

# THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging  
715 Old King's Highway • Wellfleet • 02667

## COA STAFF DIRECTORY

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VOLUME 2015-11 & 12

November/December 2015

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319

**Please make note of new important & informative upcoming programs, as well as a reminder about the Wellfleet Police Department Reassurance Program.**

**The Wellfleet Fire Department** will be here on December 8<sup>th</sup> at 10:30 to present the SENIOR SAFE PROGRAM. Geared towards those over the age of 65, Senior SAFE aims to improve the safety of older adults at home. Presented by Lieutenant Joseph Cappello and Firefighter/Paramedic Rachael McGrath based on their training with the National Fire Protection Association, **learn how to live longer and safer in your home.**



**The Five Wishes** is an easy-to-use legal document written in everyday language that lets adults of all ages plan how they want to be cared for in case they become seriously ill. Mary Cullity, LICSW of VNA Hospice of Cape Cod will be here for a 2 session presentation. See Page 5 of The Wave for more information & dates.

**The Wellfleet Police Department Reassurance Program** ~ See Page 5 of The Wave for more information about a daily "check-in" phone program offered by our Police Department.

Wellfleet Dines Out was a terrific success! Thank you to the below-listed restaurants for donating a portion of their designated evening proceeds to the Friends of the COA. Thank you to all the people who participated by enjoying terrific meals at these establishments. Please continue to support our local businesses. With much appreciation and thanks to the diners and to the following restaurants:

\*The Bookstore

\*Moby Dick's

\*The Pearl

\*The Wicked Oyster

\*Marconi Beach

\*Catch of the Day

\*Bob's Sub & Cone

\*PJ's Family Restaurant

\*Van Rensselaer's

\*PB Boulangerie Bistro

\*Winslow's Tavern

Are you remembering to check-in to **MySeniorCenter**, when you enter the COA? The more you scan, the more you help to drive up the attendance numbers which, in turn, help us get more grant money. **Congratulations to these "super-scanners" ~ they will be enjoying a complimentary Iris's Café luncheon!** **JOAN THOMPSON & JOHN DOUCETTE !!!**

## DATES TO REMEMBER ~ COA CLOSED

Wednesday, November 11 ~ Veteran's Day

Thursday, November 26 ~ Thanksgiving

(we are open the day AFTER Thanksgiving but there are NO exercise classes)

Friday, December 25 ~ Christmas

Friday, January 1 ~ New Year's Day

We have partnered with Funtastic Getaways in Falmouth to offer exciting travel opportunities. Day and overnight trips available. Please stop in at the COA to browse the Funtastic booklet.

### ♥ FOR YOUR HEALTH

♥ **ASK THE NURSE** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 12:30 – 2:30 PM:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health & wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. November 13 and December 11.

♥ **FLU SHOT CLINIC:** *Tuesday, November 3<sup>rd</sup>, 9 AM – 1 PM ~ for Wellfleet residents, 18 years of age or older, by appointment. Call us to schedule your shot!*

### ▶ FOR YOUR ASSISTANCE

▶ **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, November 18 and Wednesday, December 16 at 4 PM.* In this seminar, she will focus specifically on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

▶ **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

▶ **FUEL ASSISTANCE:** *Fuel assistance is available to income-eligible applicants. Confidential appointments available with Terri or Linda. Please call for more information regarding documents needed to file.*

▶ **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

▶ **LEGAL ASSISTANCE:** *60 years of age or older* ~ By appointment on the second Wednesday of the month, from 10 – Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. November 17 (**Tuesday due to holiday**) and December 9.

▶ **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday – Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

▶ **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.



### 🍏 FOR YOUR DINING PLEASURE

🍏 **CONGREGATE LUNCHEON:** 60 years of age or older - every Wednesday at noon. Reservations required the day before by 11 AM ~ 508-349-2800, Ext. 207. Suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands.

🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave. *No Café on November 26 and December 24<sup>th</sup>.*

🍏 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍏 **SOUP TO GO:** Available on Mondays, packed to travel, \$4.00/pint ~ menu on last page of The Wave.

### ★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, November 10 and Thursday, December 10, 10:15 - 11:15.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELLFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the second Monday of every month. Please call Kip Detlef at (508)349-6805 for more information. November 9, December 14.

★ **WELLFLEET ELEMENTARY SCHOOL CHORUS HOLIDAY PERFORMANCE:** Thursday, December 17<sup>th</sup>, 12 noon, before Iris's Café.

★ **WELLFLEET WAVE BOOK CLUB:** November 19<sup>th</sup>, 1:30 ~ Nora Webster by Colm Toibin ~ "Miraculous... a strikingly restrained novel about a woman awakening from grief and discovering her own space, her own will...extraordinary... [Toibin] portrays Nora with tremendous sympathy and understanding." (*The Washington Post*)

December 17<sup>th</sup>, 1:30 ~ Lila by Marilynne Robinson ~ "Lila is a book whose grandeur is found in its humility. That's what makes Gilead among the most memorable settings in American fiction . . . Gilead [is] a kind of mythic everyplace, a quintessential national setting where our country's complicated union with faith, in all its degrees of constancy and skepticism, is enacted." (*The Wall Street Journal*)

### ☺ FOR YOUR WELL-BEING

☺ **ARTHRITIS FOUNDATION EXERCISE CLASS WITH MELISSA SHANTZ:** Monday & Wednesday, 8 WEEK SESSIONS ~ *October 26 - December 16 ~ 11:45-12:45* ~ Gentle class will be geared towards osteo-arthritis, rheumatoid arthritis, fibromyalgia and osteoporosis. Drop-in fee of \$7 or pay up front for full session/big savings (8 weeks, two times a week = 16 sessions) for \$70. *There will be a class on November 20 instead of November 25. Next session resumes in the Spring.....look for start date some time in March or April!!!*



No exercise classes on  
Friday, 11/27 ~ have  
another slice of pie !!!

## FOR YOUR WELL-BEING (cont.)

### Balance/General Exercise & Strength Training with Melissa Shantz

#### 10-WEEK EXERCISE SESSIONS

Current session ~ Monday, October 19 – Wednesday, December 23

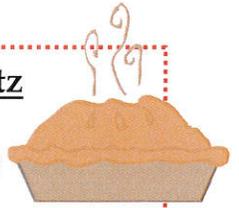
WEEK OF DECEMBER 28 IS "MAKE UP WEEK"

Next session ~ January 4 – March 11 (perfect for your New Year's Resolution!!!)

#### FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:

#### FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING

CLASSES ONLY ~ discounted rates for multiple sessions ~ 1X per week for \$50,  
2X per week \$70, 3X per week \$85, 4X per week \$100 ~ Drop-in's welcome, \$7 per class  
drop-in rate ~ mid-session drop-in's will NOT be pro-rated.



☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day except Thursday, 8:45 – 10 AM.

#### NO CLASS NOVEMBER 3

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings 8:45–10 ~ \$7.00 per class.

No mat  
class 11/5  
& 12/24

*Note: Physician's approval absolutely required for all exercise classes!*

☺ **VIBRANT HEALTH WITH DR. RHYS PRESTON** ~ Informative monthly workshops with Dr. Rhys Preston ~ chiropractor, certified personal trainer and nutrition counselor. Dr. Preston will provide you with practical applications to begin your journey of health and wellness. **NEW DATES FOR NOVEMBER AND DECEMBER DUE TO THE HOLIDAYS**, with a different informative topic to share, based on his philosophy that "healing is a journey not a destination". **November 12<sup>th</sup>, 1:45 – 3 PM ~ The Thyroid** ~ Do you suffer from fatigue, memory loss, depression, weight gain, fibromyalgia, sweet & carb cravings? Statistics indicate that about 10% (13 million adults) of the population suffer from hypothyroidism. The thyroid gland is the body's metabolic regulator which means it controls the rate at which the body produces energy from food, and, therefore, has a primary effect on overall energy levels. It regulates digestion, oxygen consumption, and mobilization of fat from storage. Please join Dr. Rhys Preston in a lively discussion about the causes of hypothyroidism and alternative ways to remedy this condition.

**December 10<sup>th</sup>, 1:45 – 3 PM ~ Balancing Female Hormones Naturally** ~ Are you suffering from symptoms such as hot flashes, low energy, food cravings, anxiety, depression, or irritability? These symptoms come from issues related to female hormones. Balancing female hormones is crucial because hormones provide vitality, stamina, and cognition. They also protect against heart disease, osteoporosis, and cancer. Join Dr. Rhys Preston for a discussion of natural ways to balance female hormones. ~ **PLEASE CALL THE COA TO RESERVE YOUR SPOT FOR THESE FREE, INFORMATIVE WORKSHOPS!!**

### ◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 – 4:30 PM ~ November 10, December 8. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10 – 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Mary for more information at 508-237-6766. November 12, December 10 & 24.

◆ **CAREGIVER'S SUPPORT GROUP:** If you are a caregiver for someone in the Outer Cape area, you don't have to go it alone. This COA sponsored support group can be a powerful tool, providing participants with many benefits. Comprised of fellow caregivers and knowledgeable group leaders, there is a wealth of information, resources and peer support available. Meetings are held at the COA on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. November 3, 17 & December 1, 15.

◆ **THE FIVE WISHES:** A new year is rapidly approaching, making this a good time to get your house in order. This means leaving instructions for those you love about what your wishes are should you become incapacitated in any way. **"There are many things in life that are out of our hands. The Five Wishes document gives you a way to control something very important—how you are treated if you get seriously ill. It is an easy-to-complete form that lets you say exactly what you want."** Mary Cullity, LICSW of VNA Hospice of Cape Cod will present information about 'Five Wishes', Health Care Proxy and MOLST (medical orders for life-sustaining treatment) in 2 sessions on the following dates:

*November 17<sup>th</sup> ~ 11:00 - 12:30 ~ information session, document distribution*

*December 1<sup>st</sup> ~ 11:00 - 12:30 ~ follow up session, document review & questions*

◆ **WELLFLEET POLICE DEPARTMENT REASSURANCE PROGRAM** ~ This

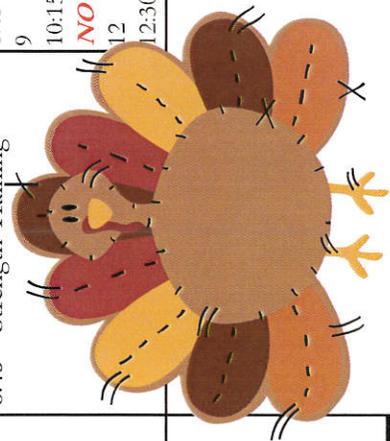


program provides daily contact to make sure that a person is doing well. How does the program work? Everyday you will call the Wellfleet Police Department at (508) 349-3702 and speak with the dispatcher by 10:00 AM. If the dispatcher does not hear from you a call will be made to your residence to check on you. If the dispatcher is unable to reach you, a police officer will be sent to your residence to check on you. If you aren't home, they will leave a note asking you to call in upon your return. Why should you consider

enrolling in this program? It is free, and you get to talk with a friendly dispatcher on a daily basis. If you live alone it will give you daily contact with someone, which is reassuring to your family. Did we mention that it is free and the police occasionally deliver gifts around some holidays? And don't worry, because **No, the police don't get upset if you forget to call!!** You can start and stop the program on a temporary basis if you are away on vacation, or have family visiting. Please feel free to contact a dispatcher at the Wellfleet Police Department or a member of the COA if you have any questions or concerns.

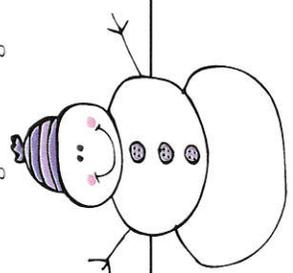


# November 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise	3 <b>NO STRENGTH TRAINING CLASS TODAY</b> 9 <b>Flu Shot Clinic</b> 10 Caregiver's Support Grp.	4 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	5 <b>NO STRETCH CLASS TODAY</b> 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	6 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
9 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise 2 Red Hat Society	10 8:45 Strength Training 10:15 Denya LeVine & SeaBabies 3 Alzheimer's/Dementia Caregiver's Support Grp.	11 <b>CLOSED TODAY FOR VETERAN'S DAY</b>	12 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble	13 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
16 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise	17 8:45 Strength Training 10 Caregiver's Support Grp. 10 Legal Aid 11 <b>5 Wishes</b>	18 8:45 Strength Training 9 COA Board 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?	19 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>Nora Webster</i> 2 Scrabble	20 8:45 Strength Training 10:15 Balance/Exercise <b>11:45 Arthritis Exercise (instead of 11/25 class)</b> 1 Bridge
23 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise	24 8:45 Strength Training	25 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise <b>NO ARTHRITIS EXERCISE</b> 12 Congregate Luncheon 12:30 Ask A Nurse	26 <b>CLOSED TODAY FOR THANKSGIVING</b>	27 <b>NO EXERCISE CLASSES TODAY</b> 1 Bridge
30 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise				

**NOVEMBER ARTIST OF THE MONTH ~ Nancy Nicol**

# December 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>DECEMBER ARTIST OF THE MONTH Robert Hammerquist</b> 7 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise	1 8:45 Strength Training 10 Caregiver's Support Grp. <b>11 5 Wishes</b> 8 8:45 Strength Training <b>10:30 Senior Safe Program by Wellfleet Fire Dept.</b> 3 Alzheimer's/Dementia Caregiver's Support Grp.	2 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 9 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 16 8:45 Strength Training 9 Gosnold Counseling 9 COA Board 10:15 Balance/Exercise 11:45 Arthritis Exercise ( <i>last class</i> ) 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?	3 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble 10 8:45 Stretch & Strengthen 10 Bereavement Support 10:15 Denya LeVine & SeaBabies 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble 17 8:45 Stretch & Strengthen 11:30 Gosnold Counseling <b>12 Wellfleet Elementary School Chorus Performance</b> 12:30 Iris's Café 1 Quilting 1:30 Book Club - <i>Lila</i> 2 Scrabble	4 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge 11 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge 18 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge 25 <b>CLOSED TODAY FOR CHRISTMAS</b>
21 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	22 8:45 Strength Training  29 8:45 Strength Training	23 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 30 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	24 <b>NO STRETCH CLASS TODAY</b> 10 Bereavement Support 11:30 Gosnold Counseling <b>NO IRIS'S CAFÉ TODAY</b> 2 Scrabble 31 8:45 Mells Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	28 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise

**Wellfleet Council on Aging**  
**715 Old King's Highway**  
**Wellfleet, MA 02667**

**COA Board Members:**

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Evelyn Sheffres ~ Vice-Chair  
Patricia Shannon ~ Secretary  
Ernie Bauer  
Paul Goetinck  
Sarah Multer  
Fred Nass  
Brian Quigley  
Evelyn Savage  
Maureen Schraut ~FCOA Liason  
Robin Slack

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Sylvia Smith ~ Treasurer  
Sandy Wonders ~ Clerk  
Meredith Blakeley  
Greta Einig  
Peter Hall  
Sarah Multer  
Marge Piercy  
Roger Putnam

*Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.*

**IRIS'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert,  
reservations required by Wednesday**

- Nov. 5<sup>th</sup>** Roast acorn squash, brown rice pilaf with apples, raisins & walnuts, green beans  
**Nov. 12<sup>th</sup>** Roast chicken breast w/tomato, olives & Feta cheese, orzo w/herbs, sautéed chard with garlic  
**Nov. 19<sup>th</sup>** Thanksgiving turkey dinner  
**Dec. 3<sup>rd</sup>** Vegetarian baked stuffed shells with Parmesan sauce, mixed green salad  
**Dec. 10<sup>th</sup>** Pork medallions w/Chinese ginger sauce, steamed rice, sweet & sour carrots  
**Dec. 17<sup>th</sup>** **CHRISTMAS PARTY ~ PLEASE BE HERE AT 12 NOON FOR A HOLIDAY  
PERFORMANCE BY THE WELLFLEET ELEMENTARY SCHOOL CHORUS.**  
Greek shrimp scampi w/tomatoes & Feta, rice pilaf, mixed green salad  
**Dec. 31<sup>st</sup>** **NEW YEAR'S EVE CELEBRATION** ~ Orange maple baked salmon, mashed sweet  
potatoes, vegetable

**IRIS'S SOUP TO GO**

**Prepared on Monday, packed to travel ~ \$4.00 pint**

- |                             |                                       |                             |  |
|-----------------------------|---------------------------------------|-----------------------------|--|
| <b>Nov. 2<sup>nd</sup></b>  | Chicken chili                         | <b>Dec. 7<sup>th</sup></b>  | Potato leek                                |
| <b>Nov. 9<sup>th</sup></b>  | Pureed kale                           | <b>Dec. 14<sup>th</sup></b> | Curried cream of chicken w/rice & peas     |
| <b>Nov. 16<sup>th</sup></b> | White bean w/tomato & chicken sausage | <b>Dec. 21<sup>st</sup></b> | Pureed cauliflower w/spinach               |
| <b>Nov. 23<sup>rd</sup></b> | Mixed vegetable                       | <b>Dec. 28<sup>th</sup></b> | Chicken vegetable w/barley & bow tie pasta |
| <b>Nov. 30<sup>th</sup></b> | Italian beef meatball soup            |                             |  |