

March 2026

The Aging and Disability Resource Center of Door County offers a friendly, personal and timely approach to providing assistance and access to community resources.

The goal is to keep the citizens of the county active and engaged in their own well-being and with their communities.



**914 North 14th Avenue
Sturgeon Bay, WI 54235**

Phone: (920) 746-2372

Toll Free: (855) 828-2372

Hours of Operation

Mon-Thu | 7:30am - 4:30pm

Fri | 7:30am - 1:30pm

**ADRC@co.door.wi.gov
adrcdoorcounty.org**

WELCOME TO YOUR ADRC NEWSLETTER

The "ADRC Newsletter" is a monthly publication of the Door County Community Center. You can access the "newsletter" by going to the Door County Website at www.co.door.wi.gov or adrcdoorcounty.org. If you would like to have a newsletter sent to you via email, please contact us at ADRC@co.door.wi.gov and you will be put on a list to receive one each month.

Our Staff

Joe Krebsbach, HHS Director
Kevin Brennan, HHS Deputy Director
Jennifer Fitzgerald, ADRC Director
Nicki Scharrig, ADRC Assistant Director
Dawn Thiry-Herlache, Activities/Vol. Coord.
Sierra Witczak, Dementia Care Specialist
Mary Ann Salmon, Disability Benefit Specialist
Jessica Flores, Elderly Benefit Specialist
Melissa Walz, ADRC Specialist
Cheri VanDenBogart, ADRC Specialist
Heather Geiger, ADRC Specialist
Wendy Schubert, Office Assistant
Barb Snow, Office Assistant
Robin Mark, Projects & Accounts
Taylor Jandrin, Lead Adult Protective Services
Amber Wheat, Adult Protective Services
Emma Walsh, Adult Protective Services

Nutrition Program

Kathy Ash, Baker
Autumn Cihlar, Cook
Mike Mallien, Prep Cook

Meal Site Managers

Candy Haslam, Baileys Harbor/Liberty Grove
Nelvie Cauldwell, Washington Island
Teresa Mertens, Contracted Dietician

Transportation

Pam Busch, Transportation Manager
Bill Hartel, Bus Driver/Transportation

Services Offered

- Information and Referral
- Assistance with Community Programs and Resources
- Long-Term Care Options Counseling
- Volunteer Opportunities
- Transportation
- Health and Wellness Activities
- Fitness Room and Group Exercises
- Home Delivered and Frozen Meals
- 4 County-Wide Nutrition Meal Sites
- Caregiver Assistance for Friends/Family
- Support Groups

Our Disability and Elderly Benefit Specialists can help with:

- Medicaid and Medicare
- Food Share
- Social Security Disability and SSI
- Prescription Drug Options
- Insurance Issues
- Housing and Utility Concerns

Please Like Us on Facebook
**ADRC of Door County - Door
County Community Center**

LOOKING AHEAD

March brings longer days, brighter mornings, and the first hints that spring is just around the corner. As we begin to leave winter in the dust, we're looking forward to a month filled with connection, community, and time together. At the ADRC we continue our commitment to supporting older adults, individuals with disabilities, and their caregivers in our community.

Our team remains focused on connecting people to reliable information, options counseling, and supportive services that help individuals live with independence, dignity, and confidence. Our staff continue offering one-on-one assistance, benefit counseling, caregiver support, and connections to long-term care resources. Whether someone is navigating a new challenge, planning ahead, or simply looking for guidance, we are here to listen and help. Every interaction is an opportunity for us to better understand the needs of our community and improve the way we serve.

It is also a time when we are asking for your voice. We are currently inviting participants to complete our Program Feedback Survey, which helps us learn what is working well and where we can grow. Your feedback is incredibly valuable and directly impacts how we shape our services, programs, and outreach moving forward. The survey is brief, and participants can complete it using the QR code below or a paper copy is available at the ADRC.



Thank you for being part of the ADRC community and for trusting us as a resource. We truly appreciate the time, feedback, and connections that make this work so meaningful. We look forward to continuing to serve you throughout March and beyond.

Jenny Fitzgerald –ADRC Director



CAREGIVER SUPPORT GROUPS

Northern Door Chapter

1st Wednesday of the month
 1:00-2:00pm
 DCMC-Sister Bay Rehab
 2345 Canterbury Lane
 Sister Bay

Southern Door Chapter

3rd Thursday of the month
 1:00-2:30pm
 Brussels Community Center
 1366 Junction Road
 Brussels

Sturgeon Bay Chapter

4th Monday of the month
 1:00-2:30pm
 ADRC of Door County
 914 N. 14th Avenue
 Sturgeon Bay



CONNECT
 LEARN
 SHARE
 CARE
 SUPPORT

Washington Island Chapter

1st Friday of the month
 10:00-11:30am
 Recreation Center's
 Mosling Room
 1877 Lake View Road
 Washington Island
 Call Christine 920-535-3021

Parkinson's Support

2nd Wednesday of the month
 1:00-2:00pm
 Sturgeon Bay Methodist Church
 836 Michigan Street
 Sturgeon Bay
 Call Carol 920-743-3476

Grief Support

4th Wednesday of each month
 1:00-2:30pm
 ADRC of Door County
 914 N. 14th Ave.
 Sturgeon Bay
 Call Sandy 920-339-6700

For additional information on the Northern, Southern & Sturgeon Bay groups, call the ADRC @ 920-746-2372. The Caregiver Library has numerous resources to assist in your caregiver journey. Relax in the ADRC's library or feel free to check the resources out and enjoy them at home.



03.18.2026

FROM 10:00 - 11:30 A.M.

ADRC OF DOOR COUNTY

914 N. 14TH AVE. STURGEON BAY, WI

WHAT YOU'LL LEARN:

Join us for a statewide virtual presentation connecting local communities across Wisconsin to learn about nutrition services that support healthy aging, independence, and connection. Stay after the program for local highlights, lunch, and activities.

FREE TO ATTEND . REGISTRATION REQUIRED

*TO REGISTER OR LEARN MORE
CALL 920-746-2372 BY MARCH: 16TH*





Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!



THE CLASSES GIVE CAREGIVERS TOOLS TO HELP:

- REDUCE STRESS
- IMPROVE SELF-CONFIDENCE
- MANAGE TIME, SET GOALS, AND SOLVE PROBLEMS
- BETTER COMMUNICATE YOUR FEELINGS
- MAKE TOUGH DECISIONS
- LOCATE HELPFUL RESOURCES



THIS SIX-WEEK CLASS SERIES GIVES YOU THE CONFIDENCE AND SUPPORT TO BETTER CARE FOR YOUR LOVED ONE – AND YOURSELF. JOIN US:

EACH THURSDAY FOR 6 WEEKS

04/16/26-05/21/26

10:00AM-12:00PM

CALL NICKI OR SIERRA 920-746-2372

TO RESERVE YOUR SPOT!



WELCOME EMMA!



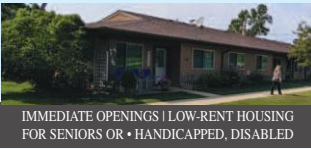
Hi! My name is Emma Walsh. I grew up here in Door County and I am happy to be returning home after 12 years.

I have my bachelor's degree in Social Work and have been working in the field serving many different populations. I am excited to join the APS team and give back to the community I grew up in.

When I am not working, I enjoy spending time with my family and doing all things outdoors.

Advertisements below are provided for information only, endorsements are not implied or assumed


VELKOMMEN APARTMENTS
 1976/1978 TOWNLINE RD, WASHINGTON ISLAND, WI 54246
Traci Lawrenz • 262-483-7841
 Call to request an application or email tracicares@hotmail.com



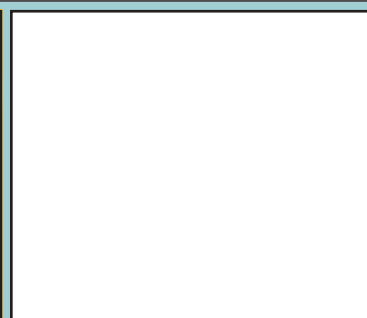
IMMEDIATE OPENINGS | LOW-RENT HOUSING FOR SENIORS OR • HANDICAPPED, DISABLED

- Subsidized USDA housing for Seniors 62 yrs of age & older plus disabled 18yrs & over. Sixteen units: ten 1 bdrm & six 2 bdrm. ADA accessible.
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 Rent based on 30% of income, less medical. This Institution is an Equal Opportunity Provider and Employer.



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920-883-5081 | greenbay.carepatrol.com



TRUST this team to guide you on your journey in finding the BEST senior living options. Assisted living, memory care, and home care. We will help you during this stressful time.

We are a NO COST SERVICE!
Call Today 920-883-5081

GROWING CONNECTIONS

A social and educational program for older adults to improve brain health.

NO GARDEN, GARDENING EXPERIENCE OR GREEN THUMB REQUIRED!

Enjoy the joys of gardening together every month with this fun program! Volunteers will lead the workshops, and each has a separate subject and includes a presentation, snack and an activity. All supplies and materials are included and there is no charge for the program.

JOIN US IN THE COMING MONTHS FOR A VARIETY OF SESSIONS.

SUBJECTS:

**MARCH 9: COFFEE
APRIL 13: EGG SHELL SEED STARTERS
MAY 11 : EDIBLE FLOWERS
JUNE 8: PLANT ADRC GARDEN BEDS**



JOIN US:

Aging and Disability Resource Center
914 N. 14th Street
Sturgeon Bay, WI

**THE 2ND MONDAY OF EACH MONTH
1:00-2:30 p.m.**

To learn more, call Sierra at
920-746-7154.
Join us for one session or all sessions.

Call to register: 920-746-2372

**JOIN US FOR A SPECIAL
PRESENTATION FROM
DOOR COUNTY COFFEE**



Get Ready for Tax Season

The ADRC, in partnership with the AARP Foundation Tax-Aide program, will provide free tax assistance for those with low-to-moderate income. This service will be available on Tuesdays, Wednesdays, and Thursdays beginning February 3, 2026 through April 9, 2026.

The ADRC will begin taking tax appointments on Tuesday, January 20, 2026. Please call 920 746-2403 to make your appointment. Two appointments are required to have your taxes done.

- **Intake/Interview (approximately 30 minutes)**
 - *ID and Social Security number(s) for all parties on your tax return will be verified. Even if you have had your taxes done at the ADRC in previous years, your personal information needs to be verified. Your IDs and Social Security cards will be returned to you.*
 - *Next you will meet with a trained volunteer Tax Counselor who will use an inventory checklist to review and verify all your documents. When your tax interview is completed, you will leave your documents with the tax counselor and return to the front desk to make a pick-up appointment.*
- **Pick-up Appointment (approximately 15 minutes)**
 - *A Tax Counselor will review your completed tax return with you and your signature will be required. If you are married and filing jointly, a signature is required from both parties.*
 - *All your tax documents will be returned to you at the end of this appointment.*

After making your appointment, please pick-up a tax packet at the ADRC and fill it out to the best of your ability. Bring the packet with you to your first appointment along with the following items:

- 1. Photo ID*
- 2. Social Security Card for everyone on your tax return*
- 3. Paper copies of all tax forms you received (eg: Social Security, W-2, 1099s, pensions, other retirement income, etc.)*
- 4. Brokerage statements – sale of stocks or bonds*
- 5. Health, dental, and/or vision insurance premiums that you paid (Form 1095A if you have marketplace insurance)*
- 6. Wisconsin Property Tax Credit: property tax statement and paid receipts for 2024 and 2025 property taxes paid in 2025*
- 7. If applying for Homestead Credit: bring a signed 2025 rent certificate or a 2025 property tax statement.*
- 8. Last year's federal and state tax return (tax year 2024)*
- 9. Voided blank check for direct deposit of your refund or to pay taxes you owe*

ADDITIONAL DOOR COUNTY TAX-AIDE SITES

<i>Egg Harbor Kress Pavilion (Mondays)</i>	<i>920</i>	<i>333-4310</i>
<i>Sister Bay Fire Station (Wednesdays)</i>	<i>920</i>	<i>823-3822</i>
<i>United Way in Sturgeon Bay</i>	<i>920</i>	<i>746-9645</i>
<i>(Wednesdays late afternoon)</i>		

POWER OF ATTORNEY

Power of Attorney: Plan ahead. Stay in control

Join ADRC staff for a free informational session to learn the basics of Power of Attorney and why it's an important part of planning ahead.

Have you ever wondered:

- What a Power of Attorney (POA) is?
- When you might need one?
- How it helps protect your wishes and your future?

Who Should Attend:

- Adults of all ages
- Caregivers and family members
- Anyone interested in planning for the future

Participants who are interested will have the opportunity to fill out Power of Attorney paperwork following the presentation but ADRC staff are unable to be witnesses for the completed document.

JOIN US

STURGEON BAY MEAL SITE

ADRC OF DOOR COUNTY
914 N. 14TH AVE.

Wednesday, March 11th at 11:45am

BAILEYS HARBOR MEAL SITE

BAILEYS HARBOR FIRE HOUSE
2402 PARK ROAD

Wednesday, March 18th at 11:45am

LIBERTY GROVE MEAL SITE

LIBERTY GROVE TOWN HALL
11161 OLD STAGE ROAD

Tuesday, March 24th at 11:45am

GET CONNECTED. GET ON BOARD.

In Door County, transportation is a basic need. It can be a hardship for people who do not have access to safe, reliable, and affordable transportation. Door County Connect is here to help and is your public transit service to get you to work, medical care, shopping, or activities at the ADRC.



Door County Connect Public Transit Services

Find out more at www.doorcountyconnect.com



Door County Connect travels the City of Sturgeon Bay & an extended area up to 10 miles from the ADRC. Service is available Mon-Thu 7:45am - 4:15pm & Fri 7:45am - 1:15pm. Riders pay \$2 per stop in the City (1/2 price rides for lunch at the ADRC) & \$5 per trip in the extended area. **Call (920) 746-6944** to book.

Door to Door Rides, serves most of Door County. Services are based on taxi zones that have varying schedules and fares. In some areas, this service is available Mon-Sun.

Call (920) 746-6948 or **(888) 337-9485 (Toll Free)** to schedule.

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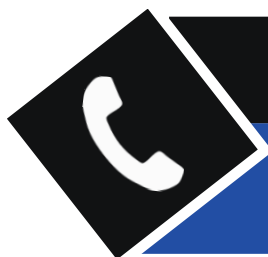
Providing free consultations and insurance services to
Door and Kewaunee County residents since 2001.



Rick Hannemann, Owner/Agent
Danielle Pierre, Agent

508 Jefferson Street
Sturgeon Bay, WI 54235

www.hannemann-gosser.com



Call us Now!

920-746-1500



MEMORY CAFE

DOOR COUNTY MEMORY CAFE

SPRING

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AGING AND DISABILITY RESOURCE CENTER
914 NORTH 14TH AVE. STURGEON BAY, WI

MARCH | 11TH | 2026

1:00PM

• GOLF GAMES - FRIENDS - SNACKS

IF YOU'D LIKE TO OFFER YOUR TIME, PRESENT AN ACTIVITY,
SHARE YOUR TALENTS, OR SPONSOR A MONTHLY EVENT,
PLEASE CONTACT SIERRA WITCZAK AT 920-746-7154.
TO BE ADDED TO THE EMAIL LIST ABOUT UPCOMING
MEMORY CAFES, PLEASE REACH OUT TO SIERRA AT
SWITCZAK@CO.DOOR.WI.GOV

WELCOME CHERI!



Hello, my name is Cheri VanDenBogart and I am the newest ADRC Specialist!

I am a native of Sturgeon Bay, married, with 2 daughters, and a Golden Doodle named Mazie! I love camping, playing games, and watching my daughters play sports.

For the last 22 years, I was a Special Education teacher for 4K-2nd graders, 19 years being in the Sturgeon Bay School District. Although this career was very rewarding, it was time to move on to something new!

I am excited to learn and grow in this new position in order to continue helping people in this amazing community!

Advertisements below are provided for information only, endorsements are not implied or assumed

 A PARTNER FOR LOCAL CARE Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information. www.lakelandcareinc.com			<p>Kathy Lynn Bandstra LCSW Hope Counseling Services LLC 253 1st Avenue Suite 106 Sturgeon Bay, WI 54235 262-902-6128 hopecounsel@gmail.com 1st Session is Free</p>
<p>Are You De-Evolving? "Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS" <small>Harry F. Fofan, M.D., M.Sc., C.M. FRCGS, 1985</small></p>  <p>Staudenmaier Chiropractic Wellness Center 30 N 18th Ave. • Sturgeon Bay 920-743-7255 • www.BackToWellness.org Like us on facebook Staudenmaier Chiropractic Wellness Center</p>		 <p>my choice WISCONSIN BY MOLINA HEALTHCARE</p> <p>My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.</p> <p>Visit us today: mychoicewi.org 1-800-963-0035</p> <p>For more information on your long-term care options, contact your local ADRC.</p> <p>DHS Approved 4/22/2021</p>	



ST. PATRICK'S PARTY



ST. PATRICK'S CELEBRATION

TUESDAY, MARCH 17

Irish Music
with *Cheryl Simon*

11:30-12:30PM

To secure your spot, reach out to the
ADRC at 920-746-2372.
Registration opens on February 24th.

www.adrcdoorcounty.org

CHAIR ZUMBA



Zumba Gold Chair is a low-to-medium intensity dance exercise class that's designed for older adults who need to use a chair for support, are wheelchair-bound or have mobility or balance issues.

TUESDAYS
(Starting April 21st)
9:45 - 10:30am
Cost: \$3 per class

- Strengthen bones & muscles
- Improve balance & coordination
- Boost cardiovascular health
- Increase bone density
- Mood booster

To register, contact Grace at gec513@gmail.com

Grace is a highly experienced and engaging fitness instructor, specializing in Senior Fitness classes.

ADRC OF DOOR COUNTY | 914 N. 14th Ave. Sturgeon Bay, WI



ZUMBA GOLD

Zumba Gold is a low-intensity dance fitness class designed for older, active adults. It focuses on easy-to-follow choreography, balance, coordination and range of motion. During this class you will dance to Latin-inspired & international rhythms, along with popular songs. You don't have to know how to dance to take a Zumba class. You just have to be willing to try!

- Boost cardiovascular health
- Condition muscles
- Relieve stress
- Boost your mood

EVERY THURSDAY
(STARTING APRIL 23)
9:45-10:30am

To register, contact Grace at gec513@gmail.com

Cost: \$3 per class

★ Grace is a highly experienced and engaging fitness instructor, specializing in Senior Fitness classes. ★

ADRC OF DOOR COUNTY | 914 N. 14th Ave. Sturgeon Bay, WI

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MEDICARE HEALTH INSURANCE

Medicare Advantage - Annual Enrollment Meetings

October 15th - December 7th

STURGEON BAY

STONE HARBOR, 107 N 1ST AVE

Oct. 15 - 10:30am & 4:00pm
Oct. 20 - 10:30am & 4:00pm
Nov. 4 - 10:30am & 4:00pm

~~Dec. 2 - 1:00pm & 4:00pm~~ **Dec. 2 Canceled**

Presenter: Richard Price, Local Agent
Owner: Price Financial Group
44 South Madison Avenue
Sturgeon Bay, WI 54235

Please RSVP By Calling:
920 - 746 - 9656
To Reserve Your Seat.



Richard J. Price, ChFC, LUTCF

SISTER BAY

STELLA MARRIS, 2410 S BAY SHORE DR

Oct. 8 - 10:30am & 3:30pm
Oct. 23 - 10:30am & 3:30pm
Nov. 5 - 1:00pm & 4:00pm
Nov. 18 - 1:00pm & 4:00pm
Dec. 1 - 1:00pm & 4:00pm

STURGEON BAY

PRICE FINANCIAL GROUP, 44 S MADISON AVE

Oct. 9 - 10:30am & 3:30pm
Oct. 13 - 10:00am
Oct. 30 - 4:00pm
Nov. 17 - 1:00pm & 4:30pm
Dec. 5 - 10:00am

We do not offer every plan available in your area. Currently we represent 1-6 organizations which offer 25 products in your area. Please contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all of your plan options.

For accommodations of persons with special needs at meetings call 920-746-9656 TTY 711

Not connected to the Federal Medicare Program.



Monday	Tuesday	Wednesday
<p>2 9:00 Artists in Making 10:00 Memoir Mondays 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 12:30 Samba</p>	<p>3 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead 1:00 iPhone/iPad Support Group</p>	<p>4 9:00 Pinochle 10:00 DVD Fitness 11:45 Intro. to Prevent T2 Diabetes 12:30 Sheephead 12:30 Poker 1:00 Samba</p>
<p>9 8:30 Foot Clinic 9:00 Artists in Making 9:00 Boost Your Brain & Memory 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Growing Connections</p>	<p>10 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 12:30 Golf Card Game 1:00 Sheephead 1:00 Watercolor Painting 1:00 Fitness Room (personal trainer by appt.)</p>	<p>11 9:00 Pinochle 10:00 DVD Fitness 11:45 Power of Attorney Presentation 12:30 Sheephead 12:30 Poker 1:00 Samba 1:00 Memory Cafe</p>
<p>16 9:00 Artists in Making 9:00 Boost Your Brain & Memory 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Book Club</p>	<p>17 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 11:30 St. Patrick's Day Party 12:30 Golf Card Game 1:00 Watercolor Painting 1:00 Sheephead</p>	<p>18 9:00 Pinochle 10:00 DVD Fitness 10:00 Discover the Power of Nutrition Day Event 10:30 Spark! at DCMM 12:30 Poker 12:30 Sheephead 1:00 Samba</p>
<p>23 8:30 Foot Clinic 9:00 Artists in Making 9:00 Boost Your Brain & Memory 10:00 DVD Fitness 11:00 Zumba Gold 12:00 Bridge 12:30 Poker 1:00 Caregiver Support Group-ADRC</p>	<p>24 8:30 Strong Bodies 9:00 Chess 9:00 Euchre 12:30 Golf Card Game 1:00 Watercolor Painting</p>	<p>25 9:00 Pinochle 10:00 DVD Fitness 11:30 Music with Ben (guitar) 12:30 Poker 12:30 Sheephead 1:00 Samba 1:00 Grief Support Group</p>
<p>30 9:00 Artists in Making 9:00 Boost Your Brain & Memory 10:00 DVD Fitness 11:00 Zumba Gold 11:30 Music with Holly (harp) 12:00 Bridge 12:30 Poker</p>	<p>31 8:30 Strong Bodies 9:00 Cardmaking Class 9:00 Chess 9:00 Euchre 12:30 Golf Card Game 1:00 Watercolor Painting</p>	

Thursday**Friday****5**

8:30 Strong Bodies
 9:00 Friendly Crafters
 10:00 Cribbage
 12:30 Sheephead
 12:30 Dementia 101
 1:00 Busy Fingers-Knitting Group
 1:00 Woodcarving

12

8:30 Strong Bodies
 9:00 Friendly Crafters
 10:00 Cribbage
 10:00 Dementia 101
 11:30 Music with George (guitar)
 1:00 Woodcarving

19

8:30 Strong Bodies
 9:00 Friendly Crafters
 10:00 Bingo
 10:00 Cribbage
 10:00 Welcome to Medicare
 11:00 Blood Pressure Clinic
 11:45 Aging Happily Series
 1:00 Woodcarving
 1:00 Busy Fingers-Knitting Group
 1:00 Life, Death & the Afterlife

26

8:30 Strong Bodies
 9:00 Friendly Crafters
 10:00 Dementia 201
 10:00 Cribbage
 11:30 Music with George (guitar)
 12:30 Sheephead
 1:00 Woodcarving

PLEASE NOTE:

All activities need to conclude
 by 4:15pm Monday thru
 Thursday and 1:15pm on Friday

6

8:30 Somatics
 9:00 Cardio Drumming (Independent)
 9:00 Poker
 9:00 Chess
 9:30 Gadget Guy by appt.
 10:00 DVD Fitness
 10:00 Washington Island Support
 Group
 11:00 Zumba Gold

13

8:30 Somatics
 9:00 Cardio Drumming (Independent)
 9:00 Poker
 9:00 Chess
 9:30 Gadget Guy by appt.
 10:00 DVD Fitness
 11:00 Zumba Gold
 11:30 Music with Jeff (guitar/vocal)

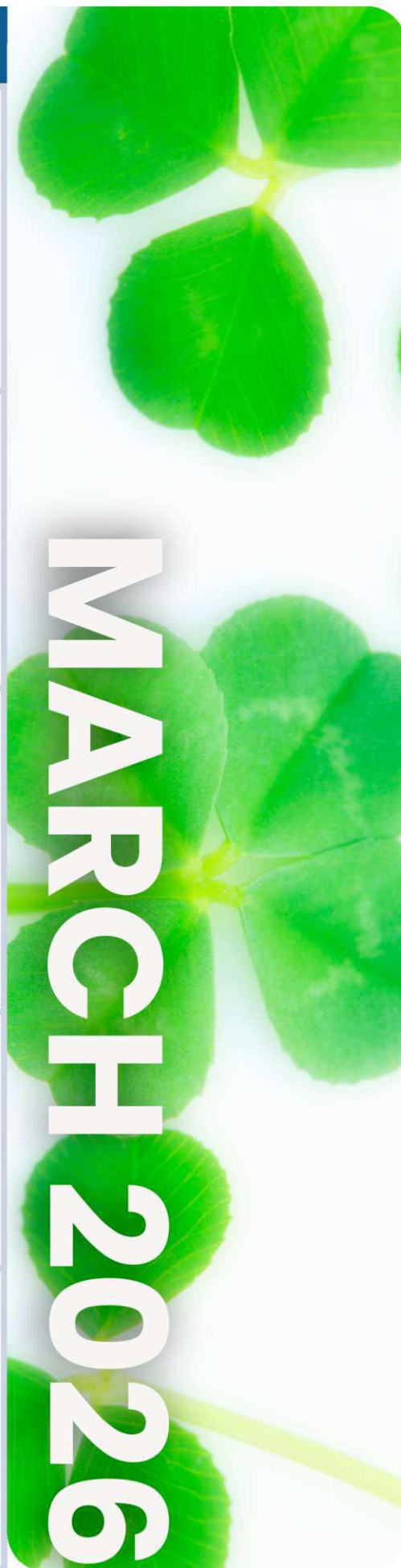
20

8:30 Somatics
 9:00 Cardio Drumming (Independent)
 9:00 Poker
 9:00 Chess
 9:30 Gadget Guy by appt.
 10:00 DVD Fitness
 11:00 Zumba Gold
 11:30 Music with Tim (guitar)

27


8:30 Somatics
 9:00 Cardio Drumming (Independent)
 9:00 Poker
 9:00 Chess
 10:00 DVD Fitness
 11:00 Zumba Gold

With the addition of new classes
 and programs, we kindly request
 flexibility in room allocation due to
 limited space.


MARCH 2026

EARLY DETECTION IS IMPORTANT.

FREE MEMORY SCREENINGS



TAKE CARE OF YOUR BRAIN




- A BRAIN CHECK-UP IS A WELLNESS TOOL THAT HELPS IDENTIFY POSSIBLE CHANGES IN MEMORY AND COGNITION.
- THIS TOOL CREATES A BASELINE OF WHERE YOU ARE RIGHT NOW, PLUS ALLOWS YOU TO MONITOR FUTURE CHANGES.
- IT'S AT NO COST TO YOU AND TAKES ONLY 15 MINUTES!
- GET IMMEDIATE RESULTS.

MEMORY SCREENING DATES:

- MARCH 19TH 10AM-12PM
- APRIL 27TH 10AM-12PM
- MAY 11TH 10AM-12PM

IF YOU ARE UNABLE TO MAKE ONE OF THESE DATES, PLEASE LET SIERRA KNOW AND HE WILL FIND A TIME THAT WORKS FOR YOU.



For more information and to schedule your brain check-up, call the ADCRC (920) 746-2372.

BINGO GAMES

Games - Prizes - Fun

Date: Thursday, March 19th

Time: 10:00-11:00 am

Get ready to shout "BINGO!" and win some amazing prizes at this free and fun-filled event. Our Bingo caller will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win.

Play Now!



For More Information: 920-746-2372

Visit Our Website: adrcdoorcounty.org

Our Location: 914 N. 14th Avenue

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The Right Care RIGHT NOW

Emergency Care | Urgent Care | DirectCare

Whether you are visiting from out of town or a long-time patient, Door County Medical Center is dedicated to getting you the right care, when you need it the most.

Learn more at dcccarenow.com



EMERGENCY & URGENT CARE
323 South 18th Ave.
Sturgeon Bay

DIRECTCARE
911 Green Bay Rd.
Sturgeon Bay



Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM



Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

Supporting older adults experiencing depression, anxiety, or other mental health challenges often associated with aging.

WE CAN HELP.
(920) 746-3778

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SPARK!

CREATIVE ENGAGEMENT PROGRAMS *for* PEOPLE
WITH MEMORY LOSS *and* THEIR CARE PARTNERS

A white speech bubble outline containing a rainbow, with a star above it. The text 'St. Patrick's Day Rainbows' is written inside the bubble in a white, serif font.

St. Patrick's Day Rainbows

WEDNESDAY, MARCH 18TH
10:30AM-12:00PM

DOOR COUNTY MARITIME MUSEUM

120 N. Madison Ave.
Sturgeon Bay, WI

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities. SPARK! is FREE of cost. Space is limited. Please register at least 2 days before the program. To register for a SPARK! program you can email switczak@co.door.wi.gov or call Sierra at 920-746-7154



PREVENT TYPE 2 DIABETES



I love being out in my garden. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

PREVENT T2

OFFERED BY DOOR COUNTY
PUBLIC HEALTH
STARTING IN SPRING 2026



Public Health
Prevent. Promote. Protect.
Door County



✓ The Goal of this Class

The goal of this class is to help participants prevent Type 2 diabetes with lifestyle change. It is built in with social support and a great curriculum which will break things down into realistic, manageable steps.

✓ The Evidence and Outcomes

Researches for the Diabetes Prevention Program did a 3 year study of participants. Program adherents achieved:

- reduced risk for developing Type 2 diabetes by 58%
- participants over the age of 60 reduced Type 2 diabetes risk by 71%
- after 10 years follow-up, participants had a 34% lower rate of experiencing Type 2 diabetes.

✓ Why Choose Prevent T2

This is an evidence-based class, meaning that the class and outcomes of past participants have been researched by professionals. This class is worth it because it is

- Cost Effective
- Evidence Based
- Delivered with compassion
- Designed to be doable

Informational Class on Wednesday 3/4/26 at 11:45am at the ADRC of Door County.

• Who is this Class For?

Anyone wishing to reduce risk of developing Type 2 Diabetes or supporting a loved one in this process.

• How do I qualify?

You must be an adult who:

- Has increased risk for developing T2
- Will show up supporting a friend or loved one with increased risk for T2

• What will it cost?

\$100 for full registration.

\$50 for supporting a loved one -supporters will not get weekly food journal feedback.

• When will it meet?

This is a year long class. We will meet weekly for the first 6 months (16 sessions). The last 16 sessions will meet twice monthly.

• Where will it meet?

This is a hybrid class, meaning that it can be accessed in person or online. In person meetings will take place at the ADRC. First class is 4/30/26 at 10am.

• How do I sign Up

Sign up or inquire more by contacting Teri VanLieshout at Door County Public Health. Contact info below:

Call or email Teri to register

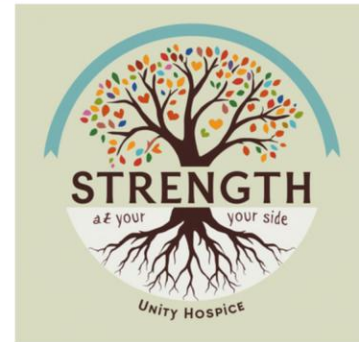


920-746-7110



tvanielshout@co.door.wi.gov

GRIEF SUPPORT GROUP



Understanding Grief is an open grief support group held the 4th Wednesday of each month at the ADRC of Door County from 1:00–2:30pm. The next session will be on March 25th, 2026. If you are interested in learning more about the group, please contact Unity Grief and Education Center at 920-339-6700.

Advertisements below are provided for information only, endorsements are not implied or assumed



Interesting Classes. No Homework. No Tests.
Door County Learning in Retirement
 NWTC Sturgeon Bay Campus
 229 N 14th Avenue, Sturgeon Bay
 dclir@nwtc.edu 920-746-4947
 nwtc.edu/LIR
 Spring Semester Registration Begins January 7th

NO NEW MEDICARE CARD Don't fall for the Scam!



**Have you been told
 you need a new
 Medicare card?**

STOP! It's a scam



Here's the truth?

- Medicare is NOT issuing plastic cards
- You do NOT need to "update" your Medicare Card
- Medicare will NEVER call or text you asking for your Medicare number

Protect Yourself:

- Never give out your Medicare number to unexpected callers
- Hang up on anyone asking for personal information
- Report suspicious calls to Senior Medicare Patrol

Wisconsin Senior Medicare Patrol

1-888-818-2611
 www.smpwi.org



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Sunflower Cottage is a warm, relaxing and comfortable space for seniors.

Find respite, knowing your loved one will experience socialization, companionship and encouragement to live life to the fullest.

LEARN MORE




sunshineresources.org/
 sunflower-cottage
 920-743-7943



ADRC
Aging and Disability Resource Center
of Door County

Month of March:



GOOD BOOKS AND GOOD COMPANY

ADRC OF DOOR COUNTY

BOOK CLUB

THIRD MONDAY OF EACH MONTH
1:00PM

CONTACT THE ADRC FOR MORE INFO!
920-746-2372

WWW.ADRCDOORCOUNTY.ORG


ADRC
Aging and Disability Resource Center
of Door County

MEMOIR MONDAY


NO PREVIOUS WRITING EXPERIENCE REQUIRED!

Want to write down memories from your life but aren't sure where to start? Join us as we share prompts that will bring back memories that you can share with family!

WORK IS NOT CRITIQUED AND SHARING IS OPTIONAL.



Write On, Door County



FIRST MONDAY

OF EVERY MONTH 10:00-11:00AM

CONTACT THE ADRC AT 920-746-2372 FOR MORE INFORMATION.

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Department of Agriculture,
Trade and
Consumer Protection



FRAUDS & SCAMS

 **TUESDAY, APRIL 14TH**

Material That Will Be Discussed:

- **Crypto Scams**
at the ADRC of Door County 9-10 am
- **Safe Online Shopping**
at the Liberty Grove Town Hall 11:30-12:30pm

 **WEDNESDAY, APRIL 15TH**

- **Identity Theft: Protect and Prevent**
at the ADRC of Door County 9-10am
- **Common Scams & Fraud Targeting Seniors**
at the Bailey's Harbor Fire Station 11:30-12:30pm

Presenter Jeff Kersten serves as the Agency Liaison for the Bureau of Consumer Protection at DATCP. With over 12 years of experience as a police officer, he also has a background as a former Consumer Protection Investigator.

Register Now!

Call the ADRC of Door County at (920) 746-2372.

FALL PREVENTION



FALL PREVENTION

for Seniors



This 12-week, specialized, Silver Sneakers class uses exercises in a safe and effective way for seniors to improve their balance, coordination, and independence, and reduce their risk of falls. Chairs are utilized for support.



**WEDNESDAYS
9:00-10:00am**



**STARTS APRIL 22ND
12-WEEK CLASS**

\$3 PER CLASS

To register, contact Grace at gec513@gmail.com

Grace is a highly experienced and engaging fitness instructor, specializing in Senior Fitness classes.

ADRC OF DOOR COUNTY | 914 N. 14th Ave. Sturgeon Bay, WI

MEDICARE



EDUCATION

“Welcome To Medicare”

The ADRC SHIP Counselors will be hosting “Welcome to Medicare” sessions throughout the year to provide you with a free, comprehensive & unbiased introduction to Medicare.

Topics Covered:

What is Medicare?
When and How to Apply
Traditional Medicare
Medicare Advantage
Tips on Navigation Choices
Medicare Costs



LOCATION: Aging And Disability Resource Center,
914 N 14th Ave, Sturgeon Bay

UPCOMING DATES: March 19 @ 10:00a, April 22 @ 1:00pm
(classes last about 1 ½-2 hours)

Please help us be prepared with enough materials and register by calling 920-746-2372.

This class is for you if:

- You are nearing age 65
- Have employer insurance and wonder if you need to enroll in Medicare
- Already enrolled in Medicare but still have questions

*Cant make it? Access the recorded class online:
<https://www.adrcdoorcounty.org/elder-benefit-specialist/>*

LOWERING MEDICARE PART D COSTS

The stress of affording medications is an unfortunate feeling for too many people. In this article, we will cover cost assistance programs that help lower the costs of Medicare Part D prescriptions. Many people qualify for some of the programs below and don't even know about them and are missing out on significant savings.

Extra Help

With Extra Help, you pay less for prescription drugs, and pay no deductibles or premiums, as long as you have a basic Part D plan whose premiums are at or below your state's "benchmark" amount. If you enroll in a Part D plan whose premiums exceed the benchmark, you will only pay the amount over the benchmark. The premiums that Extra Help pays on your behalf still count toward your out-of-pocket maximum (\$2,100 in 2026), after which you pay nothing out of pocket for the rest of the year.

People enrolled in Medicaid, a Medicare Savings Program (MSP), or Supplemental Security Income (SSI) are automatically enrolled into Extra Help. You should receive a purple-colored notice from the Centers for Medicare & Medicaid Services (CMS) informing you that you do not need to apply for Extra Help and have been enrolled automatically. Even if you do not meet the requirements for Medicaid, MSP, or SSI, you could still be eligible for Extra Help. If you have Medicare Parts A and B, live in one of the 50 states (or D.C.), and meet the program's income and resource limits, you can apply for the program through the Social Security Administration (ssa.gov/medicare/part-d-extra-help) or by calling SSA at 1-800-772-1213). If your monthly income is up to \$2,015 in 2026 (\$2,725 for couples) and your assets are below \$16,590 (\$33,100 for couples), you may be eligible for Extra Help. Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of income and assets may not be counted.

According to Social Security, Medicare Savings Programs and Extra Help could save you \$8420 annual in Medicare premiums, Part D costs and more.

State Pharmaceutical Assistance Programs

Many states offer State Pharmaceutical Assistance Programs (SPAPs) to help people pay for prescription drugs. Eligibility and benefits vary widely by state, and not all

require participants to be Medicare enrollees. SPAPs that coordinate with Medicare Part D may help you pay for prescription drug premiums, deductibles, and copayments. Wisconsin's SPAP is called Wisconsin SeniorCare. SeniorCare is a program for Wisconsin residents who are 65 or older and a U.S. Citizen or qualifying immigrant. Your annual income determines your level of coverage in SeniorCare and how much SeniorCare will cover. There is an enrollment fee of \$30 per year. SeniorCare is a creditable prescription program that you can use alone, or in addition to your Medicare Part D to help lower medication costs. To apply for SeniorCare, request an application from the SeniorCare Customer Service hotline at 800-657-2038 or print one at www.dhs.wisconsin.gov/seniorcare.

Assistance from Your Pharmacy, Hospital, and Other Discount Programs

Hospitals and medical providers may offer cost assistance on a case-by-case basis. Ask your doctor about less expensive generic drugs that may replace your brand-name drugs. As a short-term solution to gaps or shortages in your prescription drug supply, your doctor may also have free samples available for the drugs you have been prescribed. Hospitals and medical providers may offer cost assistance on a case-by-case basis. Ask if your provider's office or hospital has a charity care program to help patients with drug costs. You may also ask your pharmacist if they can waive your copay. Certain pharmaceutical companies also offer discount programs for their drugs. You can check on the Medicare website if your Part D drug is part of a pharmaceutical assistance program, and you can also track discounts on websites like NeedyMeds and GoodRX. NeedyMeds and GoodRX are not insurance programs but more like discount coupons.

If you have questions or need assistance with Part D cost assistance programs, you can contact the Medicare Rights national helpline at 800-333-4114, Medicare at 1-800-MEDICARE, or local SHIP (State Health Insurance Program) Counselors at the ADRC at 920-746-2372.

Jessica Flores, Elder Benefit Specialist at the ADRC of Door County.

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

Unpacking Ultra-Processed Foods

Friday, March 6

9:30–11:30 a.m.



Join us to learn what ultra-processed foods are and explore why people who eat less of these packaged foods tend to have better health outcomes. Participants will gain confidence in making food choices that support their brain health and overall well-being. The program will end with a Q&A session. Free and open to all.

Register to attend the program in person at one of ten locations across Wisconsin. Or join us live online via Zoom from anywhere.

Guest Presenter: Beth Olson, PhD

Register to attend in person in Door County by contacting Sierra Witczak at 920-746-7154 or switczak@co.door.wi.gov

Held at:

Aging and Disability Resource Center
of Door County
914 North 14th Avenue
Sturgeon Bay, WI 54235



About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about MCI. Each program will end with a Q&A session.

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:



Wisconsin Alzheimer's Disease Research Center

UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Community Partners:



ONEIDA

The ADRCs of Brown, Dane, Dodge, Door, Eagle County, Fond du Lac, Grant, Green, and La Crosse counties, and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.



Take a NOURISH Step!



March into Wellness: Overview of Type 1 and Type 2 Diabetes

Did you Know?

Type 1 is a lifelong autoimmune disease that prevents your pancreas from making insulin.

Type 2 is largely linked to insulin resistance & lifestyle changes can be powerful.

What is the difference between Type 1 and Type 2 Diabetes?

Type 1 Diabetes

- **Diagnosis:** Usually diagnosed in childhood, but this condition can present at any age.
- **How Insulin Is Affected:** In type 1 diabetes, the beta cells of the pancreas do not produce insulin, which leads to unhealthy blood sugar levels.
- **Cause:** An autoimmune condition that often appears early in life.
- **Management:**
 - Balanced eating patterns help normalize blood sugar levels, blood pressure, cholesterol, and body weight.
 - Insulin dosing is often required to manage blood sugar levels.
 - Work with care providers such as your doctor, dietitian, and diabetes educator to manage dietary patterns and insulin.



Type 2 Diabetes

- **Diagnosis:** Type 2 diabetes develops gradually. It is diagnosed using the following blood tests.
 - A1C of 6.5% or higher
 - Fasting plasma glucose test of 126 mg/dL or higher on two tests
 - Random blood sugar test of 200 mg/dL or higher
- **How Insulin is Affected:** The body isn't able to use insulin well, and eventually can't make enough of it.
- **Cause:** Genetics play a role, and the risk increases with age, extra weight, and low physical activity.
- **Management:** Requires reducing carbohydrate intake, reducing sugar intake, and eating 3 meals a day with fruits, vegetables, protein, and fiber.

Importance of Hydration

Dehydration raises glucose concentration in the blood, so be sure to hydrate throughout the day.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**



For more information visit: gwaar.org/nourishstep
GWAAR Nutrition Team. UW Health Interns Trinity Manzke & Molly Ross 3/2026

Build-Your-Own Sheet Pan Meal

Ingredients (choose 1-2 from each group)

- **Protein:** Chicken breast or thighs, salmon, turkey/chicken sausage (uncooked, sliced), firm tofu (cubed)
- **Non-starchy vegetables:** broccoli, cauliflower, bell peppers, zucchini, green beans, carrots, Brussel sprouts
- **Add-ons:** fresh or dried herbs, citrus, avocado, shredded cheese
- **Option** to serve with brown rice

Directions

- Preheat the oven to **400 degrees F**. Line a large baking sheet pan with parchment paper or aluminum foil for easy cleanup.
- Arrange the protein on one side of the sheet pan. Brush generously with olive oil or marinade.
- Toss the vegetables in the remaining olive oil/marinade. Arrange them on the other side of the sheet pan around the protein.
- Bake for 25–30 minutes or until the protein is cooked and the vegetables are tender.
- To serve, divide protein and veggies between plates or bowls. Top with add-on's of choice. Add 1/2 cup cooked brown rice to each serving if your diabetes eating plan allows.



Recipe adapted from
<https://diabetesfoodhub.org/blog/sheet-pan-dinner-easy-meals-minimal-cleanup>

Create Your Diabetes Travel Bag

Step 1: Find a small bag to carry on the go

Step 2: Fill with your diabetes care essentials:

- Insulin supplies
- Diabetes medicine or pill box
- Fast-acting sugar for low blood sugar episodes (glucose tabs, raisins, small pack of candy)
- High protein & high fiber snacks like nuts, bars, or whole-grain crackers
- Glucometer and test strips (if needed) to check blood glucose levels
- An ID card that says you have diabetes and emergency contact numbers

Step 3: Bring with you when traveling or during an emergency and refill as needed!



Keep taking NOURISH Steps and learn more about type 1 & type 2 diabetes at:

American Diabetes Association

<https://www.heart.org/en/health-topics/diabetes/diabetes-tools--resources>



If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Trinity Manzke & Molly Ross 3/2026



NUTRITION PROGRAM INFORMATION

RESERVATIONS ARE REQUIRED AT ALL MEAL SITES. PLEASE CALL 24 HOURS IN ADVANCE.

\$6.00 SUGGESTED DONATION FOR INDIVIDUALS 60 YEARS OF AGE AND OLDER.

DOOR COUNTY'S MEAL SITES

ALL DINE-IN MEALS ARE SERVED AT NOON



BAILEYS HARBOR FIRE STATION TEMPORARY LOCATION DURING CONSTRUCTION PROJECT!

2404 PARK ROAD

BAILEYS HARBOR

920.746.2523

SERVING DINE IN: WEDNESDAY & FRIDAY

LIBERTY GROVE TOWN HALL

11161 OLD STAGE ROAD

SISTER BAY

920.746.2523

SERVING DINE IN: TUESDAY & THURSDAY

WASHINGTON ISLAND COMMUNITY CENTER

910 MAIN ROAD

WASHINGTON ISLAND

920.847.2522

SERVING DINE IN: MONDAY, WEDNESDAY, FRIDAY

AGING AND DISABILITY RESOURCE CENTER/ COMMUNITY CENTER

914 N. 14TH AVENUE

STURGEON BAY

920.746-2372

SERVING DINE IN: MONDAY THRU FRIDAY
SOUP & SALAD BAR: MONDAY, WEDNESDAY,
FRIDAY @ 11:30AM

HOME DELIVERED MEALS AND FROZEN MEALS ARE AVAILABLE AT ALL LOCATIONS.

AN ASSESSMENT IS NEEDED FOR BOTH PROGRAMS, CALL 920-746-2523

For meals in Sturgeon Bay, call (920) 746-2372. For Liberty Grove or Baileys Harbor call (920) 746-2523.

MARCH MENU – WASHINGTON ISLAND

If you have questions or need to make a reservation, please call (920) 847-2522

Monday	Wednesday	Friday
<p>2 Spaghetti with Meat Sauce Romaine Salad with Shredded Cheese Fruit Parfait Garlic Bread</p>	<p>4 Chicken Salad Sandwich Sliced Tomatoes & Lettuce Potato Salad Cheesecake with Cherries</p>	<p>6 Pasta Crab Salad Steamed Broccoli Bread Angel Food Cake with Strawberries</p>
<p>9 Chili with Shredded Cheese Cornbread Cottage Cheese with Pineapple Cookie</p>	<p>11 Sweet & Sour Chicken Brown Rice Oriental Veggies Water Chestnuts Egg Roll Yogurt with Berries</p>	<p>13 Vegetable Lasagna Garlic Bread Fruit Red Velvet Cake</p>
<p>16 <u>St. Patrick's Day Meal</u> Corned Beef Parsley Potatoes Steamed Cabbage Rye Bread Banana Pistachio Torte</p>	<p>18 Baked Chicken Sweet Potatoes Mixed Veggies Fruited Jell-o Whole Wheat Roll</p>	<p>20 Fish Patty on a Bun Baked Beans Coleslaw Fruit Salad Birthday Cake</p>
<p>23 Taco Salad with Corn Chips, Refried Beans, Ground Beef, Chopped Romaine, Diced Tomatoes, Onions, Cheese, Sour Cream Grapes</p>	<p>25 Beef Tips Wild Rice Steamed Broccoli Orange Pineapple Cake</p>	<p>27 Cream of Potato Soup Egg Salad on Rye with Lettuce Fruit Cup Ice Cream</p>
<p>30 Salisbury Steak Mashed Potatoes Cauliflower with Cheese Fruit Roll Cookie</p>		

MARCH MENU – STURGEON BAY, LIBERTY GROVE, BAILEYS HARBOR

For meals in Sturgeon Bay, call (920) 746-2372. For Liberty Grove or Baileys Harbor call (920) 746-2523.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pea Soup Ham & Cheese on a Croissant Kale Salad Orange Pumpkin Bar	3 Tater tot Casserole Carrots Roll Apricots Coconut Cream Parfait	4 Pork Chops German Potato Salad Asparagus Roll Applesauce German Chocolate Cake	5 Taco Salad with Lettuce, Tomatoes, Onion, Cheese, Refried Beans Tortilla Chips Orange Cookie	6 Cod Baby Reds Coleslaw Rye Bread Banana Lemon Bar
9 Beef Brisket with Provolone Cheese on a Hoagie Tater Tots Pea Salad Mixed Fruit Pecan Pie Bars	10 Tamale Pie Corn Refried Beans Peach Tres Leches Cake	11 Pot Roast Roasted Veggies Roll Orange Strawberry Shortcake	12 Tuscan Chicken over Brown Rice Broccoli Roll Grapes Apple Turnover	13 Cold Tuna over Spinach Tomato Wedges Pears Roll Strawberry Lemon Square
16 Turkey Divan Mashed Potatoes Broccoli Roll Pineapple Peanut Butter/ Apple Dessert	17 <u>St. Patrick's Day Party</u> Corned Beef Cabbage Baby Reds Carrots Rye Bread Pistachio Torte	18 Grilled Chicken Sandwich with Lettuce & Tomato 3 Bean Salad Grapes Cookie	19 Stuffed Pepper Casserole Garlic Bread Brussel Sprouts Apricot Carrot Cake	20 Hot Tuna Casserole Mixed Veggies Roll Apple Tapioca Pudding
23 Turkey Bacon Wrap Tomato Bisque Crackers Cheese Stick Mandarin Oranges Oatmeal Raisin Cookie	24 Swedish Meatballs Mashed Potatoes Mixed Veggies Roll Banana Chocolate Cake with Peanut Butter Frosting	25 Lasagna Side Salad Garlic Bread Peach Eclair Torte	26 Beef Stew over Mashed Potatoes Carrots Roll Mixed Melon Bread Pudding	27 Black Bean Burger with pepperjack cheese, lettuce, tomato Sweet Potato Fries Cucumber Salad Orange Vanilla Pudding
30 Sloppy Joe Coleslaw Veggie Pasta Salad Pears Treasure Bar	31 Grilled Chicken Potato Salad Baked Beans Peaches Roll Cherry Crisp			