

MARCH 2025 NEWSLETTER

Our Mission: “Creating great experiences for older adults in a welcoming environment that encourages learning, active engagement, fitness, and healthy living.”

~ From the Director and Staff~

~Building Updates~

Remodeling work has begun this month. Our building will be closed March 10 – 14th, except for possibly the Aging Mastery Program class (through Ageways) on Thursday. Announcements will be made in classes. For WCC and EMU classes, please check with the instructors for extension end date(s). There will be **no building rentals this month for events.**

~Inclement Weather or Declared Emergency Policy at YSC~

Whenever the Ypsilanti Public Schools are closed due to weather or declared emergencies, the center will not be open. Please tune in to your local news TV station or radio, or:

<https://www.ycschools.us/>

~Welcome Spring~

Washtenaw Community College classes are wrapping up. Spring/Summer classes will resume in May. The **Aging Mastery Class with Ageways** has begun. We take pride in our class offerings and in our monthly potlucks, where we provide guest speakers who provide information on topics related to senior health, wealth, and well-being. At potlucks, we provide information and trivia about national *Heritage Month* celebrations. You are welcome to review the list of ongoing activities included in this newsletter. **Come have some fun!**



The YSC needs some donated items. We could use: **(2) touch-free hand soap dispensers** (Simplehuman brand suggested), and **(2) new floor runners (very long)** available at **Uline**. These items would greatly enhance our space. We appreciate our donors!



Ypsilanti Senior Center, 1015 N Congress St, Ypsilanti, MI 48197

Ph: (734) 483-5014 | Fax: (734) 480-0380 | Open Mon-Fri | 9am-5pm

Website: w.ypsiseniorcenter.org | Email: info@ypsiseniorcenter.org Social: Facebook

Monica Prince, Director | Jasmine Figgins, Associate Director | J Blair, Program Coordinator | S McKinney, Nutrition Program

We extend a heartfelt **congratulations** to our director **Monica Prince**. Her artwork was recently selected for display at the Superior Branch of the Ypsilanti library. **From the Ypsilanti Library newsletter (The Loop), winter 2025:** *Prince brings a message of strength and hope with **Brighter Futures**, a fiber art piece that weaves together both material and message. “Every life is full of struggles and obstacles,” Prince says. “We move through them knowing there is a bright future out there.” Prince has lived in Michigan all her life, and her love of textiles began in childhood. While she was raising five children, Prince ran a dressmaking and alteration business out of her home before finishing her degree in fine arts at EMU. Now, as director of the Ypsilanti Senior Center, Prince still finds time for creating and teaching. “I love sharing my love of textiles and art with young and old,” she writes. She eagerly anticipates dedicating her retirement years to her studio practice. We hope you will visit the library sometime soon to see the artwork that brings so much joy. The address is 1900 N Harris Rd, Superior Township, MI 48198. For more information, please visit the library website at <https://w.ypsilibrary.org/> .*



We would love for you to become a member of YSC! Simply ask.

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~Ypsilanti Senior Center (YSC) News & Events~

Ascendant Foot Care (Nurse Heather) will be at the YSC on **Thursday, March 20, 2025, from 12:30-4 pm**. If you would like an appointment, please call **Heather: (414) 436-6876**. Treatment includes expertly trimmed, thinned, and filed nails. All tools are sterilized for each person. Corns and calluses are filed and buffed smoothly. No insurance billing. Self-pay only; payment is due at time of service. **COST = \$45.00**.

<https://ascendantfootcare.com/>



Catholic Social Services - A presentation entitled **Senior Resources 101** will be given on **Monday, March 3, 2025**, by **Rachel Dawson of Catholic Charities Washtenaw**, from **9:30 - 10:30 am**. A sign-up sheet is at the reception desk. Please join us.

<https://ccwwashtenaw.org/seniors/senior-resource-directory/>

The monthly YSC **Community Potluck** is **rescheduled for March 25, 2025, 11:45 am**, due to reconstruction. Our presenter(s) will be **Creola Larkin, Bank of Ann Arbor** and **Kassem Atwi, Hantz Financial Services**. Our topics are **Safe Banking and Budgeting for Seniors, and Financial Strategies**. The center will provide the main dish of rotisserie chicken. Members, please bring a complimentary side dish, dessert, or drinks to share. All are welcome. **Volunteers are needed to help with set-up, serving food, and clean-up**. If interested in helping, please see Sarah.

Computer Technology Class (EMU) Interested in taking a computer technology class geared toward older adults? Eastern Michigan University will start another class in the spring, the date TBA. To be waitlisted, please provide your contact information to joyce@ypsiseniorcenter.org or leave your name and telephone number with the receptionist. For more information: <https://w.emich.edu/engage/community/digital-connecting-corps.php>



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COVID-19 variants and other viruses, including **influenza** and **RSV**, are back in our community. Here are some recommendations:

- *Get vaccinated!*
- *Visit your doctor's office, pharmacy, or community clinic for information and testing.*
- *Wear a mask when appropriate.*
- *Get tested before indoor gatherings or around 5 days after exposure; but especially if you have Covid symptoms.*
- *Practice proper hygiene. Wash your hands frequently. Cover your cough or sneeze with a tissue. Clean and disinfect door handles, light switches, countertops, table tops, desks, toilets, phones, pens, etc.*

Donations - To make a contribution to the YSC, please write a check to Ypsilanti Senior Center, (you can specify how you would like funds used); provide cash; or follow this link: <https://ypsilanti-seniorcenter.networkforgood.com/projects/224274-honoring-our-past-building-our-future>. Alternately, this QR code may be used:



Memory Cafe meets at the YSC on the **2nd Tuesday of the month**. The next session is **Tuesday, March 11, 2025, from 2 - 4 pm**. Memory cafes are social gatherings that provide a safe and supportive space for people with memory loss and their caregivers to connect, socialize, and build support networks. Everyone is welcome! *To participate, please sign up at the front desk.*

Senior Nutrition Café Lunch Meals are provided daily at the YSC, **except for 2nd Tuesday potluck and dates when we are closed**. Meals are served to persons ages 60 years and older. **To participate, registration is required**. Sign-up for meals is five business days in advance for the following week. **Monthly menus are available at the front desk or in the newsletter** and at the YSC website. A donation of \$3 per meal would be appreciated but is not required. **Meals are served daily Mon-Fri at 11:45 am**. *Please return your tray to the kitchen window by 12:40pm.* 🍴 For more information, please contact Sarah or email sarahmckinney@ypsiseniorcenter.org

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Senior Resources 101 - There will be a presentation from Catholic Social Services Washtenaw County on **Monday, March 3, 2025**, entitled **Senior Resources 101**, from **9:30 - 10:30 am**. Please sign up at the reception desk.

Singing Circle - This is a new group facilitated by **Melanie Fuscaldo**, that will meet on **Wednesdays at 2:30 - 3:30 pm, beginning March 12, 2025**. Do you like to sing with others? Could you use some more joy in your life? Come and sing some old favorites, led by song leader Mary Fithian on guitar and others. We will learn some new songs too! You are welcome to join us!

State Health Insurance Assistance Program (SHIP), Michigan Medicare

Assistance Program: If you have questions about Medicare, even if you are eligible for both Medicare & Medicaid, or need billing resolution, please call **(800) 803-7174** and ask for an appointment to meet with a Medicare Assistance Program (MAP) counselor. For more information, see <https://mmapinc.org>. See your **Medicare & You 2025** book under “Medicare Options” for further understanding. Counselor on site at YSC!

Tai Chi - Class will began **Monday, May 12, 2025, at 2:30 pm** with **Karla Groesbeck** from Washtenaw Community College. Tai chi is an ancient Chinese practice that combines slow, graceful movements, deep breathing, and meditation. It originated as a martial art but has evolved into a mind-body exercise with numerous health benefits.



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LIST OF ONGOING CLASSES AND ACTIVITIES (For dates, see Activities Calendar)

Art Class/Group with Katherine: Fridays from 12:30 – 2:00 pm.**This is a free-lance art class. Supplies provided.

BINGO! With Deb: Wednesdays from 12:30 – 2:00 pm.** Green cards cost \$.25; Cover-all (brown card) costs \$1.00. Winners/\$1.00

Board of Directors Meetings: Third Thursday of the month at 6:30 pm. For an agenda, please email Director Monica Prince: monica@ypsiseniorcenter.org or check our website at <https://ypsiseniorcenter.org/> .

Computer Technology Class by Digital Connection Corps at EMU: Join us for in-person hands-on help with technology (including smart phones, laptops, email, etc.) at the center on Tuesdays 9:30 – 11:30 am (by semester). **Registration required. If new, please ask to be waitlisted at the center reception desk.** For more information: <https://w.emich.edu/engage/community/digital-connecting-corps.php>

Euchre Card Game with Doris: Mondays from 12:30 – 2:30 pm. ** Euchre Card Game - Mondays from 12:30 – 2:30 pm. ** \$.50 to play. This is a card game for two to four players, usually played with the thirty-two highest cards, the aim being to win at least three of the five tricks played.

Gentle Fitness with Doris: Mondays and Fridays from 10:30 – 11:30 am. This class helps increase strength and endurance and is facilitated by members. Most exercises are done sitting in a chair using weights, bands, & balls. Walk-in.**

Knitting, Crocheting, & Plarn Group Projects: Tuesday mornings 10:00 – 11:30 am (Plarn) and Tuesday afternoons (knitting/crocheting) 12:30 – 2:00 pm. These volunteer groups are opportunities to work on projects like mats for homeless populations, and to socialize with others that are skilled in these fine arts. **Beginners welcome!****

Line Dancing with Dee (WCC)*: Wednesdays 10:30 – 11:30 am at the center. A variety of music and great instruction will get you dancing with ease. Music genres vary.

Memory Café' with Monica Prince: Meets on the second Tuesday of each month, from 2:00 – 4:00 pm. It is for people experiencing memory loss or dementia and their caregivers. Enjoy art, music, conversation, refreshments, except August.

Senior Fitness with Mark or Michele (WCC)*: Wednesdays 9:30 – 10:30 am at the center. Gentle stretches will get you warmed up. Accommodations available for those with physical limitations. <https://w.youtube.com/watch?v=JVKcdx3pt2s>

Singing Circle with Melanie: Beginning March 12, 2025, Wednesdays, 2:30 - 3:30 at the center. Freestyle singing with musicians.

Tai Chi with Karla (WCC)*: Mondays 2:30 - 3:30 pm. Beginners focus on mastering the basic, fundamental movements.

Yoga with Liz (WCC)*: Thursdays 10:00 – 11:30 am. Class starts promptly at 10:00. Please be on time .

***Washtenaw Community College Senior Focus Classes held at YSC . **Ongoing sessions w/volunteers, unless closed.**

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~Community Events, Information, & News~

AARP Foundation - Senior Community Services Employment Program or SCSEP

Job training and skill development for people ages **55+ with limited income**.
The servicing office for Washtenaw County is

AARP Southgate

15000 Northline Rd Ste 111
Southgate, MI 48195

***Phone:** 1 (734) 281-2470

To see if you are eligible and to get assistance applying, call our **Work Resources Helpline** at **1-855-859-1598**. AARP Foundation team members are available Monday–Friday, 9 a.m.–6 p.m., Eastern Time. Conversations are completely confidential. Se Habla Español.



Area Agency on Aging 1-B



Formerly known as Area Agency on Aging 1B

The **Resource Center at Ageways** is *the first call seniors should make when they need help*. We can guide seniors and their family members to resources to help with medical care, housing, food assistance, utility assistance and more. Call us from 8 am – 5 pm, Monday through Friday.

Phone: (800) 852-7795

<https://w.ageways.org/>



Movie Theatre

<https://w.cinemark.com/theatres/mi-ypsilanti/cinemark-ann-arbor-20-and-imax>

Senior Discount all day Mondays (\$6.50) and before 6 PM on other days (\$7.00) Senior rate at all other times is (\$8.25)

Address: 4100 Carpenter Rd, Ypsilanti, MI 48197

Phone: (734) 973-8424

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 <p>Dementia Friendly Saline+</p> <p>w.dfsaline.org DFS Movie Program:</p> <p>Movies are held on the second Wednesday of each month. Reservations are required! Please email kelsey.dfsaline@gmail.com to reserve your tickets.</p>	<p>Saline Emagine Theatre 1335 E Michigan Avenue Saline, MI 48176</p> <p>Doors open at 1:00pm The movie begins at 2:00pm Ticket cost: \$5* (Ticket price includes popcorn, soda and a light buffet.)</p> <p>March 12, 2025</p> <p>Movie Title: Buena Sera, Mrs. Campbell</p>
 <p>feonix MOBILITY RISING</p> <p>Ph: (734) 259-4125 or (833) 653-6544 Email: info@feonix.org</p>	<p>Meals, Medical & Grocery Store Transportation are available through Feonix – Mobility Rising. Feonix is a private, non-profit organization that creates mobility solutions, technology, educational programs, and global communities around the common goal of transportation for all. Feonix is dedicated to supporting mobility for underserved populations through community-led transportation solutions. For more information about Feonix, go to: https://feonix.aarp.org/washtenaw/?CMP=RDRCT-ADS-MaaS-MI-JUN2020.</p>
 <p>peacehouse ypsi</p>	<p>Did you know some of our YSC volunteers create plastic crocheted (plarn) mats for the local shelter? The mats are then delivered. If you have time, consider joining this group on Tuesdays at the YSC!</p> <p>Davis St at Arnet St, Ypsilanti, MI</p>

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<p>Spring Equinox Gathering: Full Circle</p> <p>March 20, 2025</p> <p>6:00 pm - 8:00 pm</p>	<p>Share in community while celebrating the tipping of the balance from darkness to light. Meet new people, give, and receive help, and meditate on the changing of the seasons.</p> <p><i>114 W Michigan Ave, Ypsilanti 48197</i> <i>Web: springequinoxfc.eventbrite.com.</i> <i>Email: 25.e.daniel@me.com.</i> <i>Phone: 734-604-5844</i></p>
 <p>Healthy Together West Willow</p> <p><i>Health at Home & in Your Neighborhood</i></p> <p>https://westwillowhealth.org/</p> <p>In March we will focus on: National Nutrition Month, National Sleep Awareness, Colorectal Health Awareness Month, Brain Awareness Week March 11-17, National Kidney Awareness Month</p>	<p>Eastern Washtenaw County, Ypsilanti</p> <p>Healthy Together is a community-based, volunteer and student-run program focused on improving the health and wellness of older adults in the West Willow Neighborhood.</p> <p>It is easy to get started on a path of healthier living. You will talk with a student intern to provide information on your health needs and what you want to accomplish with the program.</p>
 <p>Sponsored by Mutual Aid Fair https://ypsimumtualaid.org/programs/pop/</p> <p>https://allevents.in/ypsilanti/20002764628445 3</p>	<p>Date & Time Sat, 08 Mar, 2025 at 10:00 am to 02:00 pm (EST)</p> <p>Location Masjid Ibrahim - Islamic Association of Ypsilanti, 315 S Ford Blvd, Ypsilanti, MI 48198-7818</p>

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The application for the **Accessibility Wheelchair Ramp Waitlist Lottery** will be opening through the **Community Development Block Grant Funded (CDBG) - Housing Rehabilitation Program** of the **Washtenaw Office of Community & Economic Development**. The senior center is prepared to assist people in applying. Inquire at the reception desk. The waitlist will open at **noon on the 3rd Tuesday, March 18th, for one hour.**

You can add your name to the waitlist either by clicking on the link at the date and time cited above or calling in to the WOCED office at 734-544-3008 during that time.

<https://w.washtenaw.org/765/Accessibility-Ramp-Program>

NOTE: Should we receive more interest in our program than we can serve in one year we will hold a **LOTTERY** to determine the residents who we can help in 2025. Our Ramp Assistance Program requires a 5-year forgivable property lien to be placed on the home for all residents wishing to participate. The property lien is zero percent interest, does not require any monthly payments and is forgiven after 5 years.



Ypsilanti Thrift Shop



(734) 483-1226

14 S Washington St, Ypsilanti 48197

**ALL VOLUNTEER ORGANIZATION
ALL PROFITS ARE DONATED
TO LOCAL CHARITIES**

The Ypsilanti Thrift Shop has been serving our community since 1942. They are the only all-volunteer, registered 501(c)3 thrift shop in Ypsilanti. No one who works here gets paid, and we donate all profits to local charities. **Cash Only**

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***Ypsilanti District Library
Events March 2025***

Please see the library website for listings of additional classes or more information:

<https://attend.ypsilibrary.org/events>

Senior Advisory Board- Thursday, March 20: 1:00pm - 2:00pm. Whitaker Rd, Ages 55+

Wax In The Stacks -Show off your Vinyl
Saturday, March 01: 4:00pm - 5:30pm

Michigan- Michigan Ave Room 1

Wax in the Stacks is a vibrant vinyl listening group. Using a vintage 1960s Mustang II portable vinyl player, we will dive into different music genres each month. **March's theme: Dream Pop!**

Read it and Eat it Cookbook Club
Monday, March 03: 6:00pm - 7:30pm

Whittaker - Community Room

Event type: DIY and Maker, Book Lovers
Each month, participants will choose a recipe from a specific book or theme, prepare it, and bring their dish to share and discuss. Bring your cookbook ideas —no food required.

AARP Tax-Aide Program - Multiple dates in March. Check website.

Whittaker - Michigan Ave Program Room, Michigan Ave Room 2

Event type: Community Assistance
AARP's Tax-Aide assistance program is provided by trained volunteers in partnership with the IRS. This program is primarily for taxpayers over a50 with low to moderate incomes.

Living with Low Vision: At-Home Adaptations

Wednesday, March 05: 1:00pm - 3:00pm

Whittaker (room TBD)

Event type: Health & Wellness.

Join Dr. Erin Klukas from the University of Michigan Kellogg Eye Center as she explores at-home adaptations that make living with low vision easier and safer. A Q&A will be after.

Chair Yoga - For all levels, with new teacher, Melanie Herron

Friday, March 07: 10:30am - 11:30am

Superior - Meeting Room

Event type: Other, Health & Wellness

Join us for Chair Yoga, where we will engage in slow, mindful movements to create length and space in both the mind and body.

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Activities & Classes Calendar * = check with instructor

<p>Mon 3/3 9:30 - 10:30 am Rachel Dawson/CSS Senior Resources 101</p> <p>10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2:30 pm Euchre</p>	<p>Tues 3/4 10:30-11:30 am Plarn Project</p> <p>9:30 - 11:30 am Computer Tech Class EMU</p> <p>12:30 - 2 pm Knitting/Crochet</p>	<p>Wed 3/5 No Class Today* Senior Fitness w/Michele</p> <p>10:30 -11:30 am Line Dancing</p> <p>12:30 - 2 pm- Bingo</p>	<p>Thurs 3/6</p> <p>10:00 - 11:30 Yoga w/Liz</p> <p>1:00 - 2:30 pm Aging Mastery Program</p>	<p>Fri 3/7</p> <p>10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2 pm Art</p>
<p>Mon 3/10 10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2:30 pm Euchre</p> <p>BUILDING CLOSED THIS WEEK WITH EXCEPTIONS! SEE NOTICE</p>	<p>Tues 3/11 10:30-11:30 am PM Knitting Plarn Project</p> <p>9:30 - 11:30 am Computer Tech Class EMU</p> <p>11:45 am - POTLUCK</p> <p>2:00 - 4:00 pm Memory Cafe</p>	<p>Wed 3/12 9:30 - 11:30 am Senior Fitness w/Michele</p> <p>10:30 - 11:30 Line Dancing w/Dee</p> <p>12:30 - 2 pm Bingo</p> <p>2:30 - 3:30 Singing Circle New</p>	<p>Thurs 3/13 10:00 - 11:30 Yoga w/Liz</p> <p>1:00 - 2:30 pm Aging Mastery Program</p> <p>12:30 - 4:00 pm Ascendant Foot Care</p>	<p>Fri 3/14</p> <p>10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2 pm Art</p>
<p>Mon 3/17 10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2:30 pm Euchre</p> <p>St. Patrick's Day</p>	<p>Tues 3/18 9:30 - 11:30 am Computer Tech Class EMU</p> <p>10:30-11:30 am Plarn Project</p> <p>12:30 - 2 pm Knitting/Crochet</p>	<p>Wed 3/19 9:30 - 11:30 am Senior Fitness w/Michele</p> <p>10:30 - 11:30 Line Dancing w/Dee*</p> <p>12:30 - 2 pm- Bingo</p> <p>2:30 - 3:30 -Singing Circle</p>	<p>Thurs 3/20</p> <p>10:00 - 11:30 am Yoga</p> <p>1:00 - 2:30 pm Aging Mastery Program</p>	<p>Fri 3/21</p> <p>10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2 pm Art</p>
<p>3/24 10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2:30 pm Euchre</p> <p>Repeats 3/31 !!</p>	<p>3/25 9:30 - 11:30 am Computer Tech Class EMU</p> <p>10:30-11:30 am Plarn Project</p> <p>12:30 - 2 pm Knitting/Crochet</p>	<p>3/26</p> <p>9:30 - 11:30 am Exercise Fellowship Group</p> <p>12:30 - 2 pm- Bingo</p> <p>2:30 - 3:30 -Singing Circle</p>	<p>3/27</p> <p>10:00 - 11:30 am Yoga</p> <p>1:00 - 2:30 pm Aging Mastery Program</p>	<p>3/28</p> <p>10:30 - 11:30 am Gentle Fitness</p> <p>12:30 - 2 pm Art</p>

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MENU (Not required - \$3 Donation Box at Receptionist Desk) | Milk is always 1% | Bread is wheat | Margarine provided

Monday	Tuesday	Wednesday	Thursday	Friday
3) Sloppy Joe Sandwich, O'Brien Potatoes, Baked Beans, Diced Peaches, Hamburger Bun, Milk	4) Chicken Jambalaya w/ Vegetables & Rice, Creole Green Beans w/ Tomatoes, Tropical Fruit Salad, Raspberry Filled Powdered Donut, Milk	5) Baked Ziti w/ Four Cheeses, Brussels Sprouts, Italian Salad, Strawberries w/ Whip, Italian Bread, Milk	6) Oven Baked Crispy Chicken, Cauliflower w/Cheese Sauce, Steamed Collard Greens, Orange, Biscuit, Milk	7) Tuna Noodle Casserole, Diced Carrots, Creamy Confetti Coleslaw, Banana, Bread, Milk
10) Hawaiian Meatballs Over Brown Rice, Whole Kernel Corn, Green Beans, Apricots, Dinner Roll, Milk	11) POTLUCK Rotisserie Chicken 11:45 am Guest Presenters: Bank of Ann Arbor Hantz Financial Services	12) Stuffed Pepper, Salad w/ Italian Dressing, Mashed Redskin Potatoes, Mixed Berries w/ Whip Topping, Dinner Roll, Milk	13) Chicken Broccoli Rice Casserole w/ Cheddar Cheese, Zucchini & Tomatoes, Brown Bean Salad, Apple, Corn Bread, Milk	14) Potato Crunch Pollock w/Tartar Sauce, Peas & Pearl Onions, Diced Beets & Onion Salad, Banana, Roll, Milk
17) St. Patrick's Day- Corned Beef, Parsley Round Potatoes, Cabbage & Carrots, Lime Fruited Gelatin, Roll, Cookie, Milk	18) Pepper Steak Over Brown Rice, Whole Kernel Corn, Zucchini & Tomatoes, Tropical Fruit Salad, Bread, Milk	19) BBQ Chicken Breast w/ BBQ Sauce, Baked Beans, Cucumber, Tomato & Onion Salad, Banana, Corn Bread, Milk	20) Submarine Sandwich, Roll w/ Mustard & Mayo, Pasta Salad w/Vegetables, Potato Chowder w/ Crackers, Apple, Milk	21) Florentine Stuffed Shells, Salad w Dressing, Green Beans, Strawberries w/ Whip Topping, Bread, Milk
24) Teriyaki Beef w/Sauce, Vegetables w/ Cheese Sauce, Carrot Coins, Applesauce, Roll, Milk	25) Chicken Pasta Primavera, Brussels Sprouts Salad Italian Dressing, Pineapple Dessert, Italian Bread, Milk	26) Turkey Burger, w/ Mayo & Mustard, Baked Beans, Salad, Mixed Berries w/ Whip Topping,	27) Roast Beef w/ Beef Gravy, Mashed Redskin Potatoes, Creamy Confetti Coleslaw, Apple, Dinner Roll, Milk	28) Baked Macaroni & Cheese, Green Beans, Chickpeas & Tomatoes, Banana, Bread, Milk
31) Sweet & Sour Chicken w/ Vegetables & Fried Rice, Diced Peaches, Bread, Milk				

If additional food resources are needed at any time, please see: <https://w.foodgatherers.org/foodresources/>

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