

May 2011

# The Village Voice

Newsletter of The Cedars Village



## Carma's Commentary

If someone asked you to be CEO, what would you say? Asking exactly what those initials stand for would be a wise first step. Instead of Chief Executive Officer, what if they stood for Chief Energy Officer? The reason that position is open is because every company, every department and every organization needs someone to share positive, powerful and contagious energy with others around them. The key ingredient for the successful candidate is to communicate from the heart.

Communicating from the heart is easier said than done. Life experiences have to happen first. Every struggle, every challenge, every adversity in life brings us closer to our heart, to our true self. We have to experience life to get real. Then, after getting knocked around in life a bit, we have to decide if we are going to close ourselves away from others or get in touch with the real, positive, and powerful person within us. Our heart is "at the heart" of making that decision.

Our heart actually acts as an emotional conductor and radiates how we are feeling to every cell in the body via the heart's electromagnetic field. This energy field can be detected up to 10 feet away. According to Jon Gordon's book, *The Energy Bus*, the heart's electromagnetic field is 5,000 times more powerful than the brain. His research shows that we are actually broadcasting positive or negative energy every moment of the day via our heart. People pick up and receive this signal subconsciously.

This concept might explain how we can tell if people are being real or fake. We can detect their heart "force" and know if it is sincere or just a façade. This thought also sheds light on expressions like, *he has a big heart* or *she puts her heart*

*into her work.* We broadcast our feelings energetically and whether those feelings are positive, negative, excited, calm, angry, or nervous, everyone around us senses our "frequency". They are tuning into our broadcast station looking for our energy.

They want our energy and we want theirs. However, this "give and take" of filling other people with energy and walking away feeling energized ourselves is a delicate balance. I've had a few friends over the years that left me feeling drained of energy after spending time with them. It took me awhile to realize what was happening and even longer to figure out what to do about it. At first I continued my efforts with them because it seemed like the right thing to do. Fortunately, we both eventually gravitated to other friends that gave us more energy.

The same holds true with jobs I've had in my lifetime. The jobs that I accepted because the salary seemed attractive, even though nothing else was much of a fit, ended up taking a toll on my health. Having an enjoyable job or hobby is important. Along the way I also realized much of what makes a job enjoyable is attitude and the way I affect those around me. That is where my heart comes into play. If I don't get my own heart charged up in the morning, everyone around me is going to need a battery (heart) charger by the end of the day.

Over the years, I've found friends and acquaintances that give me energy. In turn I am able to put my heart into projects and feel more connected with life. In other words, my heart allows me to be a Chief Energy Officer because it knows it is in the correct energy field.

Would you like me to order you a Chief Energy Officer name badge? You can wear it over your heart. . .

Carma Wall, CEO  
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**THIS 'n THAT**  
from around *The Village*

**MAY LUNCHEON**

When: Tuesday the 19<sup>th</sup>, 12:00 noon  
Where: Wellness Center Banquet Room  
Menu: Oven-baked chicken, scalloped potatoes, steamed baby carrots, spring salad, vegetable bread with butter, carrot cake, regular and sugar free, beverages  
Cost: \$9.50  
Hosts: Wesley and Verda DeCoursey  
Charles and Belle Whitacre

***Please Note:*** *A new method of contacting you for the luncheon is going into effect this month. See Bob Baldwin's page 8 for details.*

**An On-going Opportunity**

A suggestion has been made that we continue to offer the opportunity to donate to the McPherson County Food Bank by having a box for that purpose at our monthly luncheons. John Ward, a regular volunteer at the MCFB, will be happy to deliver our donations to the office/warehouse at 707 South Main. Cash gifts (checks only) are also welcome.

**A Musical Treat on All Schools Day**

The Men in Harmony Chorus, the Mac-Foursome Quartet, and their special guests, "The Paradigm Quartet" of Des Moines, Iowa will present the finale of the McPherson County All Schools Day Festival at:

7:30 pm on May 13

at the McPherson Opera House.

Come and enjoy a wonderful evening of barbershop harmony.

Tickets (\$8), from Bill Loewen (241-2985)

**Donor Appreciation Gala**

At the Village Luncheon on April 19, Director of Development Eric Litwiller announced that The Cedars will be having a fund-raising event later this year which includes a dinner and live auction. In an effort to have a local flavor to the auction, all those with a crafting streak were cordially asked to consider donating items to sell with the purpose of raising money for The Cedars. Wood working, sewing, knife making, china painting, quilting, jewelry making and many other skills are all represented here on our campus already, and when we include the talents of friends and family who may not live here, that list gets even longer. In addition to handicrafts, several larger items are needed as well to serve as main draws for the evening. Vacation packages, antiques, fine art, or even real estate; anything that might serve as a marquee item to draw attendance will be hugely valuable. The auction is scheduled for October 7, but invitations will go out well in advance on which we would like to include some of the items available for sale. Therefore, if you are willing to donate your time and talents to our community, please contact Eric as soon as possible to let him know what you could share.

It is hoped that up to 200 of our largest historical donors will be able to attend the gala, including all members of the Heritage Society. Local individuals or businesses who donate items in excess of \$500 in value will also be extended an invitation. We hope to make this evening the first of an annual event to raise money for The Cedars, so if you have any thoughts on ways to make this a night to remember, please feel free to share them with Eric. Thanks for your support!

(--Eric Litwiller, Director of Development)

(This 'n That, continued on page 3)

### **A note of thanks**

Charlie and Wilma Sutton wish to express their appreciation to the many Villagers who remembered them with prayers, cards and visits during his recent hospitalization.

### **Heritage Society News**

In last month's Village Voice, you heard the stories of several of our residents who have made the decision to include our community in their estate planning. We are absolutely thrilled to announce that with each passing month, the ranks of the Charter membership group of Heritage Society members continues to grow. What is even more wonderful are the ways that this is happening. Since last month, we have heard from several residents who purchased substantial gift annuities through our own development office. These annuities are a great way to ensure not only a deferred gift to The Cedars, but also guarantee a largely tax-free income for the rest of their lives. We've heard from people who have met with their attorneys and tax planners to add The Cedars as beneficiary on life insurance policies, investment portfolios, or real estate. For those who have planned their estates as Trust's, naming The Cedars as a beneficiary of a certain percentage of that Trust is a great way of remembering your years here without committing a set dollar amount. And we've even talked to people who have made the decision to forgo their reimbursement on their life lease in the Village and leave it instead right here in our community where those funds can continue to serve our residents in countless ways.

Through these types of generosity, capital becomes available to expand our library, fund scholarships for our nursing staff to ensure superior levels of care, and purchase needed equipment such as resident beds and

lifts for the Health Care Center, and a tractor to maintain the campus. We know that not everyone has the resources to gift in the tens or hundreds of thousands of dollars. Simply making the effort to demonstrate your appreciation of your time here in any amount means a great deal to the staff members who exist to serve you.

Remember that membership in the Charter group remains open through the end of June of 2011, when all Heritage Society members will be recognized with a plaque in the Conference Center. If you have already mentioned The Cedars in your estate plans, or have purchased a gift annuity, but have not heard from me regarding this, please contact the Development office to ensure that your membership has been noted. And if you are still considering your options, please stop by my office across from Mike Harold to discuss the various options available. We will continue to build the Heritage Society for many years to come, and hope that you will join us in ensuring the future of our community.

--submitted by Eric Litwiller

### **From our library**

New shelves for the library are finished! Many thanks to all those responsible for getting this project done. We will begin moving books this week. Inspiration books will be in the library extension located in the hallway just before the entrance to the Health Care Unit.

We will also relocate the poetry books and the nature books in that section. A notebook will be provided for easy checkout of any of these materials. We also have several beautiful coffee table books that we will make available in the new shelves. Feel free to check these out also.

(This 'n That, "From our library," continued on p. 4)

(This 'n That, "From our library, continued from p. 3)

The Jigsaw puzzles will be relocated to the new area. Eventually, we may put them in an available closet nearby, but right now they are on the shelves in the new area. Feel free to take any puzzle you want, and you really don't have to return the puzzle if you like it and would like to pass it on or keep it.

We have a growing selection of Large Print books. They are located on the left-hand wall of our current library. We hope to add to this section for those of you who have trouble with your eyesight. If you like light romance you will find lots of these. Right now they are too high for you to reach, but the new arrangement will allow us to move them to a more accessible area.

I have been reading the new Jonathan Kellerman book *Mystery* this week. I do not recommend it. His story is weak and there are too many characters. I think Kellerman should just relax for a while and let Milo and the good psychiatrist rest up for a really good adventure. His early stories were great reads and fun, but this one is just tedious and boring.

Even though we are in transition right now, you are still welcome in the library any time.  
– Betty Stanley

### May Breakfast Menus

May 5 – French Toast w/assorted sides  
May 12 - Omelet Day!  
May 19 –Breakfast Casserole  
May 26-- Omelet Day!

You can't change the past,  
but you can ruin the present  
by worrying about the future.

## **MAY EVENTS**

**Bob Baldwin, contact person,  
unless otherwise indicated**

### Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

### Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 2:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

### Pool

If you want to play pool, contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

### See you at Village Breakfast

Join your friends in the large dining room at the Health Care Center and have breakfast together. **We meet on Thursdays at 8:15 am**; the charge is \$4. The dates are **May 5, 12, 19, and 26..** Try eating at noon in the HCC or Courts.

### Tai Chi classes – twice weekly

With the YMCA we are offering introductory Tai Chi classes **each Monday (2, 9, 16, and 23; the 30<sup>th</sup> is a holiday) and Thursday (5, 12, 19, and 26) in May at 11:15 am in the W/CC.** Tai Chi promotes internal strength physically, mentally, and emotionally.

(Special May Events, continued on p. 5)

### Using the Wii

**Every Friday afternoon from 1:00 to 3:00 pm**, Bob will have the Wii game ready to go, in the W/CC fitness room.

### “Woody” Logback’s Garage

**(Dave and Bonnie Fruth)**

Woody Logback has been working in his garage for 20-30 years making “monkey boxes” - as his kids and grandkids call them.

**We’ll be going to his garage and checking out his mechanical devices on Thursday, May 5.** Woody has made a marble machine, a little windmill that actually pumps water, a Big Band box, a steam engine and lots more. Whichever way you turn, you’ll see the results of his work with wood carvings and gears that work and move the parts of his creation. Woody and his collection have been featured on TV’s *Larry Hatteburg’s People*. We want to go see his inventions and we want to take you along.

With the limited space in Woody’s garage, we’ll take two groups over if the need arises. One group will leave from the **Wellness Center at 9:45** - go to Woody’s and then **we’ll take the other group at about 10:45** - bringing the first group back at that time.

We will not be going to lunch as a group this time. However, you may want to eat at The Cedars Cafe since we’ll be bringing you back to the Wellness Center.

### Friday morning coffees

Take a coffee break and come to **The Courts on Friday mornings at 9:30am—May 6, 13, 20, and 27** . Enjoy the fellowship with our friends there.

### **Spencer Crowther, Alaska Fisherman to give Program**

Do you like to go fishing? Spencer Crowther (22 years old) is a McPherson resident, and he has spent the last six years fishing for crab and salmon in the Bering Sea off the coast of Alaska. Ships like the one he lived and worked on and adventures of deep sea fishing have been featured on the TV show “*Deadliest Catch*.”

In visiting with Spencer and recently seeing the show on TV, we see why it’s such a dangerous job. Long hours, rough seas, freezing weather and heavy work are just some of the hazards. But Spencer loves the work and is willing to come and tell us about it.

Come hear about Spencer’s life as a fisherman on **Friday, May 6 at 7:00 in the Wellness Center**. We’ve chosen an evening time so his videos will show up on the big screen. Invite your friends to come with you. We’ll have refreshments appropriate to the theme of the evening. (Donations)

### 2<sup>nd</sup> Tuesday Coffees – May 10

**Men’s and Women’s groups – 10:00 am**

**Men:** at the **Health Care Chapel** for visiting, coffee, and an occasional speaker.

**Women:** at **W/CC Coffee Shop**,

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the coffee shop for our monthly coffee.

### Forensics Students to Perform

On **Tuesday, May 10 at 3:30 in the Wellness Center** several students from McPherson High School will come and present their forensics selections which they  
(Special May Events, “Forensics,” continued on p. 6)

(Special May Events," Forensics," continued from p. 5)  
will be presenting for competition. Mr. Cory Buchta is their teacher, and he is happy to send students over for another "practice" session with a supportive audience. These students are very bright and work hard on their presentations.

Katie Benson will perform her Original Oration entitled "Generation Why"

Drew Harger will perform his Informative Speech entitled "What are you laughing at?"

Aden Lindholm will perform his Dramatic Interpretation of Literature from "Calvin and Hobbes"

Micah Black will perform his Humorous Interpretation of Literature from "The Indian in the Cupboard"

High school forensics has nothing to do with science or crime scene investigations. Instead, forensics is a competitive activity in which students debate, prepare speeches and acting events, and compete against students from other schools. There are a number of different events that students can choose to do as a part of a forensics team. The McPherson High School forensics team has qualified several events in two national tournaments this year including a policy debate team, a student congress participant, two original orations, an oral interpretation of literature, and an international extemporaneous speaker.

Come, bring your neighbors. (Refreshments. After school, kids are always hungry! Donations.)

### **Red Hatters to meet**

(Corky Flood)

**The Red Hat group will lunch together on Wednesday, May 11, at Tres Amigos at 11:30am.** Let Corky know if you need transportation. (Phone 241-4005).

### **Book Club - Monday, May 23**

Everyone is welcome at the book club gathering on the fourth Monday of the month - and this month that means **May 23**. We meet in the **Board Room at the Wellness Center at 3:00**. Grab a cup of coffee/tea/hot chocolate and come on in. Informal sharing. Come get ideas on a book you might like to read after listening to others share. No pressure to share if you just want to come listen. Bring a friend.

### **Documents to be shredded**

If you have documents that need to be shredded, you can bring those to the main Cedars office or Assisted Living on the fourth Wednesday of the month. This would be **Wednesday, May 25<sup>th</sup>**. They will have a secure box for your documents.

### **Recycling**

**Wednesday, May 25<sup>th</sup>, will be Recycling Day** at the Village. Bring your recyclables to the trailer, parked in the W/CC parking lot from **8:00 am to noon**

### **Noon Meal in Amish Home**

We've made arrangements to take a group of Villagers for a noon meal at Fanny's Kitchen near Yoder. Mark your calendar for **Thursday, May 26**. Fanny Yoder will prepare a home-cooked Amish meal of homemade bread, mashed potatoes, corn, chicken and noodles, Salisbury steak, cole slaw, tapioca and pie with tea or coffee. We asked for cherry and chocolate pie. The price for all this is \$15/person. Fanny will visit with our group about their life on the farm, their family and Amish ways following the meal.

(Special May Events, "Amish Meal," continued on p. 7)

If you're interested in coming along, **please call Froths 245-0674 by Thursday, May 19.** Fanny asked for a week's notice. That's fair since we didn't know how many places to reserve. **We'll plan to leave from the Wellness Center at 11:00 am.** We'll charge \$5.00 for transportation. We have the van and possibly take cars if we need more space.

**Movie: "Secretariat" – May 27, 7:00 pm**

Behind every legend lies an impossible dream. Witness the spectacular journey of an incredible horse named Secretariat and the moving story of his unlikely owner, a housewife who risked everything to make him the first Triple Crown winner in twenty-five years.

**Come to the Wellness Center on Friday, May 27 at 7:00 to watch this movie.** Bring your friends. The movie is rated PG, so bring your grandkids if you'd like. We'll have popcorn. (Donations

\* \* \* \* \*

**Minutes of the Village Council  
April 18, 2011  
Wellness Center Board Room**

Present: *Council Members* Betty Stanley, Lois Neher, Roger Black, Royal Eickstadt, and Norm Knocke

President Stanley called the meeting to order by reading a poem *Kansas in the Spring*. Since the Council did not meet in March, there were no minutes to be read.

Comments were made about the new automated calling system for the luncheon meetings. Since the system is not fully operational, several members asked if the old system could not be used until things are running smoothly. All resident phone numbers (including cell phones) will be incor-

porated into the new system. No action was taken on this matter.

The Council discussed the vandalism that occurred in the Village on the previous night. The suggestion was made that residents should turn on lights to cover the dark areas of their property.

Royal announced that the Activity Committee has planned Cleanup Day on April 26. Several Council members mentioned that ants are a problem for some residents. Some have also complained of wasps. This matter will be referred to Kurt.

The treasurer's report remains unchanged. Since there was no further business, the meeting was adjourned. **The next Council meeting will be at 1:30 pm on May 16 in the W/CC Board Room.**

--Betty Stanley, President

Here's a song that may hold special memories for you:



M - O - T - H - E - R

"M" is for the million things she gave me.  
"O" means only that she's growing old.  
"T" is for the tears she shed to save me.  
"H" is for her heart of purest gold.  
"E" is for her eyes with love light shining.  
"R" is right and right she'll always be.  
Put them all together, they spell "Mother",  
A word that means the world to me.

Music by Thomas Moore  
Lyrics by Howard Johnson  
--1914

**May 2011**  
**Director of Independent Living & Wellness/Conference Center**  
**Bob Baldwin**

**Auto Dialer for Activities and More**

I finally have the Auto Dialer set up and you should have had at least one call by now. We will be using an auto-dialer that will give you a prerecorded message about activities or other events that are happening in The Village. It will not work as an emergency caller or warning device as it can take a long time to call all 109 apartments. We hope it is a better way to communicate what is going on. Our weekly emails will continue but not all residents have that option. You can opt out by calling Diane and leaving a message. Another option may be a weekly menu for the noon meals at the Café. I would like your feedback on this and hope it works out and helps more people become aware of all the things going on.

**Village Safety Watch**

You may have heard about a little bit of vandalism done on the campus last month. It is a good time to remind residents that we can all help each other by reporting to the police any strange activity that you hear or see taking place on our campus. Studies have proven that neighborhood watches help prevent crime. We can help protect each other by reporting anything out of the ordinary. It works best if you dial the police and report it straight to them. They will want to talk to the person who saw the crime or unusual activity anyway so it will be a quicker response for you to call them directly.

## M A Y

## CALENDAR

| <u>DATE</u>    | <u>EVENT</u>   |
|----------------|--|
| <u>May 2-6</u> |  |
| Mon. 2         | 9:00am Exercise group, fitness ctr<br>10:15am Ready Writers<br>11:15am Tai Chi, W/CC   |
| Wed. 4         | 9:00am Exercise group, fitness ctr<br>10-11:30; 2-4pm Sew&Tie quilts, S-DUR<br>10:15am Study Group, Med. Chp   |
| Thu. 5         | 8:15am Village breakfast, HCC; menu p.4<br>9:00am China painting, S-DUR<br>9:45am Woody Logback Garage; group 1<br>10:45am “ “ “, group 2; see p.5<br>11:15am Tai Chi, W/CC<br>2:00pm Cedars van to Wal-Mart |
| Fri. 6         | 9:00am Exercise group, fitness ctr<br>9:30am Coffee at The Courts<br>10:30am Just for Laughs, Coffee Shop<br>1-3:00pm Wii Games, Exercise Rm, W/CC<br>7:00pm Spencer Crowther, Alaska fishing;p.5            |
| <b>Sun. 8</b>  | <b>Mother's Day</b>  |

### May 9-13

|                |   |
|----------------|---|
| Mon. 9         | 9:30am MHS band, W/CC, details p. 5<br>10:15am Ready Writers, Med. Chp<br>11:15am Tai Chi, W/CC   |
| Tues. 10       | 10:00am Men's Coffee, HCC<br>10:00am Women's Coffee, Coffee Shop<br>3:30pm MHS forensic students; W/CC;<br>see pp. 5&6  |
| Wed. 11        | 9:00am Exercise group, fitness ctr<br>10-11:30; 2-4 pm Sew&tie quilts. S-DUR<br>10:15am Study Group, Med. Chp;<br>11:30am Red Hats, Tres Amigos; p. 6                         |
| Thu. 12        | 8:15am Village breakfast, HCC; menu-p.4<br>9:00am China painting, S-DUR<br>11:15am Tai Chi, W/CC<br>2:00pm Cedars van to Wal-Mart   |
| <b>Fri. 13</b> | <b>All Schools Day</b><br>9:00am Exercise group, fitness ctr<br>9:30am Coffee at The Courts<br>10:30am Just for Laughs, Coffee Shop<br>1-3:00pm Wii Games, Exercise Rm., W/CC |

| <u>DATE</u>      | <u>EVENT</u>  |
|------------------|---|
| <u>May 16-20</u> |   |
| Mon. 16          | 9:00am Exercise group, fitness ctr<br>10:15am Ready Writers, Med. Chp<br>11:15am Tai Chi, W/CC<br>1:30pm Village Council, W/CC Bd. Rm.  |
| Tue. 17          | noon Village Luncheon, W/CC   |
| Wed. 18          | 9:00am Exercise group, fitness ctr<br>10-11:30am; 2-4pm Sew&tie quilts, S-DUR<br>10:15am Study Group, Med. Chp  |
| Thu 19           | 8:15am Village breakfast, HCC; menu p. 4<br>9:00am China painting, S-DUR<br>11:15am Tai Chi, W/CC<br>2:00pm Cedars van to Wal-Mart  |
| Fri 20           | 9:00am Exercise group, fitness ctr<br>9:30am Coffee at The Courts<br>10:30am Just for Laughs, Coffee Shop<br>11:15am Advocates/Friends, Med. Chp<br>1-3:00pm Wii Games, Exercise Rm, W/CC |

### May 23-27

|         |  |
|---------|--|
| Mon. 23 | 9:00am Exercise group, fitness ctr<br>10:15am Ready Writers<br>11:15am Tai Chi, W/CC<br>3:00pm Book Club, W/CC Board Rm  |
| Wed. 25 | Document shred., Courts & office, all day<br>8:00-noon Recycling, W/CC parking lot<br>9:00am Exercise group, fitness ctr<br>10-11:30am;2-4pm Sew&Tie quilts, S-DUR<br>10:15am Study Group, Med. Chp. |
| Thu. 26 | 8:15am Village breakfast, HCC; menu p.4<br>9:00am China painting, S-DUR<br>11:15am Tai Chi, W/CC<br>11:00am Amish meal, Yoder; leave from<br>W/CC; see pages 6-7<br>2:00pm Cedars van to Wal-Mart    |
| Fri. 27 | 9:00am Exercise group, fitness ctr<br>10:15am Ready Writers<br>11:15am Tai Chi<br>7:00pm Movie Night, "Secretariat" W/CC   |

### May 30-31

|                |   |
|----------------|---|
| <b>Mon. 30</b> | <b>Memorial Day</b><br>9:00am Exercise group, fitness ctr<br>10:15am Ready Writers<br>11:15am Tai Chi, W/CC |
|----------------|---|



# May 2011

| Mon   | Tue   | Wed  | Thu  | Fri  |
|---|---|--|--|--|
| <b>2</b><br>Pea Salad<br>Fried Chicken<br>Lasagna<br>Mashed Potatoes w/ Gravy<br>Zucchini<br>Corn<br>Bread pudding  | <b>3</b><br>Carrot Raisin Salad<br>Pub battered Cod<br>Chili<br>Baked Sweet potato<br>Vegetable Medley<br>Banana Cake                             | <b>4</b><br>Cole Slaw<br>Pasta and Meatballs<br>Sweet & Sour Chicken<br>Garlic bread<br>Italian Blend Vegetables<br>Rice<br>Cookie   | <b>5</b><br>Cottage Cheese Jell-O Salad<br>King Ranch Chicken<br>Pineapple Glazed ham<br>Green Beans<br>Baked Amaretto Apples                                    | <b>6</b><br>Applesauce Jell-O<br>Chicken Fried Steak<br>Stuffed Shells w/ Marinara<br>Mashed Potatoes w/ Gravy<br>Grilled vegetables<br>Brussels sprouts<br>Chocolate Pudding      |
| <b>9</b><br>3 Bean Salad<br>Egg Rolls<br>Stuffed Ravioli<br>Steamed Rice<br>Vegetable Blend<br>Yellow Squash<br>Brownie   | <b>10</b><br>Lemon Lime Jell-O Salad<br>Cilantro Chicken<br>Liver and onions<br>Mashed Potatoes w/ gravy<br>Sautéed Cabbage<br>Broccoli<br>Cookie | <b>11</b><br>Coleslaw<br>Pepper Steak<br>Pork & Kraut<br>Buttered Penne Pasta<br>Broccoli<br>Corn<br>Dinner Roll<br>Cookies and Cream Pie  | <b>12</b><br>Deviled Eggs<br>Roasted Brisket<br>Chicken Fritters<br>Mashed Potatoes<br>Green beans<br>Brussels Sprouts<br>Yeast Roll<br>Fruits of the Forest pie | <b>13</b><br>BLT salad<br>Pasta w/ Italian Meat Sauce<br>Pulled Pork<br>Wax Beans<br>Vegetable Medley<br>Bread Stick<br>Root Beer Cake   |
| <b>16</b><br>Garden Salad<br>Swedish Meatballs<br>Beef And Bean Burrito<br>Egg Noodles<br>Stewed tomatoes<br>Vegetable medley<br>Dinner Roll<br>Cherry Chocolate Cake | <b>17</b><br>Cottage Cheese & Peaches<br>Huntington Chicken<br>Chefs Choice entrée<br>Peas<br>Yellow Squash<br>Cookie                             | <b>18</b><br>Tomato & Mozzarella Salad<br>Pork loin with gravy<br>Stuffed ravioli<br>Baked Sweet potato<br>Capri Blend vegetable<br>Broccoli & Cauliflower<br>Wheat Bread<br>Dutch Apple Pie | <b>19</b><br>Cucumber Salad<br>Lasagna Rolls w/ Meat Sauce<br>Chicken Tetrazzini<br>Creamed Corn<br>Zucchini<br>Lime Layer Dessert                               | <b>20</b><br>Heavenly Mold<br>Meatloaf<br>Red Beans and Rice<br>Baked Potato<br>Scandinavian Vegetable<br>Turnips<br>Mango Cheesecake  |
| <b>23</b><br>Coleslaw<br>Fried Catfish<br>Meatball Sub<br>Au Gratin Potatoes<br>Broccoli & Cauliflower<br>Harvard Beets<br>Dinner Roll<br>Strawberry Rhubarb Pie      | <b>24</b><br>Orange Fluff<br>Chicken Fried Chicken<br>Mashed Potatoes w/ gravy<br>Spinach<br>Corn<br>Baked Cod<br>Pecan Pie Bars                  | <b>25</b><br>Caesar Salad<br>Lasagna<br>Italian green Beans<br>Cranberry Chicken<br>Stewed Tomatoes<br>Bread stick<br>Rainbow Cake   | <b>26</b><br>Fruit Cocktail<br>Pulled Brisket<br>Fried Shrimp<br>Dill buttered Red Potatoes<br>Green Beans<br>Chef's Choice Vegetable<br>7 layer dessert         | <b>27</b><br>3 bean salad<br>Chicken and Noodles<br>Chopped Pepper steak<br>Mashed Potatoes<br>Grilled Vegetables<br>Wax beans<br>Cherry pie                                       |
| <b>Memorial Day</b><br><b>30</b><br><br><b>Café Closed</b>  | <b>31</b><br>Carrot Raisin Salad<br>Pub battered Cod<br>Chili<br>Baked Sweet potato<br>Vegetable Medley<br>Banana Cake                            | <b>June 1</b><br>Cole Slaw<br>Pasta and Meatballs<br>Sweet and sour Chicken<br>Garlic bread<br>Italian Blend vegetables<br>Rice<br>Cookie  | <b>June 2</b><br>Cottage Cheese Jell-O Salad<br>King Ranch Chicken<br>Pineapple Glazed ham<br>Green Beans<br>Baked amaretto apples                               | <b>June 3</b><br>Applesauce Jell-O<br>Chicken Fried Steak<br>Stuffed Shells w/ Marinara<br>Mashed potatoes w/ Gravy<br>Grilled Vegetables<br>Brussels Sprouts<br>Chocolate Pudding |