

# GRAPEVINE JANUARY 2020

Claire W. Teague Senior Center \* 917 Main Street \* Great Barrington \* MA 01230

Polly Mann Salenovich, Director \*\*\* Joan Peters, Administrative Assistant

[www.greatbarringtonseniors.com](http://www.greatbarringtonseniors.com)

Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM

**Center:** 413-528-1881 **Dining Room:** 413-528-4118 [www.townofgb.org](http://www.townofgb.org) **Transportation** (413) 528-4773

## Note from Polly

*I want to thank everyone for making 2019 a wonderful year at the senior center. Thank you to Great Barrington Healthcare for all the wonderful free meals they provided over the years, to our awesome exercise instructors, Christine Faber, Kathie Casey, Joanne Kelly, Misha Forrester, Dee Foster and Ann Waldman. We have so many talented people that make the Claire Teague Senior Center a very special place. Thank you to all of our art instructors, musicians, cooks, kitchen volunteers, facilitators, speakers, staff, board members, computer instructor Ron Terry, the tax preparers who volunteer months of their time. A special thank you goes out to Carolyn Calandro for her extraordinary tappers and tap shows she puts on every year. Our SHINE counselors Michele Gilligan, Pat Carlino and Winnie Veretto for many, many hours of volunteering their time to help us weave through the maze of Medicare and Medicaid. I cannot say enough to thank all of you!! Looking forward to another great year at the Claire Teague Senior Center!*

The Town of Great Barrington is asking for our input on the Open Space and recreation Plan. If you could please take a couple minutes to complete the on-line survey, it would be greatly appreciated. We will also have paper copy surveys here at the Claire Teague Senior Center. Thank you.

[https://www.surveymonkey.com/r/GB\\_OS RP19](https://www.surveymonkey.com/r/GB_OS RP19)

The town's 2013 Open Space and Recreation Plan is available on [townofgb.org](http://townofgb.org).

## INSIDE THIS ISSUE. . .

Special Events	Page 1, 5
Exercise/Art/Birthdays	Page 4
Special Events	Page 2, 3
Calendar	Page 7
Menu	Page 8
Word Search	Page 6

Please join us for a **FREE** Luncheon offered by **Laurel Lake**

~ Turkey ala King over puffed pastry, salad and pie! YUM.

Tuesday, January 14<sup>th</sup>

With music by



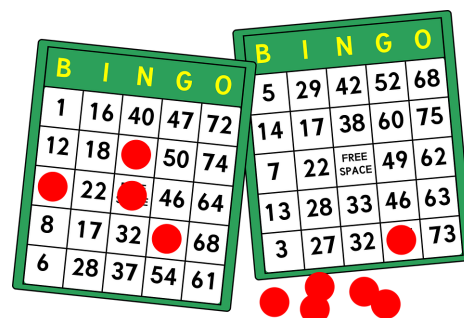
**Doug Schmolze**



**11:15- - 12:15**

Please sign up in the dining room.

## Saturday Bingo and Lunch



Join us Sat; Jan 18<sup>th</sup> from 11 am to 1 pm for some bingo with soup and sandwich.

All are welcome, this is a free event!

Please sign up in the dining room.



## January 9th at 2 pm

will be offering a presentation of different equipment like amplified phones and other Assistive Technology.



*Dining for Women*

### *Speaker*

**Barbara Watkins**

**January 16 at 10:30 am**

**CHANGING THE WORLD  
ONE WOMAN, ONE GIRL,  
ONE DINNER AT A TIME**

Dining for Women is a global giving circle that funds grassroots projects working in developing countries to fight gender inequality.

Dining for Women celebrates the power of the individual to see an injustice and act to change it; to see need and act to fill it. Dining for Women's members are deeply involved in the grantees we support and the problems we seek to address. Our education component is equally as important as our fundraising.



Great Barrington/Sheffield COA are collaborating on

### **Boston Flower and Garden Show**

Thursday, March 12th. Departing at 7:30 and returning approximately 7:30. \$86.00 includes bus & admission. Payment's due by Feb. 17th.



We thought it would be fun to start including some poetry once again. If you have something that would bring beauty or inspire us, please feel free to drop off a poem or email Joan at [jpeters@townofgb.org](mailto:jpeters@townofgb.org).

### **One by Shawnee Kellie**



One word can spark a moment,  
One flower can wake the dream;  
One tree can start a forest,  
One bird can herald Spring.  
One smile can bring a friendship,  
One handclasp can lift a soul;  
One star can guide a ship at sea,  
One cheer can obtain a goal.  
One vote can change a Nation,  
One sunbeam can lift a room;  
One candle wipes out darkness,  
One laugh will conquer gloom.  
One look can change two lives;  
One kiss can make love bloom.  
One step must start each journey,  
One word must start each prayer;  
One hope can raise our spirits,  
One touch can show you care.  
One voice can speak with wisdom,  
One heart can know what's true;  
One life can make a difference,  
One life is me and you....

Copyright Â© 1980 Shawnee Kellie. All rights reserved.



“Chef” Bob Avery’s  
 Winter Spaghetti luncheon  
 Monday January 27<sup>th</sup>  
 with Rockin’ Robin at 11:15-12:15  
 Please sign up in the dining room.



**Join us  
 Jan 9th at  
 11:30 am**

Are you a veteran? Need to talk to the Veterans Agent? Veterans Agent Laurie Hils will be available at the Claire Teague Senior Center for lunch every second Thursday of the month to talk about benefits you may be eligible for, the lunch is free for veterans and their spouses compliments of the District’s Veterans Office. Please call 24 hours in advance to reserve your seat.

### **GOOD NEWS CORNER**

Let’s share something good that’s happened to you....or a funny story. If you have something, you can give a copy to Polly or Joan or e-mail [jpeters@townofgb.org](mailto:jpeters@townofgb.org).

Rita V called the other day to share her good fortune. She was at the checkout at the Big Y in Great Barrington last week when the “High Sheriff” came up to her and Jim and told her that her groceries were paid for!! The manager was present and they took a picture of them. What a beautiful surprise!

### **Joan’s Jumble**

January’s words are:

## **New Years Day!**

Make as many words (3 letters or more) as you can, using only the letters in this word. Use the letters as you would a scrabble letter set. If a letter appears in the word once, it can only appear in any of your words once. However as in this case if a letter appears more than once such as “n” it can appear in your words that number of times (3). Use only your brain and write down the words, sign your name, tear off this page and give it to Polly or Joan. We will announce how many words were created at lunch **Tuesday, January 28<sup>th</sup>** and will post the name of the person who discovered the most words.



shutterstock - 145594749

**HAPPY  
BIRTHDAY**

Peggy Whitfield	Jan 1
Johanna Brogan	Jan 3
Marion Smith	Jan 3
Joan Rehm	Jan 5
Betty Budz	Jan 6
Marilyn Sauer	Jan 8
Lynn Wood	Jan 12
Don Freedman	Jan 13
Lynn Nettleton	Jan 17
Mattie Bowens	Jan 19
Jean Curtiss	Jan 22
Jim Soules	Jan 27
Dean Inglis	Jan 28
Martha Wool	Jan 29
Theresa Terry	Jan 31
Richard Needleman	Jan 31
Estella Ortiz Bodnar	Jan 31

### ***Chair Exercises***

If Dee Foster's class *Moves and Grooves* is bit too much for you...please try *Moves and Grooves II* on Wednesdays at 9:45 –10:30. First class is free; then \$3 per class.

ALSO, Don't forget that Ann Waldman has a great *Chair Exercise* class that is **FREE** on

Fridays, 10:00-11:00 am. You'll get a great work out while seated in a chair.

Both classes should be great for all levels, are a great workout and more importantly **FUN!**

## **EXERCISE CLASSES**

### **MONDAY:**

9:15 AM- Cross Training with Misha (\$3.50)

10:30 AM- Awareness Through Movement with Misha (floor) (\$3.50)

12:45 PM– Beginners Tap Dancing with Carolyn (\$5.00)

2:00 PM- Intermediate Tap Dancing w/ Carolyn (\$5.00)

### **TUESDAY:**

9:30 AM- Move & Groove w/ Dee Foster (\$3.00)

9:45 AM– Pilates for Osteoporosis Prevention with Kathi (\$5.00) *\*Challenging Class\**

3:30 PM- Strength Training with Christine (\$3.00)

### **WEDNESDAY:**

9:30 AM- Easy Does it Yoga with Joanne (\$5.00)

9:45 AM Move & Groove II w/ Dee Foster (\$ 3.00)

### **THURSDAY:**

9:30 AM– Move & Groove w/ Dee Foster (\$3.00)

4:00 PM- Misha's Advanced Class (\$10.00)

### **FRIDAY:**

9:00 AM- Tai Chi with Christine (\$3.00)

10:00 AM -Chair Exercises with Ann (**Free**)

12:45 PM– Beginners Tap Dancing (\$5.00)

2:00 PM- Intermediate Tap Dancing (\$5.00)

## **ART CLASSES**

**Wed.at 12:30 pm "Painting with Margaret"**

**Wednesday at 3:00 pm "Decorative Arts"**

**Thursday at 9:30 am "Vera's Painting Class"**

**Thursday at 1:00 pm "Art Class w/ Eunice"**

*\*If you have any further questions, please call the center at 528-1881\**





***Decorative Arts*** class on Wed is taking it's January break, they will be back Feb 5.

**Free AARP  
Tax-Aide Program**  
returns in February

Free tax return preparation will be offered again at the Great Barrington Claire Teague Senior Center on every Tuesday and Wednesday starting in February and continuing through April 10th. The service is available to all middle and low-income taxpayers with special attention to those aged 60 and older. Volunteers trained in cooperation with the IRS will assist in filing returns, either on paper or electronically. Taxpayers do not need to be a member of AARP or a retiree to use this service.

**SHINE CORNER-  
Good News!!**

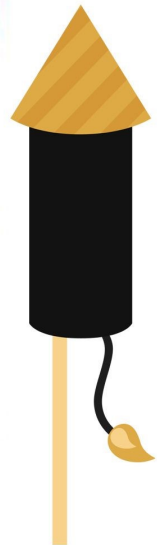
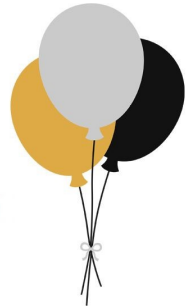
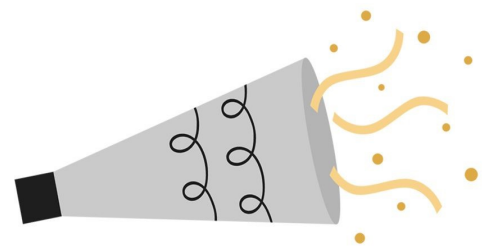
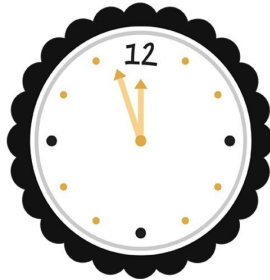
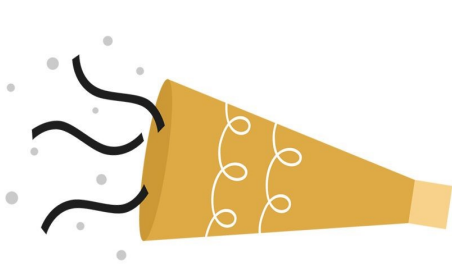
Starting January 2020 the income and asset limits for the Medicare Savings Program (the Buy-In) are increasing!! The Medicare Savings Program helps pay for your Medicare premiums if qualified and those qualifications are now a bit more generous. If your income and asset levels for a single person is below \$1738.00 for income and \$15,460 for assets, please make an appointment with one of our SHINE counselors and we will assist you with the applications. If you are already on the buy-In Program, you do not need to do anything at this time.

**Be Counted!!**

Did you know that part of the funding that we get for the Council on Aging ( for the senior center) depends on the census numbers? It is very important that everyone is counted, so that we don't lose funding.

On **Thursday, January 23rd** at **11:30** - Census Bureau Specialist **Mark Sabastino** will be here. He's a representative from the census bureau and will discuss the different ways to be counted, where you should be counted, part time residents , etc., so don't miss this informative session. Mark will be explaining how to apply for a job as a census taker.

# HAPPY NEW YEAR!



W	I	H	V	V	A	X	R	N	R	Z	G	O	A	L	S	A	Z	Y	F
G	R	B	K	G	Z	T	Y	Z	I	Z	Z	J	Q	C	O	M	P	X	B
M	D	M	B	T	B	K	T	P	X	N	S	L	T	K	C	X	X	W	T
M	I	Q	C	R	A	E	Y	W	E	N	O	Z	J	K	S	K	R	N	H
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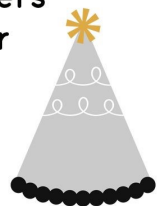
Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join us ~ Tuesday, January 14<sup>th</sup> ~ Lunch by Laurel Lake (Turkey ala King over Puff Pastry, salad and Pie) and music by Doug Schmolze 11:15 - 12:15</p> 	 <p>Sat January 18<sup>th</sup> BINGO With Soup and a Sandwich 11 am – 1 pm</p>	<p><b>CLOSED</b> <b>HAPPY NEW YEAR!</b></p> 	<p>9:30 Vera's Painting Class 9:30 Move &amp; Groove <b>RESUMES Jan 9</b> 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 LUNCH- Cheese Lasagna w/ Marinara</b> <b>12:15 GAME DAY</b> 1:00 Art Class- Eunice Agar 4:00 Women's Cancer Support Group 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Teriyaki Chicken</b> <b>12:30 KNITTING TOGETHER</b> 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement <b>11:30 LUNCH-Lentil Stew</b> <b>12:00-2:00 Computer Class by Appt.</b> 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>9:30 Move &amp; Groove <b>RETURNS!!</b> 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword <b>11:30 LUNCH- Baked Pollock Loins</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p><b>BROWN BAG</b> 9:30 Easy Does It Yoga 9:45 Move and Groove II <b>RETURNS!!</b> <b>11:30 LUNCH- Pulled Pork Chili</b> 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop</p>	<p>9:30 Vera's Painting Class 9:30 Move &amp; Groove <b>RETURNS!!</b> 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 LUNCH- Chicken Picatta ~ FREE for VETERANS</b> <b>12:15 GAME DAY</b> 1:00 Art Class- Eunice Agar <b>2:00 United Cerebral Palsy</b> 4:00 Women's Cancer Support Group 4:00 Misha's Advanced Exercise</p>	<p>10 9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Shepherd's Pie</b> <b>12:30 KNITTING TOGETHER</b> 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>13 <b>9:00 Foot Nurse by Appointment</b> 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement <b>11:30 LUNCH- Beef Stew</b> <b>12:00- 2:00 Computer Class by Appt.</b> 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>14 9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH- LAUREL LAKE ~ FREE with Doug Schmolze performing</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>15 9:30 Easy Does It Yoga 9:45 Move and Groove II <b>11:30 Hawaiian Chicken *</b> 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 1:15 COA Meeting</p>	<p>16 9:30 Vera's Painting Class 9:30 Move &amp; Groove <b>10:30 DINING WITH WOMEN</b> 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 LUNCH - Veal w/Peppers &amp; Onions</b> <b>Roast Beef &amp; Gravy</b> <b>12:15 GAME DAY</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>17 9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Tuna Noodle Casserole</b> <b>12:30 KNITTING TOGETHER</b> 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>20 <b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING, JR</b></p> 	<p>21 9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword <b>10:30 BLOOD PRESSURE CLINIC</b> 11:00 Therapy Dog Cara <b>11:30 LUNCH- Broccoli/Cheese Stuffed Chicken</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>22 9:30 Easy Does It Yoga 9:45 Move and Groove II <b>11:30 Macaroni and Cheese *</b> 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:15 COA Meeting <b>Decorative Arts will return Feb 5</b></p>	<p>23 9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 CENSUS INFORMATIONAL</b> <b>11:30 LUNCH- Oriental Chicken</b> <b>11:30 BLOOD PRESSURE CLINIC</b> <b>12:15 GAME DAY</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>24 9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Chuckwagon Stew</b> <b>12:30 KNITTING TOGETHER</b> 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>27 9:15 Cross Training 10:30 Awareness through Movement <b>11:30 "Che" Bob Avery's Winter Spaghetti luncheon &amp; Rockin' Robin</b> <b>12:00- 2:00 Computer Class by Appt.</b> 12:30 Bingo &amp; Ice Cream 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>28 9:30 Move &amp; Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH- Eggplant Parmesan</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>29 9:30 Easy Does It Yoga 9:45 Move and Groove II <b>11:30 Shredded Turkey w/Gravy</b> 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:15 COA Meeting</p>	<p>30 9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 LUNCH- Pot Roast w/Gravy</b> <b>12:15 GAME DAY</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>31 9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Homemade Meatloaf w/ Gravy</b> 12:30 KNITTING TOGETHER 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>





# Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

## JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>MEALS ON WHEELS</b> BERKSHIRE COUNTY	Sponsored in part by:  <b>GREYLOCK</b> FEDERAL CREDIT UNION	<b>1</b> Happy New Year! CLOSED	<b>2</b> Cheese Lasagna w/Marinara Spinach Carrots Italian Bread Fresh Orange Calories: 609 Sodium: 925	<b>3</b> Teriyaki Chicken Steamed Brown Rice Broccoli Florets 100% Whole Wheat Bread Fruit Cocktail Calories: 532 Sodium: 840
<b>6</b> Lentil Stew Squash Medley Cauliflower Rye Bread Fresh Orange Tossed Salad for Dining Sites Calories: 456 Sodium: 393	<b>7</b> Baked Pollock Loin New England Clam Chowder Peas Dinner Roll Apricot Halves Tartar Sauce Calories: 512 Sodium: 955	<b>8</b> Pulled Pork Chili Steamed White Rice Mixed Greens 100% Whole Wheat Bread Vanilla Yogurt w/Granola Topping Calories: 750 Sodium: 973	<b>9</b> Chicken Picatta Mashed Sweet Potatoes Broccoli Florets 12 Grain Bread Sliced Peaches Calories: 604 Sodium: 858	<b>10</b> Shepherd's Pie Mashed Potatoes Sliced Beets Oat Nut Bread Diced Pears Calories: 725 Sodium: 637
<b>13</b> Beef Stew Boiled Potatoes Spinach Dinner Roll Tropical Fruit Mix Calories: 719 Sodium: 497	<b>14</b> Laurel Lake - FREE LUNCH - Turkey ala King over puff pastry, salad, pie, w/... Doug Schmolze	<b>15</b> Hawaiian Chicken * Wide Egg Noodles Lyonnaise Carrots 12 Grain Bread Fresh Orange Calories: 669 Sodium: 999	<b>16</b> Veal w/Peppers & Onions Beef Barley Soup Brussel Sprouts 100% Whole Wheat Bread Fruit Crisp Calories: 724 Sodium: 711	<b>17</b> Tuna Noodle Casserole Winter Blend Vegetables Green Beans Almondine Oat Nut Bread Sliced Peaches Calories: 627 Sodium: 557
<b>20</b> Observance of Martin Luther King Day CLOSED	<b>21</b> Broccoli/Cheese Stuffed Chicken Mashed Potatoes w/Gravy Red Cabbage and Apples Dinner Roll Blueberry Yogurt ** Calories: 711 Sodium: 998	<b>22</b> Macaroni and Cheese * Stewed Tomatoes Beets and Pearl Onions 100% Whole Wheat Bread Apricot Halves Calories: 535 Sodium: 985	<b>23</b> Oriental Chicken Rice Pilaf Oriental Mixed Vegetables Oat Nut Bread Mandarin Orange & Pineapple Fortune Cookie Calories: 677 Sodium: 678	<b>24</b> Chuckwagon Stew Garlic Mashed Potatoes Sliced Carrots 12 Grain Bread Mixed Fruit Calories: 679 Sodium: 805
<b>27</b> "Chef Avery" "Winter Spaghetti" Luncheon 11:15-12:15 with F "Rockin' Robin"	<b>28</b> Eggplant Parmesan w/Marinara Sauce Peas and Carrots Dinner Roll Pear Crisp Calories: 610 Sodium: 983	<b>29</b> Shredded Turkey w/Gravy Mashed Potatoes Butternut Squash Oat Nut Bread Applesauce Cranberry Sauce Calories: 696 Sodium: 869	<b>30</b> Pot Roast w/Gravy Parslaid Potatoes Mixed Greens 12 Grain Bread Bavarian Creme ** Calories: 723 Sodium: 738	<b>31</b> Homemade Meatloaf w/Gravy Au gratin Potatoes Brussels Sprouts 100% Whole Wheat Bread Fresh Apple Calories: 710 Sodium: 629

**Dietary Information:** All meals include 1% Milk 110 calories/125 mg sodium  
 Calories and sodium from salad dressings, butter, crackers and condiments  
 are not included. \*Higher Sodium Entree  
 Nutrition information provided is not exact but will help guide you.

**HOME DELIVERED MEALS:** If you will not be home when your meal  
 is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

Menu subject to change.