

Dorchester Seniors, Inc.



JULY 2023

FAITH SELLERS SENIOR CENTER
312 NORTH LAUREL ST.
SUMMERVILLE, SC 29483
PHONE: 843-871-5053
HOURS: M-F 8:30 AM - 5:00 PM

DAVID SOJOURNER SENIOR CENTER
5361 EAST JIM BILTON BLVD.
ST. GEORGE, SC 29477
PHONE: 843-563-3709
HOURS: M-F 8:30 AM - 4:30 PM

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YouTube
DORCHESTER SENIORS INC.



Website
WWW.DORCHESTERSENIORS.COM

CENTER INFORMATION

STAFF

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Membership & Volunteer Coordinator
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MESSAGE FROM

LaQuinta West– *Deputy Director*

Community plays a pivotal role in our lives, offering a sense of belonging, support, and collective identity. Its importance cannot be overstated, as it impacts individuals, relationships, and society as a whole.

As a community partner, our centers provide individuals with a support network. We offer a sense of belonging and acceptance, which is crucial for emotional well-being. Being part of a community helps individuals find like-minded people who share similar values, interests, and experiences.

At our centers, we foster social connections and relationships. We create opportunities for people to interact, collaborate, and build meaningful connections. Whether it's helping on a meal route, instructing a class, attending our programs, using the fitness room, attending bible study, or stopping in to say hello, these connections enrich our lives, enhance our social skills, empathy, and understanding of diverse perspectives.

As a community center for those 50+, we believe in making a difference and empowering individuals to make a difference. In summary, the importance of community lies in its ability to provide support, foster relationships, empower individuals, and contribute to societal well-being. It brings people together and helps create a more connected and resilient world. As a part of the Dorchester County community, we want to partner with you to continue building a better Dorchester County.

"By working together, pooling our resources and building on our strengths, we can accomplish great things." - Ronald Reagan

ABOUT DSI

Dorchester Seniors, Inc. is a private, Non-Profit 501(c)3 organization established in 1980 by the Dorchester County Council. DSI provides services for the senior population and is governed by a volunteer Board of Directors.

Dorchester Seniors, Inc. mission is to provide opportunities to all senior citizens of Dorchester County to enhance their educational, mental, social, spiritual and physical well-being.

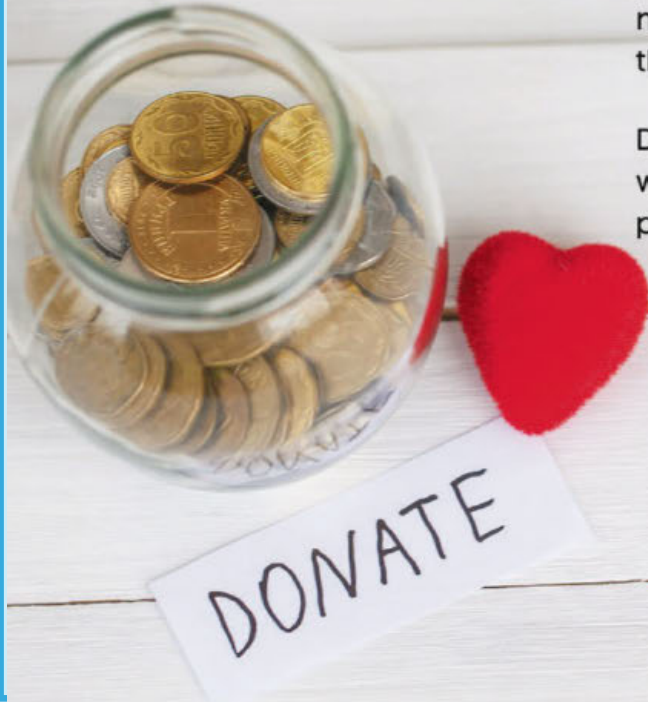
To achieve this goal, DSI works cooperatively with community agencies and organizations through advocacy for senior citizens and interagency coordination including outreach, assessing needs and planning actions.

IMPORTANT INFORMATION

All donations are tax deductible.

Please consider donating. It is through donations from individuals and businesses that we are able to provide opportunities to enhance the educational, mental, social, spiritual, and physical well-being of the senior citizens of Dorchester County.

Donations can be made in person, directly on our website, or by scanning this QR code with your phone's camera.



WWW.DORCHESTERSENIORS.COM



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**St. George
July Member Spotlight
Rebecca Barr**

How long have you been a member? I have been a member of the Senior Center for 4 years.
What do you enjoy doing at the center? I enjoy relaxing, socializing and activities.
What was your profession? I worked as a CNA for 30 years. After retiring, I worked as a cook at Woodland High School.
What are your hobbies? I enjoy fishing and cooking. I also enjoy attending Church and Bible Study.



**Summerville Volunteer Spotlight
Kathene Winston**

Length of Time as Volunteer: 5 Years
What areas do you volunteer in at the Faith Sellers Senior Center? Activities, Member Services, and the Board of Directors.
Your hobbies and interests: Bowling, Bingo, and helping others.
Your Favorite Food: Collard Greens and Cornbread.
Favorite Color: “Purple it is often associated with and represents royalty, nobility, luxury, power, and ambition.”
Favorite Quote: “Do unto others as we would have them do unto you.”

DSI NEWS

DSI Service Programs

Home Delivered Meals

Dietitian approved nutritious meals served to homebound seniors weekdays, excluding holidays.

Congregate Group Dining

Dietitian approved nutritious meals served in a group setting to seniors weekdays, excluding holidays.

Center Transportation

Provided through DSI vehicles to and from each DSI senior center. Allows seniors to participate in activities and congregate meal program.

Service programs are available at no cost to persons 60 years and older who qualify based on an assessment process.

If you would like to receive Services from DSI, please call Ivory M. Harrison at 843-830-5839 for more information.



DSI Membership Fees:

Dorchester County Residents	\$ No Charge
Out-of-County Residents	\$ 24 year

*The annual membership is open to anyone 50 years of age or older. This membership **does not** include access to the 50+ Fit Program (extra \$20 charge per month). The above fees can be paid either in-person or online.*

You can pick up a Membership Application from the Membership Coordinator at either DSI Senior Center location or complete a Membership Application online via the DSI website at www.dorchesterseniors.com.

There are numerous ways, and many good reasons to get involved with the Dorchester Seniors Inc. We invite you to get to know us and our vibrant community of active seniors.

EXERCISE & WELLNESS CLASSES

WALKING CLUB

Tuesdays & Thursdays,
9:00am – 10:00am
10:00am - 11:00am

Walking Club Group meets in Doty Park. Laps/mileage will be maintained & recorded by group leader. Ongoing incentives for members who cumulatively reach 10, 25 & 50 miles.



BEGINNER LINE DANCING (FAITH SELLERS SENIOR CENTER) Wednesdays, 11:30am-12:30pm

Put on your dancing shoes & join us for this **FUN** beginner line dancing class!

CLOGGING (FAITH SELLERS SENIOR CENTER) Fridays, 12:30pm - 3:00pm

Line dancing, move over. Clogging is the next level of Fun! Wear tap shoes, jingle-tap clogging shoes, or smooth-soled shoes that don't grip the floor. Beginner & intermediate level.

50+ FIT EXERCISE CLASSES

DSI 50+ Fit costs \$20 per month & include all classes listed below.

You must be a member of the DSI 50+ Fit program to participate. Visit Faith Sellers Senior Center front desk to sign up.

WEIGHT TRAINING

Mondays & Wednesdays, 8:15am - 9:05am
9:15am - 10:05am

A weight workout designed to increase muscular endurance & bone density, while strengthening and toning your total body. A chair is available for standing support. Please bring a mat, towel, 3lb. weights and water. *Instructor: Cathy Lawter*

YOGA

Mondays & Wednesdays, 10:20am - 11:05am

Revitalize your body, relax your mind, increase energy, & reduce stress. Please bring a mat, towel, and water. *Instructor: Marlene Cuggy*

AEROBICS

Tuesdays & Thursdays, 8:15am - 9:05am
9:15am - 10:05am

Get up and move with an aerobics class that's safe, heart-healthy, and gentle on the joints. A chair is available for standing support. Please bring a mat, towel, and water. *Instructor: Cathy Lawter*

TAI CHI FOR HEALTH

Tuesdays, 2:30pm - 3:30pm

Proven to improve muscular strength, flexibility, balance, posture, and stamina, as well as lowering blood pressure and strengthening the immune system. *Instructor: Maurice Olfus*

CARDIO STRENGTH

Fridays (1st, 2nd & 4th weeks), 8:30am - 9:20am

Combination of low impact aerobic exercises, dumbbell exercises and body weight exercises to improve cardiovascular health, muscular strength and endurance.

Instructor: Cathy Lawter

LINE DANCING

Tuesdays, Wednesdays, Thursdays, 1:00pm - 2:00pm

Boot Scoot, Cupid Shuffle or Electric Slide into this **FUN** dancing class!
Instructor: Evelyn Ward.

Advance Line Dancing Placement Guidelines

Steps/Terms to Know:

- Step Touch
- Shuffle/Triple Step
- Rock Step/Rock Recover
- Jazz Box
- Grapevine right & left
- Quarter Turn
- Half Turn
- Skate Step
- Syncopation
- Count & Rhythm

Dances to Know:

- Electric Slide
- Cupid Shuffle
- Two Step
- Ah Si

For questions or concerns see Beth, Center Manager.

ZUMBA® GOLD

Mondays, 11:30AM - 12:30PM

Fridays, 9:30am - 10:30am

Zumba® Gold is less intense with dance routines designed for beginners and older adults. *Instructor: Donna Ottone*

Donna Ottone



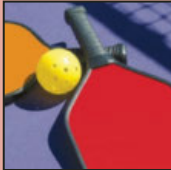
FAITH SELLERS SENIOR CENTER HIGHLIGHTS



Technology Help

Thursday July 5th 11:00am—12:00pm

Join our Deputy Director , LaQuinta West to learn basic technology help. Get help with Microsoft, tablets, phones, computers and more.

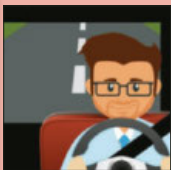


Pickleball

Mondays, Wednesdays, and Thursdays

2:30pm - 4:45pm Download the Team Reach App for updates. Lookup Senior Center Pickle Ball

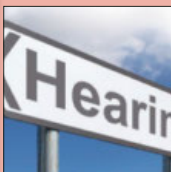
Code:Pickle312



AARP SAFE DRIVING W/ JOHN MALLON

Thursday July 6th 11:00am-3:00pm

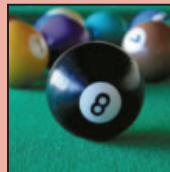
Interested in possibly lowering your car insurance? If so, be sure to check out this course.



HEARING LIFE W/ BRANDEN WHITAKER

Friday July 7th 10:00am-12:00pm

Are you in need of hearing aids? Struggling with the cost? Need to be screened? We may be able to help.



8 BALL POOL TOURNAMENT

Tuesday July 11th 10:00am-12:00pm

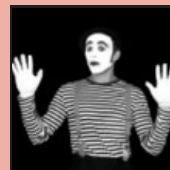
Join us for a friendly competition. See the Activity Coordinator, Momi to sign up and get a copy of the tournament rules.



MEDICARE EDUCATION

Tuesday July 18th 10:00am-11:00am

Do you have trouble navigating the Medicare system? If so, bring your questions and Lori Miller a TAAA approved agent will help you navigate.



MIME ARTIST ALONZO MCKNIGHT

Wednesday July 19th 11:00am-12:00pm

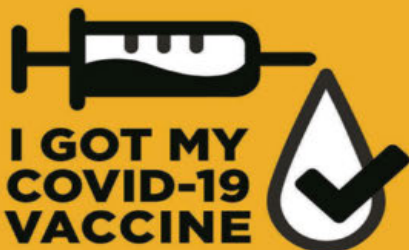
Enjoy interpretive movement and expression artist Alonzo McKnight as he shares his inspirational theatrical gift.



THE CHARLESTON HOT SHOTS

Friday July 31st 11:00am-12:00pm

Catch these renowned musicians at our July Luau. A Lei will be provided. We will also have a photo area. Come spread some ALOHA at Faith Sellers!



CALL SC DHEC TO SCHEDULE
YOUR COVID VACCINE APPOINTMENT
855-472-3432

Brought to you by: Trident Area Agency on Aging

SUMMERVILLE CALENDAR OF EVENTS — JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30a-2p Hand &Foot Canasta</p> <p>10a-11a Celebrate Life</p> <p>10a-11a Chair fitness w/ Donna</p> <p>11a-12p July Fourth Celebration</p> <p>2:30p-4:45p Pickle Ball</p>	<p>4</p> <p style="text-align: center;">Closed In honor of Independence Day</p>	<p>5</p> <p>10a-11a Bingo</p> <p>11a-12p Technology Class</p> <p>11:30a-12:30p Beginner Line Dance</p> <p>1p-4p Bridge</p> <p>1p-3p Mahjong</p> <p>2:30p-4:45p Pickle Ball</p>	<p>6</p> <p>10a-11a Walking Club</p> <p>10a-11a Rug Hooking</p> <p>9:30a-12p Farmers Market Trip \$</p> <p>10a-12p Movie & Snacks</p> <p>11a-3p AARP Safe Driving \$</p> <p>10:30-11:30a Bible Study</p> <p>1p-3:30p Woodcarving (No Materials Provided)</p>	<p>7</p> <p>8:30a-2p Pinochle</p> <p>10a-12p Crochet & Needlework</p> <p>10a-11a Brandon Whitaker w/ Hearing Life</p> <p>11a-12p Cornhole</p> <p>12:30p-3p Clogging</p>
<p>10</p> <p>8:30a-2p Hand & Foot Canasta</p> <p>10a-11a Ms. Gwenn's Golden Keys (piano)</p> <p>10a-11a Celebrate Life</p> <p>12p-3p Dominoes</p> <p>1p-2p Adult Artist color</p> <p>2:30p-4p Pickle Ball</p>	<p>11</p> <p>9a-10a Walking Club</p> <p>10a-11a Wii Games</p> <p>10a-11a Gary Johnson Life Insurance Options</p> <p>10a-12p Pool Tournament</p> <p>11a-12p Cornhole</p> <p>11a-12p Regulation Corn Hole</p> <p>1p-3p Int. Quilting</p> <p>2p-4p Open Artist</p>	<p>12</p> <p>10a-11a Bingo w/ Brownsville Church</p> <p>11:00-12p Bookmobile</p> <p>11:30a-12:30p Beginner Line Dance</p> <p>1p-4p Bridge</p> <p>1p-3p Mahjong</p> <p>2p-3p Puzzles</p> <p>2:30p-4:45p Pickle Ball</p>	<p>13</p> <p>10a-11a Walking Club</p> <p>10a-11a Rug Hooking</p> <p>10a-11:30 Jingo</p> <p>10:30a –11:30p Bible Study</p> <p>11:30a-12p Choir Practice</p> <p>1p-3:30p Woodcarving (No Materials Provided)</p> <p>2:30p-4:45p Pickle Ball</p>	<p>14</p> <p>8:30a-2p Pinochle</p> <p>10a-12p Crochet/ Needlework</p> <p>9:30a-10:30 Gentle Fitness w/ Cathy</p> <p>10a-11a John Tudor Smart Driver Tech AARP</p> <p>11a-12p Cornhole</p> <p>12:30p-3p Clogging</p>
<p>17</p> <p>8:30a-2p Canasta</p> <p>10a –11a Celebrate Life</p> <p>10a-11a Susan w/ All Care Living Services</p> <p>11:30a-12p Seasoned Singers</p> <p>12p-3p Dominoes</p> <p>2:30p-4:45p Pickle Ball</p>	<p>18</p> <p>9a-11a Walking Club</p> <p>10a-11a Lori Miller w/ Medicare Education</p> <p>10a-11a Wii Games</p> <p>11a-12p Cornhole</p> <p>1p-3p Intermediate Quilting</p> <p>2p-4p Open Artist</p> <p>2:30-3:30 Tai Chi</p>	<p>19</p> <p>10a-11a Bingo w/ Palmetto Project</p> <p>11p-12p Mime Artist Alonzo McKnight</p> <p>11:30a-12:30p Beginner Line Dance</p> <p>1p-4p Bridge</p> <p>1p-3p Mahjong</p> <p>2:30p-4:45p Pickle Ball</p>	<p>20</p> <p>9a-11:15a Walking Club</p> <p>10a-11a Trivia w/ Kim Perrigo of Gentiva</p> <p>10a-12p Notary Tim Harrison Available</p> <p>10a-11a Rug Hooking</p> <p>10:30a-11:30a Bible Study</p> <p>1p-3:30p Woodcarving (No Materials Provided)</p> <p>2:30p-4:45p Pickle Ball</p>	<p>21</p> <p>8:30a-2p Pinochle</p> <p>10a-11a Just Good Enough Band</p> <p>10a-12p Crochet/ Needlework</p> <p>11a-12p Cornhole</p> <p>12:30p-3p Clogging</p>

SUMMERVILLE CALENDAR OF EVENTS — JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>8:30a-9:30a Hand & Foot Canasta</p> <p>10a-11a Celebrate Life</p> <p>11a-12p Nutrition Education w/ Gayle of Clemson Extension</p> <p>12p-3p Dominoes</p> <p>2:30p-4p Pickle Ball</p>	<p>25</p> <p>9a-11a Walking Club</p> <p>10a-11a Chris Rollison w/ Dorchester Alcohol and Drug</p> <p>11a-12p Satin Hands Pampering w/ Donna</p> <p>11a-12p Cornhole</p> <p>1p-3p Intermediate Quilting</p> <p>2p-4p Open Crafts</p>	<p>26</p> <p>10a-11a Bingo w/ Ashley Village at Summerville</p> <p>11:30-12:30p Beginner Line Dance</p> <p>11:00a –12p Calling all Actors</p> <p>1p-4p Bridge</p> <p>1p-3p Mahjong</p> <p>2:30p-4:45p Pickle Ball</p>	<p>27</p> <p>9a-11a Walking Club</p> <p>10a-11a Rug Hooking</p> <p>9:45 –12p Bowling Royal Lanes \$</p> <p>10a-12p Movie and Snacks</p> <p>10:30a-11:30a Bible Study</p> <p>1p-3:30p Wood Carving (No Materials Provided)</p> <p>2:30p-4:45p Pickle Ball</p>	<p>28 8:30a-2p Pinochle</p> <p>10a-12p Crochet/ Needlework</p> <p>9:30a-10:15a Gentle Fitness w/ Cathy</p> <p>10a-11a Jeopardy w/ Christina of SC House Calls</p> <p>11a-12p Cornhole</p> <p>11a-12p Birthday Celebration</p> <p>12:30p-3p Clogging</p>
<p>31</p> <p>8:30a-9:30a Hand & Foot Canasta</p> <p>10a-11a Celebrate Life</p> <p>11a-12a LUAU "Charleston Hot Shots"</p> <p>12p.-3p Dominos</p> <p>2:30-4:45p Pickle Ball</p>				

COMMUNITY CORNER



Back in time with Erik Nason as he reenacts the stories and feelings of a Revolutionary War Soldier.

From a Revolutionary Soldier's Perspective with Erick Nason

COMMUNITY CORNER



BINGO
sponsored by



**Dorchester Seniors, Inc. attended
Harleyville Market Days**



DAVID SOJOURNER SENIOR CENTER HIGHLIGHTS



CRAFTING WITH LINDSEY

July 20th , 10:00am-12:00pm
Put brush to canvas and have fun painting with Lindsey on a beautiful picture to take home.



TOGETHER IN FAITH

Every Wednesday 11:00am-12:00pm
Join us for bible study. Everyone welcome.



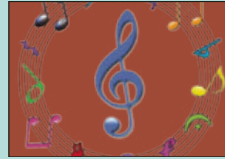
BINGO

July 11th 10:00am-11:00am
July 21st 10:30am-12:00pm
July 25th 11:00am-12:00pm
Come play bingo for sponsored prizes.



INDEPENDENCE DAY CELEBRATION

July 3rd, 10:00am-11:00am
Join us to celebrate the day we declared our Independence!



Just Good Enough Musical Ministry Group

Join us for Patriotic Music celebration on July 7th at 10:30am



PENDARVIS FARM TRIP

July 14th & 28th , 9:30am-12:00pm
Join us to go to a produce stand in Harleysville to allow you to spend farmers market vouchers!



TECH HELP

July 13th & 27th 11:00am-12:00pm
Do you need help with your tablet, phone, or computer? We want to help you.



PALMETTO TRAVERSE PUTTING EXPERIENCE

July 17th, 10:00am-12:00pm
Come join us for 18 holes of mini Golf \$10.00 Per Person Sign up by July 7th 1pm.

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Rebecca S Tedder

Owner
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Near Doty Park

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Rich Fernbach

rfernbach@lpicommunities.com

(800) 477-4574 x3675

ST. GEORGE CALENDAR OF EVENTS — JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10a-11a July 4th Independence Day Celebration</p> <p>11a-12p Horse Shoes</p> <p>2p-3p Tia Chi</p>	<p>4</p> <p>Closed in Observance of Independence Day</p> 	<p>5</p> <p>10a-11a Modified Baseball</p> <p>11a-12p Together in Faith</p> <p>1p-4p Crochet Class</p>	<p>6</p> <p>10a-11a Corn Hole</p> <p>11a-12p Lori Miller Medicare News You Can Use</p> <p>1p-2p Open Crafting</p>	<p>7</p> <p>10:30a-12p Just Good Enough Ministry Group</p> <p>1p-2 Sit and Fit</p> <p>1p-4p Crochet Class</p>
<p>10</p> <p>10a-11a Tally Hoop</p> <p>11a-12p Indoor Volley Ball</p> <p>1p-2p Adult Coloring Therapy</p> <p>2p-3p Tai Chi</p>	<p>11</p> <p>10a-11a Bingo</p> <p>11a-12p Lincoln Heritage Get Your House in Order w/ Katrina Sweet</p> <p>1p-2 Sit and Fit</p>	<p>12</p> <p>10a-11a Solve The Riddle</p> <p>11a-12p Together in Faith</p> <p>1p-4p Crochet Class</p> <p>2p-3p Tai Chi</p>	<p>13</p> <p>10a-11a SC House Calls Presentation w/ Christina Cozart</p> <p>11a- 12p Tech Help</p> <p>1p-2p Open Crafting</p> <p>2p-3p Zumba Gold</p>	<p>14</p> <p>9:30a-12p Trip to Pendarvis Farm</p> <p>10a-12p Open Game Day</p> <p>1p-4p Crochet Class</p> <p>2p-3p Book Club</p>
<p>17</p> <p>10a-12p Palmetto Traverse 18 Holes Putting Experience Trip \$</p> <p>1p-2p Crossword Surprise</p>	<p>18</p> <p>10a-11a Tally Hoop</p> <p>11a-12p Giant Spoons</p> <p>1p-2 Sit and Fit</p> <p>2p-4p Open Crafting</p>	<p>19</p> <p>10a-11a Modified Baseball</p> <p>11a-12p Together in Faith</p> <p>1p-4p Crochet Class</p>	<p>20</p> <p>10a-12p Crafting w/ Lindsey</p> <p>11a- 12p Hot Potato</p> <p>1p-2p Open Crafting</p> <p>2p-3p Zumba Gold</p>	<p>21</p> <p>10:30a-12p Sponsored Bingo w/ Lin Shuman Intrepid Hospice</p> <p>1p-2 Sit and Fit</p> <p>1p-4p Crochet Class</p>
<p>24</p> <p>10a-12p Family Feud</p> <p>11a-12p SkipBo</p> <p>2p-3p Tai Chi</p> <p>2p-4p Open Crafting</p>	<p>25</p> <p>10a-11a Fall Prevention w/ Michelle Houck</p> <p>11a-12p Bingo</p> <p>1p-2 Sit and Fit</p> <p>2p-4p Open Crafting</p>	<p>26</p> <p>10a-11a Chair Travel</p> <p>11a-12p Together in Faith</p> <p>1p-4p Crochet Class</p> <p>2p-3p Tai Chi</p>	<p>27</p> <p>10a-12p Nutrition w/ Kayla Fitzgerald</p> <p>11a-12p Tech Help</p> <p>1p-2p Open Crafting</p> <p>2p-3p Zumba Gold</p>	<p>28</p> <p>9:30a-12p Trip to Pendarvis Farm</p> <p>10a-12p Open Game Day</p> <p>1p-4p Crochet Class</p>
<p>31</p> <p>10a-11a Ladder ball</p> <p>11a-12p Sling Shot</p> <p>1p-2p Jeopardy</p> <p>2p-3p Tai Chi</p>			<p><u>Memberships are free for Dorchester County residents 50 or older. All others are \$24 per year.</u></p>	<p>Private Pay Meal is \$5.00 to reserve or cancel a meal, call nutrition support 843-834-8423 by 1p.m</p>

WHAT DO WE KNOW ABOUT DIET AND PREVENTION OF ALZHEIMER'S DISEASE?



Can eating a specific food or following a particular diet help prevent or delay dementia caused by Alzheimer's disease? Many studies suggest that what we eat affects the aging brain's ability to think and remember. These findings have led to research on general eating patterns and whether they might make a difference.

The Mediterranean diet, the related MIND diet (which includes elements designed to lower blood pressure), and other healthy eating patterns have been associated with cognitive benefits in studies, though the evidence is not as strong as it is for other interventions like physical activity, blood pressure and cognitive training. Currently, researchers are more rigorously testing these diets to see if they can prevent or delay Alzheimer's disease or age-related cognitive decline.

Diet and dementia risk

Changes in the brain can occur years before the first symptoms of Alzheimer's appear. These early brain changes suggest a possible window of opportunity to prevent or delay dementia symptoms. Scientists are looking at many possible ways to do this, including drugs, lifestyle changes and combinations of these interventions. Unlike other risk factors for Alzheimer's that we can't change, such as age and genetics, people can control lifestyle choices such as diet, exercise and cognitive training.

How could what we eat affect our brains? It's possible that eating a certain diet affects biological mechanisms, such as oxidative stress and inflammation, that underlie Alzheimer's. Or perhaps diet works indirectly by affecting other Alzheimer's risk factors, such as diabetes, obesity, and heart disease. A new avenue of research focuses on the relationship between gut microbes – tiny organisms in the digestive system – and aging-related processes that lead to Alzheimer's.

Health
is wealth

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LUNCH MENU — July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf in Brown Gravy Mashed Potatoes Mixed Vegetables Fresh Apple	4 Sloppy Joe Orange Glazed Carrots June Peas Sugar Cookie	5 Turkey Salad Broccoli Raisin Salad Banana Orange Pineapple gelatin	6 Oven Fried chicken Collard Greens White Limas Cornbread Peaches	7 Tuna Salad Three Bean Salad Strawberries and Sliced Bananas Fresh Orange
10 Scalloped Potatoes and Ham Green Limas Buttered Carrots Apple Sauce	11 Meatballs in Brown Gravy Okra and Tomatoes Tropical Fruit Mix Brown Rice	12 Chicken Salad Cucumbers & Tomatoes in Ranch Dressing Marinated Slaw Beets	13 Country Style Steak in Brown Gravy Mashed Potatoes Collard Greens Cornbread Pineapples	14 BBQ Chicken Black-eyed Peas German Hot Potato Salad Lime Pear Gelatin
17 BBQ Riblet Cauliflower W/ Cheese Sweet Potatoes Tropical Fruit	18 Chicken Bog Orange Glazed Carrots Tropical Fruit June Peas	19 Sloppy Joes Green Beans Sweet Potato Patties Hamburger Bun Vanilla Pudding	20 Oven Fried Chicken Okra & Tomatoes White Limas Pineapple Tidbits & Mandarins	21 Turkey Salad Marinated Slaw Banana Strawberry Fruit-ed Gelatin
24 Turkey Breast w/ BBQ Sauce Green Limas Buttered Corn Fig Bar	25 Spaghetti W/ Meat Sauce Green Beans Squash Casserole Butterscotch Pudding	26 Salisbury Steak W/ Brown Gravy Mashed Potatoes Steamed Broccoli Banana	27 Herb Baked Chicken White Limas Okra and Tomatoes Strawberry Fruit-ed Gelatin	28 BBQ Beef Marinated Vegetables Mixed Greens Rice Cornbread
31 Meatloaf in Brown Gravy Mashed Potatoes Mixed Vegetables Fresh Apple		Private Pay individuals may purchase a meal for \$5.	Reservations are requested to be made by 1:00pm, 1-day in advance of lunch visit by calling Ivory at (843) 843-830-5839 (Summerville) or Lindsey at (843) 834-8423 (St. George).	Milk served daily; bread or roll on most days