THE BULLETIN

FRIDAY, JANUARY 16, 2026

Sharing Knowledge: Climate and Health

Thursday, January 22

4:00 p.m. in Penn Hall

Judy is an environmental epidemiologist who taught a course on public health and global climate change for many years.

Pamela, Sharing Knowledge

Cognitive Fitness Club

Join us for Pennswood's new Cognitive Fitness Club, meeting bi-weekly beginning **Wednesday, Jan. 21 at 1:00 p.m. in Penn Hall.**

Led by Speech Therapist, Nichole Coyne, this engaging group helps keep your mind sharp through activities focused on problem-solving, memory, reasoning, and cognitive flexibility.

Enjoy stimulating discussion, meaningful activities, and social connection while supporting mental agility and overall cognitive health.

Our first topic will cover **General Memory.**

Nichole Coyne, SLP, Therapy at Pennswood

Fire Side Chat

Wednesday, January 21 at

3:30 p.m. in Penn Hall

Connor Donaghy, Administration

Flea Market Sale

Wednesday, Jan. 21, 2026

9:00 a.m.—1:00 p.m.

Activities Center & Market Room

Table of Valentine items & wine bags!

Reminders:

- Cash and checks only.
- NO donations Sunday, Jan. 18, through Wednesday, Jan. 21.
- NO mobility devices in the Market Room.
- NO pets.

Carolmarie, Flea Market

Artists of Pennswood

The new Resident Art Gallery show, "Visions Unveiled" (Artists' Choice) opens **Wednesday, January 21, from 4:00 p.m. to 5:30 p.m.** in the Resident Art Gallery.

Funded by the Activities Fund of your PVRA

Mary, Resident Art Committee

Memorial Service

A memorial service for Alex will be held on **Friday, January 23 at 2:00 p.m**. in Penn Hall.

A reception will follow the service in Penn Hall Lounge.

Connor Donaghy, Administration

Streaming in Penn Hall

Remembering Rob Reiner

Monday, January 19 at 7:00 p.m.

This is Spinal Tap (1984)

1 hour and 20 minutes

Funded by your PVRA

Mary, Movie Committee

Save the Date
Gilligan's Rock Band

Tuesday, January 27

7:15 p.m. in Penn Hall

Come join in the fun with easy listening rock music from the Seventies, Eighties, and Nineties. The band will be dressed as characters from the Gilligan's Island TV show.

Funded by your PVRA

John, Performances Committee

Art Class

New six week sessions starting soon.

Beginners welcome. Our Tuesday teacher's passion is pastel, the Wednesday teacher is outstanding in oil, but both can teach other media. So, bring your favorite or come experiment (limited supplies available).

Previous experience not needed, just a will to be creative and try something new. Learn to draw and to use colors. Class size is limited, so reserve your place early.

Give it a try! Call or text Sue Ellen for information or to register.

Funded by your PVRA

Margaret, Paint, Pastel, and Pencil

Poetry Discussion Group

Wednesday, January 28

2:00 p.m. in the Board Room

(Notice that we are back on the fourth Wednesday of the month at 2:00 p.m., not 2:30 p.m.)

The discussion will focus on *Sailing to Byzantium* (1925) by William Butler Yeats (1865-1939).

"This is no country for old men...unless"

"Soul clap its hands sing, and louder sing"

"For every tatter in its mortal dress…"

We suggest you also read *When You Are Old* (1891) to get a fuller sense of Yeats' voice. If possible, print out a copy of each poem.

We look forward to seeing you. Everyone is welcome.

Mary, Poetry Discussion

TED Talk Tuesday

Tuesday, January 27
at 3:00 p.m.
in the Blue Room

The Hidden Power of Sad Songs and Rainy Days | Susan Cain and Min Kym

Have you ever wondered why you like sad music? Do you find comfort or inspiration in rainy days? In this profound, poetic talk, author Susan Cain invites you to embrace the feeling of longing -- or the place where joy and sorrow meet – as a gateway to creativity, connection and love. Accompanied by the splendid sounds of violinist Min Kym, Cain meditates on how heartache unexpectedly brings us closer to the sublime beauty of life.

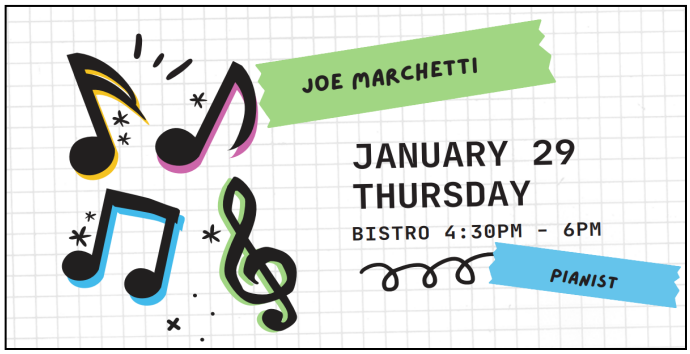
What are TED talks?
TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. TED believes passionately in the power of ideas to change attitudes, lives, and ultimately, the world.

Questions? Contact Vicki, or Amy Keiper-Shaw, 215-504-1148 keiper-shaw@pennswood.org

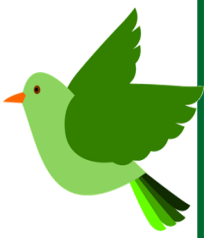
Amy Keiper-Shaw, Director of Resident Life

THIS WEEK'S BIRTHDAYS

PEGGY - 18
BARBARA - 19
PAULA - 24
JOAN - 24



Do You Love Birds? Do You Love Nature? A Special Program!



As stewards of the environment, many of us at Pennswood are concerned about declining bird populations and the huge number of birds lost to window collisions every year.

Please join us for a special program on **Monday, January 19** from 1:00 - 2:15 p.m. in the Blue Room to welcome Barbara Stollsteimer, a member of Bird Safe Bucks County, who will introduce us to her organization and inspire us to do our part to protect the birds we love. Don't miss this one!

If time allows, we might share some recent bird sightings and some of our unforgettable WOW moments.

Funded by your PVRA

Steve and Debbie, Pennswood Birders

THE FORUM COMMITTEE

"Mass Incarceration: Warnings from the Recent Past"

U.S. District Judge Jed Rakoff

Thursday, January 22

7:15 p.m. in Penn Hall

Jed S. Rakoff is an independent-minded, senior federal judge with the Southern District of New York. He is also an adjunct professor at Columbia University and NYU law schools. With degrees from Swarthmore, Oxford, and Harvard, he has authored more than 2,000 opinions—often groundbreaking, headline-making, and controversial. In 2002 (United States v. Quinones), he called the federal death penalty unconstitutional. During the 2008 financial crisis, he called for stronger penalties against corporate wrongdoers. A leading commentator on the American legal system, he has authored over 130 published articles, contributes regularly to *The New York Review of Books*, and wrote a widely admired book: Why the Innocent Plead Guilty and the Guilty Go Free, and Other Paradoxes of Our Broken Legal System (2021). He served as co-chair of the National Academy of Sciences committee on eyewitness identification. In 2014, Judge Rakoff was listed by *Fortune* magazine as one of the World's 50 Greatest Leaders. A college classmate of John Pollock's, Jed Rakoff also officiated at Peggy and John's wedding in 2023.

Funded by your PVRA

John, Forum Committtee

Backgammon anyone?

I am looking for a backgammon player to join me for a game. I am willing to teach anyone interested in learning this ancient game as well.

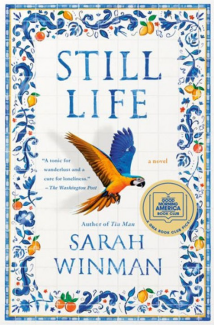
Text me at 530-701-4865 to play or learn.

Submitted by John, A-112

Book Discussion Group

Monday, February 2

1:00 p.m. in the Blue Room



Tuscany, 1944: As Allied troops advance and bombs sink villages, a young English soldier, Ulysses Temper, finds himself in the wine cellar of a deserted villa. There, he has a chance encounter with Evelyn Skinner, a middle-aged art historian intent on salvaging paintings from the ruins. In each other, Ulysses and Evelyn find a kindred spirit amidst the rubble of war-torn Italy, and paint a course of events that will shape Ulysses' life for the next four decades.

Returning home to London, Ulysses re-immerses himself in his crew at The Stoat and Parrot—a motley mix of pub crawlers and eccentrics—all the while carrying with him his Italian evocations. So, when an unexpected inheritance brings him back to where it all began, Ulysses knows better than to tempt fate: he must return to the Tuscan hills.

All are welcome.

Sharon, Book Discussion

Passmore Lounge Gallery New Show

Childhood Treasure

In winter what better time to look back on your youth and reminisce about your childhood?

Did you bring a treasure to Pennswood? Perhaps a game, a doll, toy truck, favorite book, a sport item, a train car, a worn teddy bear, a concert ticket, an old letter, your baby teeth.

Take a nostalgic trip down memory lane. Please bring **ONE** item to Passmore Gallery on Thursday, January 22 between 9:00 a.m. and 11:00 a.m. and check in. Items will remain until closing of show on April 16.

A reception in Passmore will be on Friday, January 23 from 4:00 to 5:30 p.m. Come and talk about your entry.

Funded by your PVRA

Lydia, Passmore Art Gallery

Lost Found: How a Psychologist Coped with a Loved One's Hoarding and Lived to Tell the Story

Dr. Deborah Kassman, PsyD

Thursday, January 22

1:00 p.m. in Penn Hall

Snow Date: January 29

How does a psychologist fail to recognize that her intelligent, sensitive, and book-loving mother has created "the worst hoarder ever seen?" Deborah Derrickson Kossman will share from her book and discuss hoarding, the impact of cognitive impairment and mental illness, and the difficulties of treating a family member who struggles with this disorder.

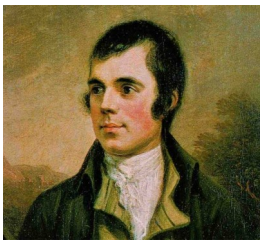
There will be time for questions and discussion.

RSVP: Amy Keiper-Shaw, 215-504-1148, keiper-shaw@pennswood.org

Amy Keiper-Shaw,
Director of Resident Life

You're Invited:

An Evening Celebration of Robbie Burns



On the evening of Monday, January 26, join the community in Penn Hall at 7:15 p.m. for a spirited Celebration of the Life and Times of Scotland's National Poet, Robbie Burns.

This once-a-year celebration blends ceremony, culture and community in a way that no other event does. It's warm, it's musical. It's full of surprises and laughter. And it's the perfect chance to experience a bit of Scotland right here at home.

Come for the pipes.

Stay for the poetry and song.

Have a few laughs.

Leave with a smile.

Funded by your PVRA

Ron and Marilyn ,Co-Chairs, Robbie Burns Night

Technology Support

Lily Zhang, a student at George School, is coming to Pennswood to offer residents technology support. Lily will be at Pennswood on Sundays from 12:00 to 3:00 p.m. in the Passmore Lounge. Sign up for a slot on the George School Bulletin Board (located near the bank).

You must sign up, no walk-ins. Tutoring sessions will take place in the Passmore Lounge and last 30 minutes per session.

Questions, contact Sally Marrington, 267-759-1068, George School Liaison

ADDITIONS TO THE LIBRARY December 2025 Part 1

***Indicates donations**

Funded by your PVRA

FICTION

*Desai, Kiran	Loneliness of Sonia and Sunny (F Des)
Levi, Allen	Theo of Golden (F Lev)
Moffett, Kevin	Only Son (F Mof)
Warren, Tiffany	The Unexpected Diva (F War)
Winman, Sarah	Still Life (F Win)

MYSTERY

Child, Lee	Exit Strategy (MYS Chi)
*Witherspoon, Reese	Gone Before Goodbye (MYS Wit)
Finch, Charles	The Hidden City (MYS Fin)
Gaiga, Amity	Heartwood : A Novel (MYS Gai)
Grisham, John	The Widow (MYS Gri)
Kerr, Jakob	Dead Money (MYS Ker)
*Osman, Richard	Bullet That Missed (MYS Osm)
*Osman, Richard	Last Devil to Die (MYS Osm)
*Osman, Richard	Mam Who Died Twice (MYS Osm)
Penny, Louise	The Black Wolf (MYS Pen)
Reichs, Kathy	Evil Bones: Temperance Bren... (MYS Rei)
*Wingate, Lisa	Shelterwood (MYS Win)

NON-FICTION / BIOGRAPHY (Numbers in parentheses are call numbers)

Dickerman, Laura	Hot Desk (LP F Dic)
Holsinger, Bruce	Culpability (LP F Hol)
*Koontz, Dean	Breathless (LP MYS Koo)
Lawhon, Ariel	Frozen River (LP MYS Law)
Lupica, Mike	Robert B. Parker's Showdown (LP MYS Lup)
McFadden, Freidat	The Intruder (LP MYS Mcf)
North, Anna	Bog Queen (LP F Nor)
*Scottoline, Lisa	Eternal (LP MYS Sco)
Thomas, Craig	That's Not How it Happened (LP F Tho)

To recommend a book for purchase, put a review in Sara's open mailbox, M-203.

OWLS (Older, Wiser, Luckier Seniors)

"Preserving and Boosting Memory"

Tuesday, January 20

4:00 p.m. in the Blue Room

Everyone is invited.

Brad, OWLS Group

Outstanding Films at the Newtown Theatre

Monday, February 9

Our series continues at the historic Newtown Theatre with *Moonlight* (2016), which won three Oscars including Best Picture. Starring Mahershala Ali, the movie depicts a young African American man grappling with his identity and sexuality while experiencing the everyday struggles of childhood, adolescence and burgeoning adulthood.

A post-film discussion in the Blue Room will follow at 3:30 p.m.

Our private screening begins at 1:00 p.m. (Run Time: 1 hour 51 mins). Theatre doors open at 12:15 p.m.

The $6 admission fee will be billed to your monthly statement. You must register to attend. There are two choices to choose from when you register: drive yourself or take the Pennswood shuttle, which departs at 12:15 p.m.

Trips Committee

Amalfi Ristorante

Friday, January 30

Our Taste Buds Culinary tour of the vibrant Northeast Philly food scene continues with a visit to Amalfi Restaurant, which takes inspiration from the rich culinary traditions of Italian coastal cuisine.

Depart at 12:00 p.m. For more information, visit www.amalfiphila.com. The restaurant is BYOB and is in Somerton.

The $11 transportation fee will be billed to your monthly statement.

To sign up for transportation, visit the Community Apps in the Activities Module or stop by the Transportation Office.

Trips Committee

Pittsburgh Panorama

A tour of Pittsburgh by Starr Tours will take place from August 20 through August 23, 2026.

In addition to a sightseeing tour of the city, the trip will include stops at the John Heinz History Center, the Frick Museum, the Phipps Conservatory and Botanical Garden and a ride on the Duquesne Incline for an impressive view of the area.

We will stay at the Pittsburgh-Green Tree DoubleTree Inn. Additional details can be found on Starr's website.

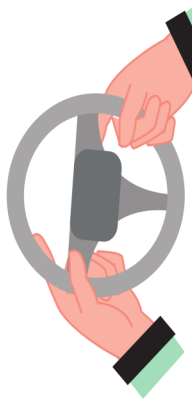
Residents interested in the trip will need to make reservations directly with Starr which can done by phone (609-587-0626) or online at starrtours.com

When making a reservation there will be options such as trip protection insurance, single room vs. shared room, and meal choices.

Trip Committee members Sally or Walter can provide assistance in dealing with Starr.

Walt, Trips Committee

TRANSPORTATION TRIPS COMMITTEE AND SCHEDULE



Transportation Schedule

Sunday, January 18—Saturday, January 24

All trips on this schedule will depart from the Link Door. Visit the Activities Module in the Community Apps or contact the Transportation Office to sign-up.

Tuesday, January 20

9:00 a.m.—McCaffrey's Shopping Center; Yardley, PA (returns 10:30 a.m.)

9:30 a.m.—Penn Museum; Philadelphia, PA

10:30 a.m.—McCaffrey's Shopping Center; Yardley, PA (returns 12:00 p.m.)

1:30 p.m.—Shoprite; Yardley, PA (returns 3:45 p.m.)

Wednesday, January 21

9:30 a.m.—Trader Joe's; Princeton, NJ (returns 11:30 a.m.)

1:00 p.m.—Langhorne Library; Langhorne, PA (returns 2:15 p.m.)

1:30 p.m.—Wegman's; Yardley, PA (returns 3:45 p.m.)

Thursday, January 22

9:00 a.m.—Summit Shopping Center; Langhorne, PA (returns 10:30 a.m.)

10:30 a.m.—Summit Shopping Center; Langhorne, PA (returns 12:00 p.m.)

1:00 p.m.—Summit Shopping Center; Langhorne, PA (returns 2:30 p.m.)

2:30 p.m.—Summit Shopping Center; Langhorne, PA (returns 4:00 p.m.)

Friday, January 23

12:15 p.m.—Kimmel Center; Philadelphia, PA

Message From the Trips Committee

"Sign-Ups" are now taking place for the following:

To sign-up through the Community Apps, go to the Activities Module and enter a keyword in the search box or contact the Transportation Office.

- BalletX
- Bristol Riverside Theater
- Lenape Chamber
- Philadelphia Orchestra
- Princeton University Chapel
- Princeton Pro Música
- Philadelphia Museum of Art
- Academy of Music
- Arden Theatre
- Taste Buds
- Newtown Theatre

Important

- Registration will open at noon on day of trip publication.
- Do not buy your tickets until there are six signees.
- To sign-up for ALL trips, visit the Community Apps or the Transportation Office. No emails or voice mails will be accepted.
- Upon the receipt of the Trip Confirmation, you are responsible for ALL charges associated with the trip.

Fitness Class Schedule - Week of January 19, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:00 am Balance Class Studio ■■■		8:00 am Balance Class Studio ■■■			
9:00 am HIIT Studio ■■■		9:00 am Aqua Blend Lap/Therapy Pool ■■		9:00 am Circuits Studio ■■■	Sunday 1:15 pm Yoga Mat Studio ■
	9:30 am Aqua Fit Lap Pool ■■■		9:30 am Aqua Fit Lap Pool ■■■	10:00 am Aqua Blend Lap/Therapy Pool ■■	Sunday 2:30pm Chair Yoga Barclay ■
10:00am PWR Moves Studio ■	10:00 am Silver Strong Studio ■■	10:00 am Bands & Balance Studio ■■	10:00 am Silver Strong Studio ■■	10:00 am Bands & Balance Studio ■■	NOTES
	11:00 am Stretch & Strength Therapy Pool ■		11:00 am Stretch & Strength Therapy Pool ■		Class Intensity ■ = low ■■ =medium ■■■ = high Class Type Green = Land Blue = Pool Pool Hours: Mon-Thurs 7am-12pm, 1-7pm Fri 7am-12pm, 1-5pm Sat 7am-12pm Sun 1-4pm
11:00am Drums Alive Studio ■	11:00 am Pilates Studio ■■	11:00 am Beginner Tai Chi Studio ■	11:00 am Pilates Studio ■■		
1:30 pm PD Power & Boxing Studio ■	1:30 pm Gentle Yoga Studio ■■		1:30 pm Yoga Mat Studio ■■	1:30 pm PD Power & Boxing Studio ■	
2:30 pm Barre Studio ■■		2:30 pm Barre Studio ■■	2:30 pm PWR Moves Studio ■	2:30 pm Barre Studio ■■	

THE MOVIE COMMITTEE PRESENTS

MOVIES ON CHANNEL 970

Sunday, January 18
at 2:00 p.m.
The Shape of Water (2017)
Length: 2 hours 3 minutes
Starring: Sally Hawkins, Octavia Spencer, Michael Shannon, Richard Jenkins

At a top secret research facility in the 1960s, a lonely mute janitor forms a unique relationship with an amphibious creature that is being held in captivity.

Friday, January 23
at 7:30 p.m.
Father of the Bride (1950)
Length: 1 hour and 32 minutes
Starring: Spencer Tracy, Joan Bennett, Elizabeth Taylor, Don Taylor, Billie Burke

When beautiful Kay Banks announces her engagement to Buckley Dunstan, her doting middle-class father, Stan, must contend with a variety of problems, ranging from money issues to wedding planning difficulties. As things get hectic, Stan's wife, Ellie, tries to be the calm in the center of the storm. At the heart, though, is Stan's emotional tie to his little girl, and his realization that she is indeed growing up.

Saturday, January 24
at 7:30 p.m.
Little Manhattan (2005)
Length: 1 hour and 30 minutes
Starring: Josh Hutcherson, Charlotte Ray, Bradley Whitford, Cynthia Nixon, Willie Garson

Gabe, a sixth grader, is partnered with Rosemary in his karate class. Though he's known her a long time, Rosemary suddenly becomes his first crush. At home, Gabe's unhappy parents, Adam and Leslie, are waiting for their divorce to be finalized. Gabe and Rosemary begin dating, but when he realizes she'll be going away to camp soon, he panics.

Photo Credit: Yoma

COMMUNITY CHANNEL

CHANNEL 970 LISTING

Sunday, January 18

7:00 a.m.—Walking Workout
8:30 a.m.—Balance, Cardio, and Strength
9:00 a.m.—Seated Stretch
9:30 a.m.—Seated Chair
11:00 a.m.—IWC Broadcast
12:00 p.m.—Chair Yoga with Christine
2:00 p.m.— *The Shape of Water* (2017)
6:00 p.m.—Seated Tai Chi

Monday, January 19

7:00 a.m.—Walking Workout
7:50 a.m.—Silver Strong
8:30 a.m.—Balance, Cardio, and Strength
9:00 a.m.—Seated Stretch
9:30 a.m.—Seated Chair
11:00 a.m.—IWC Rebroadcast
2:00 p.m.—Dance Workout
6:00 p.m.—Seated Tai Chi

Tuesday, January 20

11:00 a.m.—IWC Rebroadcast
12:00 p.m.—Chair Yoga with Christine
2:00 p.m.—Dance Workout
3:00 p.m.—Silver Strong
5:30 p.m.—Water Walking Cardio
6:00 p.m.—Seated Tai Chi

Wednesday, January 21

7:00 a.m.—Walking Workout
8:30 a.m.—Balance, Cardio, and Strength
9:00 a.m.—Seated Stretch
9:30 a.m.—Seated Chair
12:00 p.m.—Chair Yoga with Christine
3:00 p.m.—Silver Strong
6:00 p.m.—Seated Tai Chi

Thursday, January 22

7:00 a.m.—Walking Workout
8:30 a.m.—Balance, Cardio, and Strength
9:00 a.m.—Seated Stretch
9:30 a.m.—Seated Chair
11:00 a.m.—Exercises for Seniors
1:30 p.m.—Standing or Seated Tai Chi
2:00 p.m.—Tone Your Arms
3:00 p.m.—Silver Strong
5:30 p.m.—Water Walking Cardio
6:00 p.m.—Balance Workout

Friday, January 23

7:00 a.m.—Walking Workout
8:30 a.m.—Balance, Cardio, and Strength
9:00 a.m.—Seated Stretch
9:30 a.m.—Seated Chair
11:00 a.m.—Exercises for Seniors
2:00 p.m.—Tone Your Arms
3:00 p.m.—Silver Strong
7:30 p.m.—*Father of the Bride* (1950)

Saturday, January 24

7:00 a.m. —Walking Workout
8:30 a.m.—Balance, Cardio, and Strength
9:00 a.m.—Seated Stretch
9:30 a.m.—Seated Chair
11:00 a.m.—Exercises for Seniors
6:00 p.m.—Balance Workout
7:30 p.m.—*Little Manhattan* (2005)

ACTIVITIES IN PERSON & VIRTUAL EVENTS

Photo Credit: Nancy

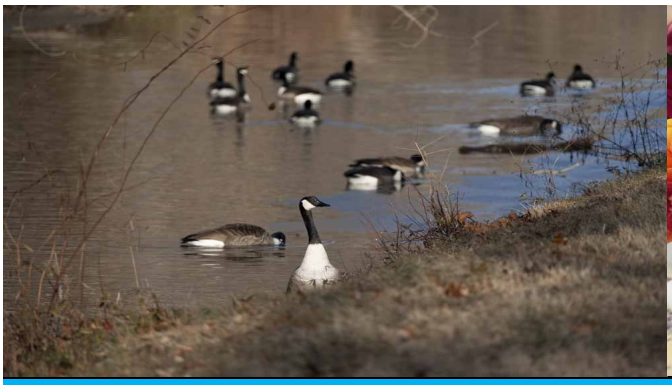


Photo Credit: Yoma

Sunday, January 18

11:00 a.m.—Interdenominational Worship—Penn Hall

Monday, January 19

1:00 p.m.—Duplicate Bridge—Passmore Lounge
1:00 p.m.—Pennswood Birders—Blue Room
4:00 p.m..—Transition Talk—Penn Hall
7:00 p.m.—Streaming: *This is Spinal Tap* (1984)—Penn Hall

Tuesday, January 20

1:00 p.m.—American Mahjong—Passmore Lounge
1:00 p.m.—Chinese Mahjong—Passmore Lounge
4:00 p.m.—OWLS Meeting—Blue Room

Wednesday, January 21

9:00 a.m. to 1:00 p.m.—Flea Market—Activities Center & Market Room
10:00 a.m.—Pennswood Chorale—Penn Hall
1:00 p.m.—Cognitive Fitness Club—Penn Hall
3:30 p.m.—Fireside Chat with Dan Murray—Penn Hall
4:00 p.m.—Opening: “Visions Unveiled”—Resident Art Gallery

Thursday, January 22

11:00 a.m.—Science Times—Penn Hall
1:00 p.m.—Lost and Found Presentation—Penn Hall
4:00 p.m.—Quaker Meeting for Worship—N-112
4:00 p.m.—Sharing Knowledge—Penn Hall
7:15 p.m.—Forum Presentation—Penn Hall

Friday, January 23

10:00 a.m.—AA Meeting—Resident Conference Room
11:00 a.m.—Pennswood Singers—Penn Hall
2:00 p.m.—Rosary Group—Board Room
2:00 p.m.—Memorial Service—Penn Hall
4:00 p.m.—Opening: “Childhood Treasure”—Passmore Art Gallery

Saturday, January 24

10:00 a.m.—Gazebo Frogs—Board Room
4:30 p.m.—Sing Along with Lolly—Penn Hall Lounge

BARCLAY DINNER MENU

Week of
January 18 to January 24

Served from
4:30 p.m. to 7:00 p.m.

MENU KEY

♥ : Heart Healthy

SUNDAY

Dinner on Sundays is for Barclay Residents.

Monday through Saturday Reservations are required. Currently offering 5:00 p.m. and 5:45 p.m. seating times.

Please call the Reservation line at 267-759-1092.

MONDAY

Soup: Beef Vegetable (GF) and Cream of Carrot

Crab Stuffed Portobello

(V) Roast Vegetable Manicotti

Skillet Chicken with Kale

Sides: Roast Potato Half, Sautéed Bok Choy, Succotash, Green Beans Amandine

TUESDAY

Soup: Chicken Rice (GF) and Portuguese Caldo Verde (GF)

Walnut Encrusted Red Snapper

French Cut Turkey
Cranberry Relish

(V) Vegetable Jambalaya

Sides: Rice Pilaf, Zucchini, Glazed Carrots & Prunes, Cauliflower

WEDNESDAY

Soup: Buffalo Chicken and Beef Barley

Mussels with White Wine and Garlic over Linguini

(V) Winter Bean Stew

Beef Brisket Ravioli

Sides: Linguini, Herb-Roasted Chickpeas, Butternut Squash, Sautéed Tuscan Kale

THURSDAY

Soups: Split Pea and Minestrone

Mahi Mahi Creole
with Lime Butter

Pork Paprikash Stew

(V) Chana Marsala

Sides: Brown Rice Pilaf, Roasted Carrots, Broccoli, Red Cabbage

FRIDAY

Soups: Greek White Bean and Chicken Alfredo

Salmon with Tuscan Butter

(V) Red Beans and Rice

♥Braised Beef Tips
over Egg Noodles

Sides: Buttered Egg Noodles, Green Beans, Corn, Red Beets

SATURDAY

Soups: Roman Grain & Mushroom and Mulligatawny

Arctic Char with
Herbed Beurre Blanc

(V) Sesame Tofu and Broccoli over White Rice

Turkey Scaloppini

Sides: White Rice, Sesame Broccoli, Carrots, Cauliflower