to take a moment to express our sincere gratitude for your continued support and participation in our community. Your presence and enthusiasm have made our center a vibrant and welcoming place.



We look forward to another year filled with fun, friendship, and enriching activities. Stay tuned for exciting new programs and events coming your way in 2025!

Happy New Year from all of us at the Manchester Senior Center!

Odyssey Singers

Odyssey Community School's middle school chorus members are excited to share a winter program of choral music for you. Join us on **Friday, January 17th**, from **11:00 AM—11:30 AM** as the students delight you by singing traditional and modern songs. After the performances students will join you for refreshments, and would love your feedback on the performance! Don't miss the opportunity to enjoy music from your local community, sign up by calling 860-647-3211. This program will take place in the Senior Center Auditorium, as a result there will be no morning exercise on 1/17.



Blood Pressure Program

Don't Let High Blood Pressure Sneak Up on You! High blood pressure is a silent killer, often with no symptoms. This program will:

- Teach you how to keep track of your blood pressure
- Help you identify risk factors for high blood pressure
- Teach you lifestyle modifications to lower your blood pressure
- Help you understand medication options and their side effects

Join us on **Thursday, January 23** at **11:00 AM** to take control of your blood pressure, and connect with others facing similar challenges. This program will be presented by our Health Department Nurse, Diana Martin. Please call the front desk to register, 860-647-3211.

2025 Senior Center Membership

It is time to renew your Senior Center Membership. Please see **Page 4** for more details!

SENIOR CENTER STAFF

Eileen Faust

Director

Missy Rankin

Recreation Supervisor

Kathy Nohmy

Senior Administrative Secretary

Amy Judd

Clerical Assistant

AJ Jackson

Custodian/Bus Driver

Rick Bosco

Ed Cassala

Reggie Ginotti

Bus Drivers

Maria Rios

Bilingual Program Assistant

Chance "CJ" Jones

Recreation Program Assistant

Lisa Cammilleri

Whitney Evans

Kitchen Technicians

Kitty Dudley

Social Worker

Diana Martin R.N.

Health Department Nurse

MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

Hours of Operation: Monday—Friday

8:30 AM—4:30 PM

Phone: 860-647-3211

FAX: 860-647-3240

CONTACT INFORMATION

For the **DIRECTOR, SOCIAL WORKER** or

GENERAL INFORMATION

860-647-3211

For (**SAFS**) **SENIOR , ADULT** and **FAMILY SERVICES**

860-647-3096

For the **HEALTH DEPARTMENT**—860-647-3173

For **Missy Rankin**—860-647-3210

Email us at:

seniorcenter@manchesterct.gov

WE ARE ON FACEBOOK— “like” us and follow along
for

updates and information:

**[https://www.facebook.com/
ManchesterCTSeniorCenter](https://www.facebook.com/ManchesterCTSeniorCenter)**

WE ARE HANDICAP ACCESSIBLE



Senior Center Operations



Lunch Program – Meals are served from 12:00 PM — 12:30 PM Monday through Friday. Manchester Residents who are 60 years of age or older, or the partner of an eligible individual regardless of age, may eat lunch at the Senior Center for a suggested donation of **\$2.50**. Reservations must be made by **12:30 PM** on the day before you are joining us for lunch. Register by calling (860) 647-3211. Reservations can not be made more than a week in advance. You do not have to be a Senior Center Member to eat lunch here. Lunch menu and service questions can be directed to the front office at (860) 647-3211.



Senior Center Transportation – Bus rides to and from the Senior Center can be scheduled up to **3:00 PM** the day before your ride is needed. Call the Senior Center at (860) 647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.

TOWN OF MANCHESTER Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester **Senior Center Transportation** (see above).

Please direct questions or comments to Senior, Adult & Family Services at **(860) 647-3096** if you need more information.

Dial-a-Ride serves Manchester residents who are 60 years of age or older and people with disabilities. Rides are provided free of charge, Monday through Friday in Manchester for medical appointments, grocery shopping (Limit of 3 shopping bags per shopper), work, bank, post office, town hall, gym, library and social events. First pick up is 8:30 AM and last pick up is 4:00 PM. Excluding Holidays. Reservations & registration are required. **Please call (860) 870-7940, Monday - Thursday between 8:00 AM - 4:30 PM, on Fridays 8:00 AM— 1:30 PM.** In case of inclement weather, please watch WTNH or WFSB for closing or late start.

ANNOUNCEMENTS

CARD RENEWAL and MEMBERSHIP DETAILS



Starting **Thursday, January 2, 2025** members can renew their membership and new members can purchase a first time membership.

Membership costs **\$10**, and is valid from January 2—December 31, 2025. You must be 60 years of age or older and a Manchester resident to purchase a Senior Center Membership.

Anybody participating in Senior Center **Winter/Spring 2025** programs needs to purchase a Senior Center Membership before your program begins. Membership renewal begins on **Tuesday, January 2, at 8:30 AM**. Please be prepared to renew your membership before your class begins.

Program Registration

Registration for the Winter/Spring session of programs has begun. Please register for your activities at the front desk, or by calling (860) 647-3211.

Senior Center Advisory Committee

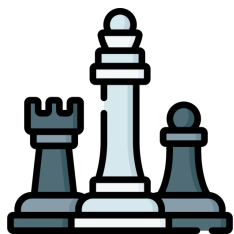
Join us for the next Senior Advisory Committee meeting on **Tuesday, January 7** at **9:00 AM**, in the Senior Center Library. Help shape the future of our Senior Center by sharing your ideas and concerns. All seniors are welcome to attend!



Social Bridge

The social bridge group is looking for new members to join! This group meets every **Wednesday** from **12:30—4:00 PM**. If you enjoy playing bridge this is the perfect group for you. Questions, please call Missy at 860-647-3210.

Chess Club



Are you ready to sharpen your mind and conquer the chessboard? This brand new chess club is open to all skill levels, from beginners to seasoned players. Come join us for weekly meetings of friendly matches and open play. What to expect from this group: Strategic thinking and problem-solving, friendly competition and camaraderie, opportunities to improve your chess skills, and a chance to meet new people who share your passion. Whether you're looking to learn the basics or refine your tactics, our club has something for everyone. Sign up today and start your chess journey! Meets **Tuesday** mornings from **10:00 AM—11:00 AM**, beginning **January 21**. Please call **860-647-3211** to register. Chess boards will be provided, but players are welcome to bring their own as well.

ANNOUNCEMENTS

AARP TaxAide Volunteers Needed!

Are you interested in volunteering for the **AARP Foundation TaxAide** program at the Manchester Senior Center? This is a rewarding opportunity to serve local community! Volunteers help their neighbors complete and file their tax returns. Several positions are available:



SCHEDULER: Answer phone calls and schedule appointments for taxpayers. Volunteers come in one day/week from 10:00 AM—3:00 PM. This position runs from January—April. Appointments are made by computer on an excel spread sheet. No experience is necessary.

CLIENT FACILITATOR: Interview taxpayers and review their tax documents to ensure they have everything needed to complete their tax return. Must complete self-guided online tutorials and a test to ensure you understand the material. Client facilitators help Monday—Thursday from 12:45 PM—2:15 PM, from February 3rd—April.

TAX COUNSELOR: Tax counselors prepare taxes for taxpayers. Must take a 5 Day classroom course, study other material, complete required practice problems, and take tests to ensure they are proficient in the material. Tax counselors volunteer Monday—Thursday from 1:00 PM—3:00 PM, from February 3rd—April.

If you are interested in any of these opportunities, please contact **Joe** at **860-281-1270** for more information!

CRT Energy Assistance

If you have trouble paying your home heating bills, turn to CRT for help. Now is the time to apply for the **Connecticut Energy Assistance Program** with help from CRT.

Ways to apply for Energy Assistance:

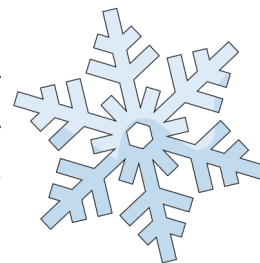


EMAIL: Obtain a paper application at a satellite office or download the application from the DSS website and email the application with required documents to: crtenergyapplication@crtct.org

PAPER APPLICATION: Obtain a paper application at a satellite office or download the application from the DSS website. Mail or fax completed application with required documents to the **Community Renewal Team, 395 Wethersfield Ave, Hartford, CT 06114**. Fax: **(860) 560-5731**.

Senior Center Closing Policy:

During inclement weather if Manchester schools are closed, all center programs, meals and transportation are canceled for that day. However, staff is available in the office for regular scheduled office hours. When school is on a 2 hour delay for inclement weather, the senior center will open at 10:30 AM. Anything that starts before 10:30 AM is canceled. Call the Center to listen to the voice recording or check CBS or NBC for closing/delay announcements.



SOCIAL GROUPS

Did you know that the Senior Center has many different social groups waiting for you to join? Please see below to learn more about our fabulous groups and how you can get involved at the center! To join any of these groups call 860-647-3211.



Book Group

The Book Group meets on the 3rd Tuesday of the month. Our next meeting is **Tuesday, January 21** —*The Last Thing He Told Me* by Laura Dave. Meetings take place in the Senior Center Library at **10:30 AM**. If you have questions about the book club, please contact **Carol Flynn** at carolflynn128@yahoo.com. Books are available for the book club at the Manchester Public Library in the reference room.

Friendship Circle

The Friendship Circle meets on **Wednesday** mornings from **8:30 AM—11:30 AM**. Come any time during the meeting to work on your own knitting or crochet project with like minded crafters. If you're new to these crafts members are excited to teach you, and supplies are available for free. The group also enjoys lively conversation, coffee, and delicious baked goods.

Men's Group and Women's Group

Get involved and get social with the Men's Group or the Women's Group! These are great groups of seniors who drop in for an hour of conversation, current events, health topics, and more! This program is facilitated by our Program Assistant CJ. The Women's Group meets on **Monday** mornings from **9:30 AM—10:30 AM**. The Men's group meets on **Monday** mornings from **10:45 AM—11:45 AM**.

Royal Scarlett Gadabouts

The Royal Scarlett Gadabouts are the Manchester chapter of the Red Hat Society. Join this group to make friends, learn from guest speakers, attend social events, and volunteer in the community. Monthly meetings are typically held the first Tuesday of every month from **1:00 PM—4:00 PM**. New members are welcome to attend, please reach out to Maelene before your first meeting. For more information please contact Maelene Williams at **860-375-8460**. The next meeting is on **Tuesday, January 7**.

Senior Circle

The senior circle is perfect for people who enjoy small group activities. This group meets on **Tuesday** and **Thursdays** from **10:00 AM—12:00 PM**. Enjoy games, art projects, exercise, day trips, educational lessons, and more! This group is lead by our Program Assistant CJ.

HEALTH SERVICES

Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** from **9:30 AM—12:00 PM!** If you have any questions, or concerns, please contact the Manchester Health Department at 860-647-3173.

Join us for a **Blood Pressure Presentation** on **Thursday, January 23** at **11:00 AM**. Register by calling 860-647-3211. For more information please see the *Front Page*.

File of Life Medication Review

30 minutes now can save valuable time in an emergency situation! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! Nurses from the Manchester Health Department can help create your own File of Life. Please call 860-647-3211 to schedule an appointment for **Thursday, January 16th**. On the day of your appointment bring all **PRESCRIBED** medications and **OVER THE COUNTER** medications in a bag.

Foot Care— 1st & 3rd Friday of each month

Schedule a 30 minute appointment to meet with a nurse from Footcare By Nurses LLC. **Cost: \$45.00**. You can pay by cash, check or card. Call the Manchester Health Department at **860-647-3173** to schedule your appointment. **Dates: 1/3 & 1/17**. If you have to cancel, please allow at least 48 hours advance notice. **Diabetics are excluded from the nurse nail care services (see below).**

Podiatry Doctor Appointments

There are no podiatry appointments for January. The next scheduled visit is on **Friday, FEBRUARY 14, 2025**. Anyone with chronic pain or a foot/ankle injury may benefit from the specialized care of a podiatrist. Dr. Vera Halbfass can assist with fungal infections, foot/ankle wounds, and the unique foot care needs of those with diabetes, and circulatory conditions. If you would like to schedule an appointment, please call Diana Martin, RN at **(860) 647-3175**. **REGISTRATION IS REQUIRED**. Appointments will be in the First Choice Mobile Clinic Unit in the Senior Center parking lot. If you don't already see a Podiatrist take advantage of this beneficial medical service. It's time to start feeling better from the ground up!



Steady as we go – Movement and Balance for Seniors



This chair-based class uses light weights, exercise bands, or no weights at all, and is great for improving posture and balance. Class meets on **Tuesdays** and **Thursdays** at **11:00 AM** in the **Community Y Gym**, located at 78 North Main Street. The Winter/Spring Session will begin on **Tuesday, January 14**, and end on **Thursday, May 29**. **Cost: \$5.00**. Please register at the front desk.

HEALTH SERVICES

Is it Cold, Flu, Or COVID?

COVID-19, influenza, and the common cold are all respiratory illnesses that are contagious and have similar symptoms. This chart lists the most common signs of each illness, but yours may vary.

Please go to [CDC.gov](https://www.cdc.gov) for tips on preventing and treating these illnesses, or talk to your healthcare professional.

Symptoms	COLD	FLU	COVID-19
Muscle or Body Aches	Mild	Yes	Yes
Cough	Mild	Yes	Yes
Chills	Rare	Yes	Yes
Shortness of Breath	No	No	Yes
Fatigue or Weakness	Sometimes	Yes	Yes
Fever	Rare	Yes	Yes
Headache	Rare	Yes	Yes
Sneezing	Yes	Sometimes	No
Sore Throat	Yes	Sometimes	Yes
Stuffy or Runny Nose	Yes	Sometimes	Yes
New Loss of Taste or Smell	No	Sometimes	Yes
Nausea or Vomiting	No	Sometimes	Yes
Diarrhea	No	Sometimes	Yes

COVID 19—Seek Emergency Medical Care for the following:

- ◆ Trouble breathing
- ◆ Persistent pain or pressure in the chest
- ◆ New confusion
- ◆ Inability to wake or stay awake
- ◆ Pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone)

If someone is showing any of these signs, call 911 and notify the operator that you are seeking care for someone who has or may have COVID-19.

PROGRAMS

AARP SMART DRIVER COURSE

This course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. You may qualify for a multi-year automobile insurance discount by completing the course. Please check with your auto insurance agent for details. **Monday, January 13th, 8:45 AM—12:45 PM.** \$20 for **AARP Members** and **\$25 for Non-Members.** Register in advance at the Senior Center. Payable by **check only** made out to **AARP.** To find in-person courses in your area: Please call 1-888-773-7160 or visit www.aarp.org/driving36

Birthday Lunch

We will be celebrating all **January** birthdays on **Wednesday, January 29** in the cafeteria with cake! Please register for lunch in advance, lunch starts at 12:00 PM. Join us on the Last Wednesday of every month to celebrate the birthdays for that month!

Hiking Schedule—Thursdays 1:00 PM—3:00 PM

Hike substitutions or cancellations may be necessary due to weather, participants will be notified of changes by e-mail. To get the most up to date information please provide your e-mail to Jim Oliphant, jimoliphant50@gmail.com. Carpooling is greatly encouraged for all out-of-town locations. Upcoming Hikes:

January 2—Center Springs Park, Manchester. Easy 2+ miles

January 16—Downtown Manchester. Easy 2 miles

January 30—Charter Oak Park to Highland Park, Manchester. Easy 3.5 miles

Monthly Movie

Tuesday, January 14 @ 1:00 PM—*It Ends With Us (2024)* In this emotional drama, a florist must make a difficult choice about her future after reconnecting with her first love. Starring: Blake Lively, Justin Baldoni, and Jenny Slate. Rated: PG-13 Runtime: 2 hours 10 minutes. Please register in advance.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, January 15, at 11:00 AM**, in the Senior Center Library. Interested participants will receive introductions to our programs, and tour the facility. Please register ahead of time by calling **860-647-3211**.

Paint Program

Join us on **Tuesday, January 28**, as a local artist will instruct and assist as you create a one of a kind masterpiece. No experience necessary. No experience necessary. Class starts at **9:30 AM**. All supplies will be included. **Cost \$15**. Register beginning, Monday, January 6.



PROGRAMS

Square Dancing

Join us on **Thursdays** from **12:30—2:15 PM**. **January class dates: 1/9, 1/16, 1/23, and 1/30**. **Cost: \$5 per class**. Pre-registration is required before class at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate!!

Therapy Dogs

Bright & Beautiful Therapy Dogs will be visiting the senior center on the **First Tuesday** of each month, from **10:30 AM—11:30 AM**. Upcoming visit: **Tuesday, January 7**. Drop by any time during the hour to meet the dogs. If you have any questions please call the front desk at 860-647-3211.

Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. The walk starts at **9:00 AM**, members meet at 8:50 AM. Join this group to walk with friends around local trails. To find out the walking schedule, or if you have any questions please call Missy Rankin at 860-647-3210. Register to be updated with any changes.



Writing Classes with Debi:

Exploring Memoir:

Thursdays 9:00 AM—10:30 AM, February 6—March 27

Tell the story. You are rich with experience and have many stories to share. This workshop will explore multiple forms of writing to unlock those ideas. We will use poetry, essay, and short story (yes, fiction) to coax out memories of the past. Our goal is to creatively capture snapshot moments of yesterday. This class is **FREE**, but please register in advance.

Writing to Explore Poetry:

Thursdays 10:30 AM—12:00 PM, February 6—March 27

This 8 week writing workshop explores many facets of poetry. Using models, you'll be creating your own poetry, and if you want, sharing it with other workshop members. We will: cover the workshop process for giving and receiving feedback; look at examples and write our own pieces of Haiku, black-out, sestina, villanelle, pantoum, sonnet, and freeform poems; and if time allows, put together a booklet of the final pieces. Poetry can be fun to write and entertaining to share. It may also allow you to discover a voice inside, a new way of listening and observing and sharing your ideas. Come join the fun. This class is **FREE**, but please register in advance.



Manchester—*Silk City Travelers*

Previously Advertised, Register today!

Swing into Spring with the King

A Villa Louisa, Bolton, CT

DRIVE ON OWN ONLY

Richie Santa performs as an Elvis tribute artist with a show that will not disappoint! There will never be another Elvis, but as long as fans support the music, Richie will continue to perform his show as a tribute to the greatest entertainer of all time. Enjoy a welcome charcuterie table of meats, cheese, and fruit. For your entree please choose between Chicken Florentine with a Lemon Mornay Sauce, or Stuffed Sole with crabmeat stuffing and Sherry Cream Lobster Sauce. All entrees served vegetable, potato, dessert, soda, coffee, and tea. Please be aware that this trip is drive yourself only, there will be no transportation from the senior center. **Date:** Wednesday, April 16, 2025 **Cost:** \$85 pp. **Includes:** Lunch, entertainment, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** March 7

The Metropolitan Opera

Lincoln Center, New York City

A lifetime experience not to be missed! See the opera at the magnificent Metropolitan Opera House featuring the world's greatest singers and musicians in an unforgettable performance. You don't need to be an expert of opera to appreciate the enormous scale of these productions or the amazing voices booming through the Opera House with no microphones! We will be seeing *Aida*. Radames, a young Egyptian army officer is in love with Aida, an Ethiopian princess who is now the slave of Pharaoh's daughter, Amneris, who is also in love with Radames. We have reserved Orchestra Rear Seating, show runs 3 hours 15 minutes. Time will be available before the show to grab a bite to eat on your own. **Date:** Sunday, April 27, 2025 **Cost:** \$182 pp. **Includes:** round trip transportation, show ticket, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** March 14 **Departs:** 8:30 AM **Approximate Return:** 4:30

PM
11

Waitress the Musical

Majestic Theater, West Springfield MA

Waitress tells the story of Jenna, a waitress and expert pie maker stuck in a small town and a rocky marriage. When a baking contest in a nearby county offers her a chance at escape, Jenna fights to reclaim a long-forgotten part of herself. This show celebrates the power of friendship, dreams the family we choose, and the beauty of a well baked pie. Prior to the show enjoy lunch at Storrowtown Tavern Carriage House. Please choose between Roast Turkey, or Baked Scrod. All meals served with salad, vegetable, potato, dessert, and coffee. **Date:** Saturday, May 31, 2025 **Cost:** \$143 pp. **Includes:** round trip transportation, show ticket, lunch, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** April 23 **Departs:** 10:30 AM **Approximate Return:** 5:15 PM

Trip Policies:

1. All participants must fill out and sign an Emergency Contact Form/Liability waiver before participating
2. Make all checks out to the Tour Company listed. Include name, address and phone number on the check.
3. All Trips depart from the Senior Center Parking lot unless stated otherwise
4. Sign up for new trips does not begin until date stated
5. You can sign up any time for trips that have been previously advertised
6. You do not have a secured spot on the trip until payment has been made
7. If a trip is full your name will be placed on a waitlist, open spots will be filled in order from the wait list
8. If a person cancels a trip for any reason, no refunds will be given once payment is received unless we are able to fill your spot on the trip.

See Trip Flyers for more details.

Questions? Call Missy Rankin (860) 647-3210

-- IN THE LOOP --

1. **Manchester Matters** – The Town of Manchester’s e-newsletter is a great source of information for Town news, information and events! Sign up today to receive weekly newsletters on all things Manchester: <https://bit.ly/manchestermatters> or call the Customer Service & Information Center at 860-647-5235.
2. **Foodshare** – If you are interested in participating as a volunteer please contact Krista Ostaszewski at Foodshare 860-286-9999 EXT 104, or email kosta@foodshare.org.
3. **(S.H.O.P.) Seniors Help Our Pantry** – Our MACC contribution box is located in the Senior Center Lobby. With everyone’s help we can keep our MACC box full. To make a monetary contribution to MACC, you can pick up a donation form from the Front Office and send a check directly to MACC indicating our S.H.O.P. PROGRAM in the memo section of your check. Mail to MACC, 466 Main Street, Manchester, Ct 06040.
4. **MACC Food Pantry Donations** – Monetary donations to the food pantry can be mailed to P. O. Box 3804, Manchester, CT 06045-3804. Food donations can be dropped off at (MACC) Manchester Area Conference of Churches, 856 Main Street, 9:00 AM-5:00 PM, Monday—Thursday, Friday 9:00 AM—2:00 PM, and Saturday at the Community Kitchen 9:00 AM 2:00 PM. Special arrangements for food donations can be arranged by calling 860-647-0800 or Shannon Baldassario, Executive Director/CEO at 860-647-8003 EXT 17. Please visit www.maccct.org.

Items needed for the food pantry at this time:

Pasta Sauce, Pasta, Hot and Cold Cereal, Oatmeal, Jelly, Peanut Butter, Snack Bars and Cookies, Tuna and Other Canned Meats, Macaroni and Cheese, Egg noodles, Chef Boyardee, Beef Stew, Canned Fruits and Soups, Saltines and other Crackers, Juice Boxes, Coffee and Tea, Hot Chocolate, Applesauce, Jello, Pudding, Pickles, Raisins, Potato Chips, Snacks, Popcorn. **Personal Hygiene Items:** Shampoo, Conditioner, Toothpaste, Toothbrushes, Dental Floss, Body Lotion, Bar/Liquid Hand/Body Soaps, Toilet paper, Paper Towels.

PLEASE DO NOT DONATE FRESH PRODUCE OR PERISHABLE ITEMS.

5. **Support our Troops & Honor our Veterans** – Please take a moment to express your gratitude and thank a soldier. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Small, individual donations can be dropped off at the Town Hall, Customer Service & Information Center, 41 Center Street, Manchester, CT 06040 or contact 860-647-5235.

Manchester Senior Center Lunch Menu — January 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 12/30 – 1/3	Vegetable Pasta Primavera Garlic Bread Contains: Gluten	Crispy Chicken Sandwich Quinoa Salad Contains: Gluten	New Years Day Closed	Bacon, Spinach & Cheddar Quiche Croissant Contains: Gluten	Pasta & Clam Sauce House salad Dinner Roll Contains: Gluten
Week 2 1/6 – 1/10	Philly Steak & Cheese Sub Potato Wedges Fresh Fruit Contains: Gluten	Vegetable Lasagna Garlic Stick House Salad Contains: Gluten	Garlic Pesto Chicken Egg Noodles Parmesan Spinach Contains: Gluten	Sloppy Joe Sandwich Tater Tots House Salad Contains: Gluten	Potato Crusted Haddock Garlic Lemon Linguini Contains: Gluten
Week 3 1/13 – 1/17	Open Faced Pork Sandwich Roasted Potatoes Spinach Salad Contains: Gluten	Roasted Vegetable Alfredo Garden Salad Dinner Roll Contains: Gluten	Shepherd's Pie Cucumber & Tomato Salad Croissant Contains: Gluten	Chicken Cacciatore Caesar Salad Garlic Bread Contains: Gluten	Clam Chowder Bread Boule Garden Salad Contains: Gluten
Week 4 1/20 – 1/24	Martin Luther King Jr. Day Closed	Roasted Turkey Breast Rice Pilaf Cauliflower	Garlic Chicken Mushroom Sauce Pesto Potatoes Green Beans	Honey Mustard Pork Loin Baked Potatoes Brussel Sprouts	Beef Stew Mashed Potatoes Garlic Bread Contains: Gluten
Week 5 1/27 – 1/31	Sausage, Pepper & Onions Sub Potato Chips Fresh Fruit Contains: Gluten	Chicken Street Tacos Confetti Rice & Vegetables Contains: Gluten	BBQ Chicken Wings Spanish Rice Sweet Plantains Contains: Gluten	Turkey Pot Pie Caesar Salad Croissant Contains: Gluten	Shrimp Scampi Buttered Noodles Spinach Salad Contains: Gluten

Please call **860-647-3211** to make a lunch reservation.
Menu is subject to change based on availability of product.