Local History Lives at the PEAK Program

*Monthly Presentations by Local History Buffs*
*Oral History Projects with Platteville 6th Graders*
*Mapping Historic Downtown with UWP Geography Students*

Our Historic Image Calendars Make Great Gifts!
$10, or have one shipped to a loved one for $12
Contact Bill Cramer at pvillepass@gmail.com for more info

All proceeds go to SUPPORT OUR SENIORS!
DON'T MISS THIS:

Principal, pastor, and all around great guy Bob Bennett will be sharing his passion for WWII era aircraft with us on Wednesday, Dec 5th from 10:00 to 11:30 AM.

Mr. Bennett is bringing his amazing model airplane collection too!

Want to stick around for lunch (Roast Pork & Gravy)? Call Lindsay at #348-8042 by Tuesday the 4th to reserve your meal.
2 Hours

Can your organization commit to serving seniors by providing a volunteer for two hours? Once a month? Once a quarter? Once a year?

Helping deliver hot meals to homebound seniors is rewarding & eye-opening. The good you do ripples out from the individual to their family to our community and beyond!
## DECEMBER 2018 MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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| Tuna Noodle Casserole w/ Peas  
Spinach Salad  
Tropical Fruit  
Black Bean Brownie | Porcupine Meatballs  
Mashed Potatoes  
Glazed Carrots  
Seven Layer Salad  
Cherries in a Cloud | Roast Pork w/Gravy  
Red Bliss Potatoes  
Pears  
Mixed Vegetables  
Mississippi Mud Bar | Salisbury Steak  
Baked Potato  
Normandy Blend Veggies  
Copper Penny Salad  
German Chocolate Cake | Chicken & Dressing Casserole  
Seasoned Green Beans  
Three Bean Salad  
Fresh Fruit Medley  
Frosted Cut Out Cookie |
| **10** | **11**  | **12**    | **13**   | **14** |
| Spaghetti w/Meat Sauce  
Garlic Bread  
Coleslaw  
Peach Slices  
Frosted Cake | Sliced Roast Beef  
Mashed Potatoes  
Hot Buttered Beets  
Mandarin Oranges  
Gingerbread w/Topping | Baked Cod  
Parsley Buttered Red Potatoes  
California Blend Veggies  
Mixed Fruit  
Blonder Brownie | Oven Baked Chicken  
Cowboy Potatoes  
Seasoned Corn  
Tropical Fruit  
Cherry Cheesecake Bar | Baked Ham  
Sweet Potatoes  
Maple Baked Beans  
Pineapple Chunks  
Frosted Cake |
| **17** | **18**  | **19**    | **20**   | **21** |
| Lasagna w/Meat Sauce  
Green Beans  
Seven Layer Salad  
Peaches  
Garlic Bread  
Chocolate Chip Cookie | Bean Soup  
Egg Salad Sandwich on Whole Wheat Bread  
Ambrosia Salad  
Oatmeal Raisin Bar | Sliced Turkey  
Mashed Potatoes w/ Gravy  
Green Bean Casserole  
Cranberry Sauce  
Pumpkin Cake w/Cream Cheese Frosting | Hamburger on a Bun w/ Mushrooms  
Onions  
Potato Wedges  
Creamed Corn  
Gelatin w/Fruit  
Scotcheroo Bar | Beef Stew over a Baking Powder Biscuit  
Coleslaw  
Apricots  
Mixed Berry Cobbler |
| **24** | **25**  | **26**    | **27**   | **28** |
| **NO MEALS SERVED** | **NO MEALS SERVED** | **Scalloped Potatoes w/ Diced Ham Casserole  
Aunt Carol’s Salad  
Peaches  
Pecan Pie Bar** | **Cranberry Glazed Pork Chop  
Sweet Potatoes  
Chunky Apple Sauce  
Frosted Marble Cake** | **Autumn Harvest Casserole  
Broccoli  
Apricot Cloud Salad  
Apple Cobble** |
| **31** | January 1 | January 2 | Unless another bread item is listed, all meals include a serving of Whole Wheat Bread | Please call the meal site (not the Center) by 6:00 the night before to reserve a meal! |
| Bratwurst on Wheat Bun  
Oven Browned Potatoes  
Cooked Carrots  
Peaches  
Seven Layer Bar | **NO MEALS SERVED** | **Turkey & Dressing Squash  
Mixed Vegetables  
Pistachio Salad  
Cookie (Baker’s Choice)** | **348-8042** |
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<tr>
<td>3 8:15-9:15 Yoga w/Eileen</td>
<td>4 8-9 Intensive Exercise w/John</td>
<td>5 8:15-9:15 Yoga w/Eileen 10:00 Reading Club 10:00 Making Christmas While Saving the Planet &amp; Your Budget, w/Linda Bernhardt 10:00 WWII Aircraft Display w/Bob Bennett</td>
<td>6 10:30 Guest Speaker Jeff Kersten from Bureau of Consumer Protection, Topic: Identity Theft 12:30 Euchre/500</td>
<td>7 8-9 Intensive Exercise w/John 9:00 Card Making w/ Becky 10:30 Music w/ Roy Schroedl 10:30-11:30 CHRISTMAS PARTY</td>
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<td>Bus Trip to Palace Theater</td>
<td>6 pm Paint Class w/Teresa</td>
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<td>12:00 Bridge</td>
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<td>12:30 Smear</td>
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<td>11:00 Guest Speaker: Ann Cooley</td>
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<tr>
<td>10:45 Ask A Pharmacist w/Bryant Schobert Topic: Falls</td>
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<td>26 8:15-9:15 Yoga w/Eileen 10:00 Craft w/Vicki</td>
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<td>31 8:15-9:15 Yoga w/Eileen</td>
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Have a question about or for the Senior Center?
This month’s FREE BINGO is sponsored by Tricor Insurance! Want to sponsor BINGO in 2019? Call Jill at #348-9934.
WHEN: Friday, December 7th @ 10:30 AM
WHERE: OE Gray Community Learning Center
WHAT: Music, Food, Fun and Fellowship
CALL: 348-8042 by Dec 6th to reserve a meal
Sponsored by: Thrivent Financial & PASS

VOLUNTEER IN THE NEW YEAR!!!
Lead a Class * Share Your Skills
Deliver Meals * Provide Rides
Fundraise * Give a Presentation
Join PASS * Call BINGO
Office Assistance * Lend Your Expertise