

Penn Hills Sr. Services

147 Jefferson Road
Penn Hills, Pa 15235
412-244-3400
Fax: 412-242-7078
www.pennhills.org

Wm. McKinley Sr. Satellite Site

Seventh & Center Sts.
Verona (Hilltop) PA
15147
412-828-5888

Funding

Funding is provided by the Municipality of Penn Hills* and the Allegheny County Area Agency on Aging Your Local tax dollars working for you!!!

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Senior Scenes

Volume 18 Issue 11

November 2016

Count Your Blessings!

We count our November Volunteer of the Month a real blessing. Jim Aiello has delivered meals to homebound Penn Hills residents for nearly five years. He knows all the names of his clients, and makes it a point to stop and visit them for a few minutes. This dedicated volunteer and animal lover also takes the time to say hello to all the pets on his route and knows them by name too.



After 37 years of service at Sears, Jim was first introduced to the Penn Hills Home Delivered Meals program by his friend Dan Brown, who volunteered here. He found that he really enjoyed bringing meals to the shut in's and has been with the program ever since. Jim has also volunteered for several years at the Penn Hills Service Association, and at the Blessing Board in Oakmont.

Jim Aiello and his wife Jan are graduates of Penn Hills High School and have lived in this area all of their lives. Presently their home is in the Jefferson Highlands neighborhood. They are avid gardeners and enjoy spending time working in the yard. They also love to swim at the Highlands Aqua Club where Jim helps to maintain the grounds. Jan recently retired from her job, and is now planning to join Jim in serving as a volunteer in the Home Delivered Meals program. This dear couple once rescued and bottle fed a beautiful little cat named "Painter" whose tail looks like it was dipped in white paint, and is still living with them today.

Jim, we are so grateful for your kindhearted service to the Community, and for your presence here at the Penn Hills Senior Center.

Congratulations on being the November Volunteer of the Month.

November Thanks

By Phyllis Ann Paciulli

The staff of the Penn Hills Senior Service Center and our McKinley Senior Site want to wish all of our amazing Veterans a very happy Veterans Day. We want to thank you for all the time spent away from your families and friends, all the terrible conditions of being in battle, and all of the hardships you endured during your time in service, that have made it possible for all of America to enjoy the freedom that we have. Whether you were overseas on the front lines, or stateside protecting us, you gave so much for all of us and words cannot express the gratitude that is felt.

We also want to wish you and your families a very Happy Thanksgiving and hope that you will take a few moments to be thankful for all that we have in the United States, for family and friends that have been with us through the years, for our right to vote, for our freedom of religion, and for so very many other things that we take for granted. We want you to know that we are so very thankful that you are all our Center 'family' and that you make it a pleasant day each day that we are together.

Don't forget to take a look out your window and see the gorgeous canvas of colors that come with the fall season; soon that canvas will change into the sparkling crystals of snow!!!!



Phyllis Ann Paciulli
Director of the
Penn Hills
Senior Center



Editor: *Jane Carr*

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Council Corner:
Linda Eaton

Jefferson Ctr. News:
Lena Natalia

Notes from
McKinley:
Mary Anne Sciullo

Sr. Travel:
Yvonne Walker

Menu/Activities:
Michelle Pirollo

Word Search
Shirley Haerr

REMINDER: Both the Penn Hills Senior Center (Jefferson Rd) and the McKinley Senior Site will be closed on **Friday, November 11, 2016** in observance of Veterans Day, and **Thursday, November 24, & Friday, November 25, 2016** for the Thanksgiving Holiday. Please mark your calendars accordingly.

Center Security Surveillance: many of you have already seen some new objects on the ceilings in the hallways, lunch room, etc. These new objects are security cameras. The security cameras are now functional. The last part of this installation will take place in the parking lot shortly. The cameras record 24/7, 365 days a year and are held for a year. This action was taken to provide the best safety for our seniors and staff. And remember to smile!!!

Veteran's Meeting: will be held on **Thursday, Nov. 17, 2016**. Please mark your calendars. Notices will be sent out by the middle of the second week of November, please try to respond to the notice. It helps in planning the menu. Remember this is the last meal that Chef Ed will be preparing for you guys—he and his wife are planning some trips. Letters will be sent shortly. If you are a veteran and would like to attend, just call the Center at 412-244-3400 to let us know, - then if you like the meetings tell us, and we will add you to our mailing list. If you are currently on the mailing list and do not want to get notices please call the above number and ask to be taken off the list.

December Events: I know this is a month early but wanted you to have a heads up on the plans for the Holiday month of December. We will start the month with **“Ugly Christmas Top”** Day on Monday, December 5, 2016. There will be one winner picked by your fellow seniors that day. Coffee and bingo will be free that day. On Thursday, December 8, 2016 there will be an afternoon **“Christmas Gala”** which has been planned by your Penn Hills Senior Service Center Advisory Council. This will be held at a local restaurant (see page of this newsletter for the details) from noon to 3 pm at a cost of \$18.00 per person—space is limited so it will be first come, first served and there will be NO REFUNDS more to follow. Bible Study Productions will be presenting the **Annual Christmas Play** for your enjoyment on Friday, December 16, 2016 beginning at 1pm. We will arrange with OPT to have a later pick up time so you can stay and enjoy. The event will be held at the Jefferson Road Senior Center in the First Floor Activity Room. Cookies and punch will be served. The final event will be the **County Holiday Meal** on Wednesday, December 21, 2016. Coffee and bingo will be free that day. The menu for the day will be in the regular monthly lunch page in the **December** newsletter. Please make note of the dates so you can plan accordingly. Remember to watch for any more information and/or changes to any of the planned events.

Food Bank Donations: This has gotten off to a slow start. It is hoped that there will be more donations throughout the remainder of the year. Again, the following has been recommended as donation items at this time: canned soups, canned pasta, tuna fish, ready to eat mac'n'cheese and non-perishable food staples for the Penn Hills Service Association. A lovely container (thanks to the artistic ability of Tammy) has been placed near the sign-in desk in the lobby on the first floor. Please consider sharing a little of the bounty.

American Indian Adventures: We are very pleased to announce that we have scheduled a very special program to be presented by the Carnegie Museum of Natural History on Tuesday, November 15, 2016 beginning at 10:15 am in YOUR Center Lunchroom. The program is **“American Indian Adventures: Tour to You Program”**.

In order to make Thanksgiving even more of a special event, a Museum Educator from the Carnegie Museum will be visiting with us to help us explore real and replica artifacts from traditional Iroquois Indian culture. You will be able to examine daily life and beliefs by interpreting tools, structures and other objects. The Educator will bring along a model long house, drum and more. Come enjoy the Museum right in YOUR own Center!!!

Remember you are never too old to learn something new, so come to YOUR Center on November 15, 2016, and after the program stay for lunch (bring a friend!!!!)

A SPECIAL NOTE TO OUR CENTER PARTICIPANTS

Part of our yearly contract with the Allegheny County Area Agency on Aging is our **Volunteer** program and the hours that the volunteers put in each month. It has been brought to our attention that many, many of you are not scanning in through Co-Pilot and selecting the “volunteer” square when you come to the Center. This is very, very important for you to do and the County checks this quarterly.

Another very, very, very important part of the Co-Pilot scanning is the **MENU** that pops up after you scan your card. Each activity for the day is listed along with lunch, morning coffee, center visit, office visit, computer lab, bingo, volunteer, etc. If you are attending any of the activities—fitness, knitting, fiber arts, art class, etc.—please remember to check off the blocks before you walk away. Again, all of our activities and the attendance at those activities are monitored by the County and State and are part of our contract with the County.

As always we thank you so very much for your participation, patience and support for YOUR Center—the Center that you have all made so great through the years and will continue to do so for many, many more!!

THANKS, AGAIN!!!!

The staff and the seniors want to thank the Municipality of Penn Hills EMTs and their Supervisor, Diane Fitzhenry, for providing the Flu Shots three days here at Jefferson and three days at the McKinley site. As always, the crew was wonderful and patient and helpful. This Department goes out of the way to provide this service not only to the Seniors but to every resident of Penn Hills who may want to get the vaccine.

We also want to thank Ms. Fitzhenry for working with UPMC East through Kristen Guinther in providing the mini Health Fair on Oct. 19th. I apologize for the mix-up and thank the ladies who gave of their time to perform the screening for their patience and cooperation. We are hoping to offer another screening with more tests sometime in the Spring!!! Both the Flu Shots and the Health Screening are proof of how your local tax dollars work for you.

LUNCH & LEARN SERIES

ESSM—Anne Wuenschel will be here to give a talk on “**Joint Protection**”, **Thursday, November 3, 2016**, beginning at 10:15 am in the Center Lunchroom—stop by and pick up some pointers—winter is fast upon us!!

PALS Program—Mr. Detweiler of the **Highmark PALS Program** will be here on **Wednesday, November 9, 2016**, beginning at 10:15 am in the Center Lunchroom to explain the PALS Program to you. This is especially of interest to those of you who have a Highmark Blue Cross supplemental insurance product. Make plans to stop by and stay for lunch.

Medicare Supplement Choices—Jamie Wright will be here on **Monday, November 14, 2016**, to present some information on **Medicare Supplement Choices**. She will be in the Center Lunchroom beginning at 10:15 am.

UPMC—will be here on **Thursday, November 17, 2016**, to talk about “**Winter Falls and Fractures**”—again, winter is knocking on the door and we want to be prepared for safety during this season. She will be here beginning at 10:15 am.

FREE DENTAL EXAM FOR VETERANS



Make an appointment between November 7th through November 11th to receive a free dental exam.

To schedule an appointment, please call 412-373-7777.

Dr. Suher & Associates
4328 Old William Penn Highway





**Highlights of Jefferson Center
Day/Evening Trips for November**
Sign-up sheets will be available the
first business day of the month at 9:00 am



November 10—Thursday—Walmart

We will leave the Center at 11:00 am with a return pickup at 1:30 pm

November 12—Saturday—Rivers Casino

Due to Veterans Day holiday, both Casino trips will be on Saturdays this month. We will leave the Center at 10:00 am with a return pickup at 4:30 pm

November 16—Wednesday—Let's Eat Out—Longhorn Steak-house at the Waterfront—We will leave the Center at 5:00 pm with a return pickup at 8:00 pm

November 17—Thursday—Monroeville Mall

We will leave the Center at 10:00 am with a return pickup at 1:30 pm

November 17—Thursday—O'Reilly Theater for the comedy play "Between Riverside and Crazy"

Pre-buffet before the show. Cost is \$27.00. Show starts at 8:00 pm—We will leave the Center at 5:15 pm with a return pickup at 10:30 pm

November 26—Saturday—Rivers Casino

We will leave the Center at 10:00 am with a return pickup at 4:30 pm

December 8—Thursday—Penn Hills Senior Services Center Holiday Celebration Luncheon—Time 12 Noon to 3:00 pm—More information to follow.



HOLIDAY LUNCHEON
DECEMBER 8, 2016
12 NOON TO 3:00 PM



HOFFSTOT'S CAFÉ MONACO RESTAURANT
533 ALLEGHENY AVENUE
OAKMONT, PA
LIMITED TO 60 PEOPLE
PURCHASE TICKETS IN THE
SENIOR CENTER OFFICE
IF YOU PURCHASE TICKET FROM
NOV. 1 THRU NOV. 15 — COST IS \$18.00
IF YOU PURCHASE TICKET FROM
NOV. 16 THRU NOV. 23— COST IS \$20.00
DOOR PRIZES NO REFUNDS
MENU CHOICES ARE:
GRILLED PORK CHOP
EGGPLANT PARMESAN
CHICKEN ROMANO
BAKED BOSTON COD



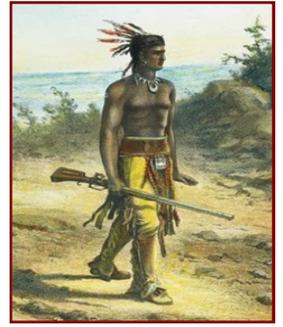
Regine Sandidge and Winnie Jones attended the Energy Conservation Program sponsored by People's Gas and Duquesne Light held recently at the Penn Hills Senior Center. Many in attendance expressed how informative and helpful the program was. Director Phyllis Paciulli (background) helped to hand out Energy Conservation kits to all those in attendance.



Highlight of Jefferson Center Plans for November

Squanto: A Blessing to the Pilgrims

"Squanto continued with them and was their interpreter and was a special instrument sent of God for their good beyond their expectation. He showed them how to plant corn, where to take fish and other commodities, and guided them to unknown places, and never left them till he died." ~William Bradford



November 1, 8, 15, 22, 29—Tuesday—Fiber Arts—1:30 pm— Come join us.

November 2—Wednesday—Camera Club—10:00 am

November 2, 9, 16, 23, 30—Wednesday—Knitting—1:30-3:00 pm—Blue Room—We will furnish the supplies. We are in need of knitters and crocheters to help us make lap robes for badly wounded soldiers.

November 4—Friday Night Bingo—6:45

November 4, 18—Friday—Bible Study— Blue Room—10:00 am

November 4, 18—Friday—Bridge—Blue Room—12:30-3:00—New Players are welcome.

November 7, 14, 21, 28—Monday—Yoga—2:45—4:15—Exercise Room—Come join us.

November 9, 16, 23, 30 —Wednesday—Christmas Play Choir Practice—Blue Room—All are welcome!

November 10—Thursday—Book Club—1:00 pm—(Always second Thursday of the month)—Blue Room
We will be reading "Full Bloom" by Janet Evanovich.

November 11—Tuesday—Closed Veteran's Day

November 15—American Indian Adventures: Tour to you—10:15-11:00 am—Lunch Rm

November 15—Tuesday—Big Bingo—12:30—3:00 (Every 3rd Tuesday of the Month)

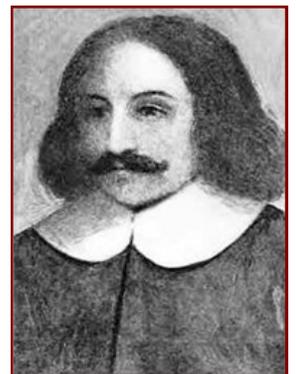
November 24th and 25th—CLOSED THANKSGIVING—THURSDAY AND FRIDAY

November 25—Friday—Free Bingo—Every last Friday of the month when the Senior Center is open

December 13—Tuesday—Seniors for Safe Driving—12:30-4:30



Pictured (Left to right) are Mary Villela, Shirley Morris, Betty Salava, Ruth Yee and Bill Gieselhart.



William Bradford
Governor of the
Plymouth Colony

Notes From McKinley ...Mary Anne Sciullo-Site Supervisor

Never regret anything that has happened in your life, it cannot be changed, undone or forgotten. So take it as a lesson learned and move on.

~~Author Unknown



Never blame any day in your life:
good days give happiness;
bad days give experience,
worst days give you a lesson.

~~Sukhraj S. Dhillon



Many Thanksgiving Blessings to all of you!

November Day and Evening Trips



November 2—Wednesday—Red, White, and Blue Store

OPT transportation—1:00 pm

November 12—Saturday—Oaks Theater — Amazing Musical Performance by Pure Gold—

Show time is 7:30 pm. Tickets are \$20.00 and must be paid before Monday, November 7th.

Non-refundable—Theater policy—We will meet there.

November 26—Saturday—Oaks Theater—Start off the season with the Syria Shriners Stage

Band Holiday Show. Show time is 7:30 pm. Tickets are a good deal at \$12.00, and must be paid by Friday November 18th. Non-refundable—Theater policy. — We will meet there.



*The following version was found written on the wall of
Mother's Theresa's home in Calcutta*



People are often unreasonable, irrational, and self-centered.
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.
Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies.
Succeed anyway.

If you are honest and sincere people may deceive you.
Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.
Create anyway.

If you find serenity and happiness, some may be jealous.
Be happy anyway.

The good you do today, will often be forgotten.
Do good anyway.

Give the best you have, and it will never be enough.
Give your best anyway.

In the final analysis, it is between you and God.
It was never between you and them anyway.



*Based on the original version titled
"The Paradoxical Commandments"
written by Dr. Kent M. Keith*





Highlights of McKinley Center Plans for November



Thank you to all our veterans for your service and sacrifice. God Bless you.

November 2, 9, 16, 23, 30—Wednesdays—**Tai Chi** (with Dan from CCAC)—10:00 am

November 4, 18—Fridays—**Crafts with CCAC**—9:30 am

November 7, 14, 21, 28—Mondays—**Art Class with Mary Ann**—9:00 am

November 11—Friday—**Veteran’s Day**—Closed

November 18—Friday—**CCAC Card Games** —9:30 am (Last class)

November 24th and 25th—**CLOSED FOR THANKSGIVING—
THURSDAY AND FRIDAY**

November 28—Monday—**Book Club**—10:00 am

We are reading “The Dirty Life: a Memoir of Farming, Food and Love by Kristin Kimball

“Throughout the course of American history, courageous men and women have taken up arms to secure, defend, and maintain these core principals upon which our Nation’s freedom depend.
~~George W. Bush



Left to right: Learning to play Casino, with CCAC instructor Mel, Dottie Slage, Peg Register, Laraine Ehrlich, Donna Sterling, and Diana Greene.

DRIVERS, RUNNERS, APARTMENT FOOD DELIVERY VOLUNTEERS NEEDED

The Home Delivered Meals Program is growing rapidly. There is a need to add a 5th delivery route to the program and we need your help.

As many of you know, the Municipality of Penn Hills has generously given us two new Chevy Trax, two Ford Escapes, and the County has generously given us another new 'blue' Chevy Trax for this program. You do not have to use your own vehicle or gas; you just need to give us some of that precious commodity, **TIME**. Drivers and runners are needed in order to add this much needed fifth route. We are looking for at least four drivers and four runners to make this a reality. You will gain so much from this; our drivers have formed wonderful relationships with the recipients of the meals and those same recipients look so forward to that daily delivery and in many cases, this is their only contact with a friendly face. Just talk with our volunteers who have been doing this for a long time, you will only see smiles on their faces, no frowns. It is very fulfilling to bring a little sunshine into someone's life each day. And remember, you deliver **ONLY** to Penn Hills residents.

We also need someone to deliver meals to the apartment dwellers. We have volunteers in those high rises that have done this for a long time and could use a little help, but some are moving on and having problems of their own. We are very seriously in need of someone asap for this.

We have Veterans, Softball players, recently retired couples, etc., won't you please consider coming to help us??? We know you all have so much to do and that you would have to rearrange your schedule, but it is so worthwhile. If you would like more info, please call Jan at 412-244-3408 she will be most happy to answer any questions.

By Phyllis Ann Paciulli



CHOIR PRACTICE FOR CHRISTMAS PLAY



The Bible Study group would like to extend a warm invitation to all seniors to come and join the Christmas Play Choir. We will practice every Wednesday morning at 10:00 in the Blue Room from November 9th to December 14th. The Christmas Play will be on December 16th at 1:00 pm.



SENIOR TRAVELS



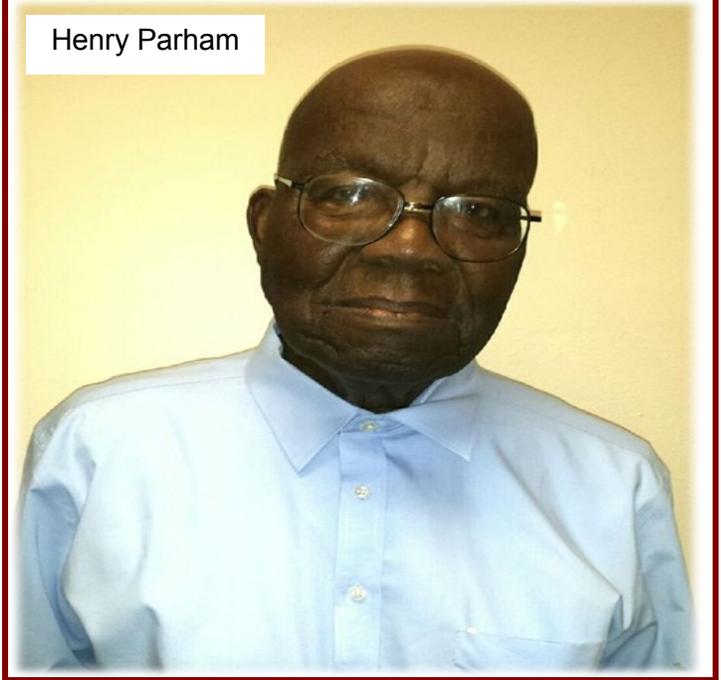
December 31—New Year's Eve Day Trip to Rivers Casino — by Lenzner Coach. \$26 per person We will leave Penn Hills #7 Fire Hall at 11:30 a.m. and leave the Rivers at 6:15 p.m...Your check will be your reservation. Bonus is \$20 slot play and \$5 food coupon. Please have all checks in by November 30 payable to the Penn Hills Senior Services. Tip included. Call me to make sure you are on the list if you have not turned in your check. Thanks, Yvonne @ 412-877-2066

March 26, 2017 —August Wilson Center with a performance by the Pittsburgh Ballet and the Dance This trip is now filled up with a waiting list.

November 2016



Sal Moliterno



Henry Parham



NOW, THEREFORE, I, DWIGHT D. EISENHOWER, President of the United States of America, do hereby call upon all of our citizens to observe Thursday, November 11, 1954, as Veterans Day. On that day let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us re-consecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain.

Dwight D. Eisenhower



(L to R) Dick Wallace. Dale Dickson, and Joe Opsitnick.



Don Santoriello

SMELLS LIKE*By Shirley Haerr*

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AMMONIA**COFFEE****FISH****FRESHCUT GRASS****GARLIC****GASOLINE****GUNPOWDER****HAY****LEATHER****LIMBURGER****MOTHBALLS****ONION****PAINT****PEPPERMINT****PERFUME****ROSES****SKUNK****SOUR MILK****VANILLA****WOODSMOKE**

JEFFERSON ACTIVITIES

MONDAY

FITNESS MATTERS 10:15 - 11:15
 BILLIARDS 10:30
 AQUA AEROBICS 9:30 - 10:30
 BLOOD PRESSURE WITH
 SHIRLEY 11:15 - 12:30
 CERAMICS 9:30 - 12:30
 500 CARD CLUB (1ST & 3RD) 12:30
 YOGA - 2:45 - 4:00
 TAI CHI—11/14—12:30-2:00

TUESDAY

TABLE TENNIS 8:00 - 9:00
 BILLIARDS 10:30
 MEXICAN TRAIN DOMINOES 10:00
 - 11:30
 ART 12:00 -1:30
 FIBER ARTS 1:30 - 3:00

WEDNESDAY

CAMERA CLUB 1ST WEDNESDAY
 - 10:00 AM
 CERAMICS CLASS 1 9-12:30
CLASS 2 11-2:30
 FITNESS MATTERS 10:15 - 11:15
 BILLIARDS 10:30
 KNITTING CLASS 1:30 - 3:30
 AQUA AEROBICS 9:30 - 10:30

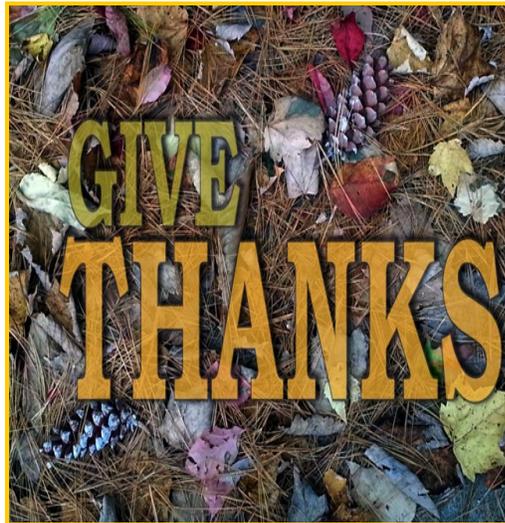
THURSDAY

TABLE TENNIS 8:00 - 9:00
 QUILTING GROUP 9:00 - 11:00
 BILLIARDS 10:30
 LINE DANCING 10:00 - 11:15
 BOOK CLUB (2ND THURS.) 1:00

FRIDAY

BIBLE CLASS 10:00
 BILLIARDS 10:30
 TOPS WEIGH-IN 11:15-12:00
 MEETING 12:15
 PINOCHLE 12:30 - 3:00
 BRIDGE 12:30 - 3:00

**Advisory Council Meeting
 will be held on
 Wednesday, November 9th**



God Bless America

While the storm clouds gather
 far across the sea
 Let us swear allegiance
 to a land that's free

Let us all be grateful
 for a land so fair
 As we raise our voices
 in a solemn prayer
 God bless America

Land that I love
 Stand beside her
 and guide her
 Through the night
 with a light from above
 From the mountains
 to the prairies
 To the oceans
 white with foam
 God bless America,
 my home sweet home

Irvin Berlin

MCKINLEY ACTIVITIES

MONDAY

ART CLASS 9:00
 PUZZLES
 CARD CLUB / WII
 GAMES 10:00
 LUNCH 11:30
 BINGO 12:00
 SOCIALITES WEIGH-IN 5:30 -
 6:00 MEETING 6:00-6:45

TUESDAY

PUZZLES / POKENO 10:00
 LUNCH 11:30
 BINGO 12:00

WEDNESDAY

BLOOD PRESSURE
 WITH MARY 9:30 - 10:00
 PUZZLES
 MICHIGAN RUMMY 10:00
 TAI CHI 10:00
 LUNCH 11:30
 BINGO 12:00

THURSDAY

PUZZLES
 DOUBLE POKENO 10:00
 CHAIR YOGA 10:00
 LUNCH 11:30
 BINGO 12:00

FRIDAY

PUZZLES
 1ST FRIDAY CRAFTS
 2ND FRIDAY GAMES /WII
 10:00
 3RD FRIDAY GAMES/WII

If you would like the newsletter
 emailed to you, please send your
 email address to

jcarr@pennhills.org

READ NEWSLETTER ONLINE AT:
 Municipality of Penn Hills Website:

<http://pennhills.org/>



NOVEMBER 2016



CALL LINDA FOR LUNCH AT (412) 244-3410 OR (412) 244-3401

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 CHICKEN LEG AND THIGH BROCCOLI BROWN RICE APPLE	2 CHILI GREEN BEANS PINEAPPLE CUTS	3 OPEN FACE TURKEY SANDWICH SAVORY POTATOES CARROTS TANGELO	4 MEATLOAF WHIPPED POTATOES SLICED BEETS SLICED PEARS	CALL FOR LUNCH THE DAY BEFORE - BEFORE 11 AM
7 BAKED COD CABBAGE AND NOODLES CARROTS FRUIT COCKTAIL	8 TURKEY GRAVY WHIPPED SQUASH GREEN BEANS ORANGE	9 PENNE WITH MEAT BALLS MIXED GREENS APPLE	10 CHICKEN DINNER SALAD COLESLAW GINGER BREAD	11 CLOSED	HOME DELIVERED MEALS (412) 244-3408
14 PORK LOIN GRAVY CIDER YAMS MIXED VEGGIES SLICED PEACHES	15 TUNA SALAD BLACK BEAN SALAD COLESLAW APPLE	16 TURKEY GRAVY WHIPPED POTATOES GREEN BEANS STUFFING PUMPKIN PIE	17 BAKED LEMON COD BEET SLICES CHEESE TORTELLINI ORANGE	18 SALISBURY STEAK GRAVY SCALLOPED POTATOES BROCCOLI AND CAULIFLOWER BANANA	FOR LUNCH AT MCKINLEY CALL MARY-ANNE AT (412) 828-5888
21 CHICKEN LEG AND THIGH WHIPPED POTATOES BROCCOLI PEAR CUTS	22 BOW TIES WITH MEAT SAUCE TOSSED SALAD ORANGE	23 BBQ BEEF SANDWICH PARSLEY POTATOES GREEN BEANS PINEAPPLE	24 CLOSED	25 CLOSED	BIG BINGO NOVEMBER 15TH FREE BINGO AND 50/50 NOVEMBER 18TH
28 BEEF TIPS GRAVY CARROTS NOODLES ORANGE	29 CHICKEN BREAST GRAVY WHIPPED BUTTERNUT SQUASH STEWED TOMATOES PEARS SLICES	30 MEATLOAF WHIPPED POTATOES CAPRI VEGGIE MIX APPLESAUCE			MILK AND BREAD SERVED EVERY DAY WITH LUNCH