

# Wowapi

A majestic deer with large antlers stands in a snowy forest at night. The deer is brown with a white beard and is looking directly at the viewer. Behind it is a large, bright full moon and a starry night sky. The forest is covered in snow, and the trees are dark and silhouetted against the moonlight.

Ia-he-ka-p-sun Wi

Moon when the deer shed their horns.



# Santa's Sugar Cookie Recipe

## METHOD:

In the bowl of a Stand Mixer;

## CREAM TOGETHER:

1/2 cup of Butter  
2 cups of Granulated Sugar

## ADD:

4 Whole Eggs / One at a time / Scrape sides of bowl after each addition  
2/3 cup of Room Temperature Sour Cream  
2 teaspoons of Vanilla Extract

## COMBINE DRY INGREDIENTS:

1/2 teaspoon of Baking Soda  
1 Tablespoon of Baking Powder  
1 teaspoon of Salt  
4 cups of All Purpose Flour / Leveled

Add Dry to Wet Ingredients & Mix to combine. Chill, Roll Out and Cut with Christmas Cookie Cutters. Dust with Colored Sanding Sugar or frost with your favorite Cookie Frosting.





# Town Hall Meeting

Last  
Wednesday  
of the  
Month

Community  
Center

Town Hall  
Meeting  
6 p.m.

*Oyate*  
*etankhan*  
*Owicota*

Lite Dinner  
& Snacks  
5:30 p.m.



Please join us in wishing your fellow members, near and far, a very Happy Birthday during the month of December.

12/01 Steven Cadotte Sr.  
 12/01 Steven Taylor  
 12/02 Cecil Smith  
 12/03 Kimberly Patterson  
 12/04 Charles Allen Sr.  
 12/04 Howard Allen Sr.  
 12/04 Richard Allen  
 12/04 Brandon Killspotted  
 12/04 Ilyah Rederth  
 12/05 Stewart Jones  
 12/05 Regina Lewis  
 12/05 Stacia Paulson  
 12/07 Tanya Andersen  
 12/07 Canteskuya Garcia  
 12/07 Amanda Johnson  
 12/07 Patricia O'hara  
 12/07 Marie Penny  
 12/07 Dean Wade  
 12/08 George Gullickson  
 12/08 Priscilla Hovland  
 12/09 Chana Ivens  
 12/09 Lindsay Bose  
 12/10 Blue Curry  
 12/10 Mona Miyasato  
 12/11 Jennifer Alderman

12/11 Barbara Ferguson  
 12/11 Mekayla Ray  
 12/11 Wilder Van Hofwegen  
 12/12 Thomas Harr  
 12/13 Lavonna Allen  
 12/13 Montana Armstrong  
 12/14 Garrie Kills A Hundred  
 12/14 Iris Rederth  
 12/16 Maya Ivera  
 12/16 Laureen Taylor  
 12/16 Raymond Wakeman  
 12/17 Tate Curry Jr.  
 12/17 Jean Wade-Lane  
 12/18 Jacquelyn Barse  
 12/19 Travis Anderson  
 12/19 Joshua Weston Jr.  
 12/20 Phillip Allen Jr.  
 12/20 Timothy Cadotte  
 12/20 Vallyah Jones  
 12/20 Jamie Long  
 12/21 Domic Cournoyer  
 12/21 Kevin Dudley  
 12/21 Daniel Flute  
 12/21 Bruce Ramlo  
 12/21 Mia Schrader

12/22 John Armstrong  
 12/22 Paige Corcoran  
 12/22 Ashkii Roy  
 12/24 Nikko Cole  
 12/25 Timothy Ivens  
 12/25 Cory Burkhardt  
 12/26 Candace Shopbell-Martin  
 12/27 Kerry Groves  
 12/27 Trista Nelson  
 12/28 Jacqueline Allen  
 12/28 David Lovejoy  
 12/28 Morning Lovejoy  
 12/29 Sienna Himes  
 12/29 Dennise Ramlo  
 12/29 Warlene Yellowcloud





# Attention

## Title 19 Changes

## High School & Future Graduates

### LEGISLATIVE HISTORY

Title 19 was enacted by the Flandreau Santee Sioux Tribe Executive Committee, on July 12, 2017, by Resolution 17-70.

It was further amended on June 29, 2023 by Resolution 202362, and was further amended on November 20, 2023 by Tribal Resolution 2023-98 which was favorably reviewed and approved by the Bureau of Indian Affairs on February 22, 2024.



### LEGISLATIVE CHANGES



Maturity Payments.

Those participating members shall receive multiple trust account maturity payments of the monies accumulated in the trust fund, including interest, for the eligible minor participant. The following shall be the payment schedule for eligible minor's:

- (1) 25% of their Minor's Trust Account upon reaching their 18th birthday **AND** obtaining **a high school diploma or general education degree.**
- (2) 25% of their Minor's Trust Account at 21 years of age.
- (3) 25% of their Minor's Trust Account at 24 years of age.
- (4) 25% of their Minor's Trust Account at 27 years of age. 16
- (5) the remaining balance of the account at 30 years of age.



### IMPORTANT



If a tribal member **DOES NOT** obtain a high school diploma or GED by their twenty-first birthday, **they shall begin their distributions from the Minor's Trust Account at 21 years of age.**

Questions? Contact Member Services at (605) 997-3891 Ext. 1251



*12/05 Utzel Graham / JJC*

*12/07 Janya Andersen / Courts*

*12/08 Hunter Henderson / U.J.*

*12/13 Kerzi Artoz / JJC*

*12/14 Garrie Kells A Hundred JJC*

*12/16 Watabai Ahschlager / JJC*

*12/20 Dusty Beaulieu / Dakota Language*

*12/23 Jenny Lehram / JJC*

*12/25 Pamela Kitto / Grace Moore*

*12/27 Sara Bad Warrior / Education*

*12/27 Nick Zachariasen / UJ*

*12/28 Jackie Allen / Housing*

*12/28 Rylin Holiday / JJC*

*12/29 Gerardo Asio / JJC*



*Please join us in wishing our*

*employees a very*

*Happy Birthday this month!*



# 2024 Wakpa Ipaksan Employee Halloween Costumes





# In Loving Memory



*Nancy Herrick*  
August 1939 to January 2024

*Ron Gilbert*  
July 1950 to September 2024

*Dana Rederth*  
August 1953 to January 2024

*Donna Jensvold*  
March 1940 to October 2024

*James Herrick*  
December 1964 to February 2024

*Howard Flute*  
March 1961 to November 2024

*Annette Heminger*  
January 1940 to May 2024

*Denise Hammer*  
August 1960 to November 2024

*Michael Corcoran*  
February 1973 to May 2024

*Those who journeyed home in 2024*



# GRIEF AND THE HOLIDAYS

**HOLIDAY GRIEF SUPPORT TIP:**

**UNDERSTAND THAT  
IT'S OK FOR A  
PERSON TO BE SAD  
(EVEN DURING THE HOLIDAYS)**

**Sadness is healthy. Really.**

Telling someone they shouldn't be sad,  
that their person wouldn't want them to be sad,  
or trying to cheer them up only tells them  
that they cannot be honest with you  
about how they're feeling.

@REFUGEINGRIEF

#RIGHTGRIEFTIPS



**LISTEN  
&  
BE PRESENT**

**HOLIDAY GRIEF SUPPORT TIP:**

**ASK THEM WHAT  
MIGHT FEEL GOOD  
THIS SEASON**

Instead of assuming, guessing, or telling  
a grieving person what they might need  
or should do over the holidays, ask them  
what might feel good or at least less bad.

**They may not have an answer,  
but being asked is always appreciated.  
Remember to ASK FIRST before offering  
your own ideas. Respect their answer.**

**CALL THE FSST HC COUNSELING CENTER AT 605.997.3844 TO SET  
UP OR LEARN MORE ABOUT COUNSELING SERVICES AVAILABLE.**

**FSST Recreations  
Presents**

**12-02-2024  
5PM**

# **5TH GRADE GIRLS BASKETBALL TRYOUTS**

Not playing on any other teams  
including High School teams.

**Wicoicaga Otipi Community Center  
503 W Broad Ave, Flandreau SD**

Troy Fox-Recreation Coordinator  
605-573-4195 ext 1195  
605-651-7893





# OPPORTUNITY

Happy to announce that a FULL RIDE SCHOLORSHIP to Lake Area Tech is available. The Scholarship is brought to you by Lake Area Tech and the Native American Homeownership Coalition. This opportunity provides successful candidates with the essential skills in the construction industry, creating pathways to stable and fulfilling careers and contributing to the growth and prosperity of our community.

Student gain a solid foundation in residential design, site preparation, concrete work, floor/wall/roof construction, ventilation, interior finishing, cabinetry, and building codes. Much of each student's time will be building a custom home from start to finish. Building Trades students will also learn about light commercial construction, estimation, and working in a green industry.

Students interested should contact Lead Admissions Representative Darren Shelton at Lake Area Technical College:

[darren.shelton@lakeareatech.edu](mailto:darren.shelton@lakeareatech.edu)

## FULL RIDE SCHOLORSHIP



Building Trades  
18 - Month Course



# NEW YEAR'S EVE

DRESS IN YOUR BEST 90'S GEAR

**TUESDAY,  
DEC. 31,  
2024**



ENTERTAINMENT



**The Ultimate  
90's  
Dance  
Party  
FootHouse**

**ROYAL ROOM  
10PM**

**\$10 | FREE WITH  
ROYAL REWARDS CARD**

**AROUND THE WORLD**

**12PM-11PM HOT SEAT DRAWINGS**

**5 WINNERS WILL WIN FREE PLAY EACH HOUR**

**WIN YOUR SHARE OF  
\$1,100 FREE PLAY**

**12AM DRAWING**

**ONE GUEST WINS A COMPLETE  
HOME GYM + WORK OUT  
ACCESSORIES AND \$1,000 CASH**

**FOUR GUESTS WIN  
\$500 CASH AND MASSAGER**

**PLUS  
CHAMPAGNE  
AND PARTY  
FAVORS!**



Wednesdays | 8am - 8pm

## ROYAL GIFT GIVEAWAY

*Earn & Get*

PLAID VELVET THROW  
REVERSE TO SHERPA



ULTRA SOFT  
PREMIUM PILLOW



QUEEN DOWN ALTERNATIVE  
REVERSIBLE COMFORTER



QUEEN 4 PIECE  
SHEET SET



**Visit our website for more  
information!**

*Scan  
Me»*



## New Year New Royal Regal Giveaway

**WIN A HOME GYM!**

**FRIDAY & SATURDAY**

**5PM - 9PM**

RECEIVE A TICKET FOR EVERY  
10 POINTS EARNED OR 15 MINUTES  
OF RATED TABLE PLAY  
FOR YOUR CHANCE TO BE  
SELECTED VIA KIOSK DRAWINGS TO  
**WIN \$200 FREE PLAY  
HOURLY**

**10 PM**

**\$500  
CASH**

**Finale Giveaway**

**DEC. 31ST AT MIDNIGHT**

**1 WINNER WIN A  
COMPLETE HOME GYM SET  
+ \$1,000 CASH  
4 WINNERS WIN \$500 CASH  
+ MASSAGE GUN**



**Royal River**  
CASINO • HOTEL



Royal River Casino & Hotel reserves all rights to  
cancel or modify this program at anytime. See Players  
Club for promotional rules and details. Must be 21.  
Gambling problem? Call 1-800-781-HELP.

607 S. VETERANS ST.  
FLANDREAU, SD

1.877.912.LUCK  
ROYALRIVERCASINO.COM



# OPPORTUNITY



Become...

*certified*  
**NURSING**  
*assistant*

Classes



- \* Must Be Employed by LTC
- \* Must be 16 years or older
- \* Wakpa Ipaksan Preference
- \* Classes Held at LTC
- \* Taught by our Registered Nurses

## ATTENTION 16 YEAR OLDS & BEYOND

Our long term care center is seeking members to become a Certified Nursing Assistant or CNA. Training Classes will be held at our Long Term Care facility and provided by our Registered Nursing Staff.

This is an excellent opportunity to get your feet wet in the medical field while assisting our resident elders with the care they deserve. To apply go to the following website to fill out an application online: <https://fsst-nsn.gov/employment>



# Recovery

**SAMHSA**

Substance Abuse &  
Mental Health  
Services  
Administration

**(800) 662 HELP (4357)**





## AAA / Cold Weather Driving Tips



- 1) Keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a glass scraper, blankets, medications, and more.
- 2) Make certain your tires are properly inflated and have plenty of tread.
- 3) Keep at least half a tank of fuel in your vehicle at all times.
- 4) Never warm up a vehicle in an enclosed area, such as a garage.
- 5) Do not use cruise control when driving on any slippery surface, such as on ice and snow.



## AAA / Tips for Driving in the Snow

- 1) Stay home. Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.
- 2) Drive slowly. Always adjust your speed down to account for lower traction when driving on snow or ice.
- 3) Accelerate and decelerate slowly. Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- 4) Increase your following distance to five to six seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- 5) Know your brakes. Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- 6) Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- 7) Don't power up hills. Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.
- 8) Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.





# HEALTHY HOLIDAYS

## Coping with Holiday Stress

1. Get Enough Exercise.
2. Get Enough Sleep.
3. Don't overspend or go into debt for this one day.
4. There is no "perfect day" and that's OK.
5. Just say no when you need to.
6. Limit alcohol and rich treats, enjoy if you can in moderation.
7. Remember this is a "HOLIDAY" season, don't work harder to please everyone else.
8. Routines are important.
9. Family & Friends can be exhausting for everyone, it is okay to take a break
10. You are not alone - text 'NAMI' to 741741 for help during the holiday season.



Call the FSST HC Behavioral Health Center at 605.997.3844  
to learn more about counseling services available.

# TAKE

# ACTION

## Notice of Proposed Rule Making & Notice of Public Hearing

### TRIBAL GENERAL WELFARE PAYMENTS

#### IMPORTANT DATES

Public Comments must be received by  
**December 16, 2024**

Date of Hearing  
**January 13, 2025**

#### Visit:

[https://www.federalregister.gov/documents/2024/09/17/2024-20826/tribal-general-welfare-benefits?fbclid=IwZXhObgNhZWOCMTEAAROM\\_tOUUd6yuZJARpurPqIHfDKWv3OgaWjGdtrY4-4xB1q7hs9qgDrLazY\\_aem\\_nxjtcyOb-4NZ6Oy5xDJiEg](https://www.federalregister.gov/documents/2024/09/17/2024-20826/tribal-general-welfare-benefits?fbclid=IwZXhObgNhZWOCMTEAAROM_tOUUd6yuZJARpurPqIHfDKWv3OgaWjGdtrY4-4xB1q7hs9qgDrLazY_aem_nxjtcyOb-4NZ6Oy5xDJiEg)

#### SUMMARY:

This document contains proposed regulations regarding the exclusion from gross income of certain Tribal general welfare benefits. The proposed regulations address the requirements that would apply to determine whether the benefits that an Indian Tribal government program provides qualify as Tribal general welfare benefits. These proposed regulations would affect Indian Tribal governments, agencies or instrumentalities of such governments, Federally-recognized Tribes, members of such Tribes, such members' spouses and dependents, and other Tribal program participants. This document also requests comments on certain provisions and provides a notice of a public hearing on the proposed regulations that will be in addition to Tribal consultation on the proposed regulations.



# TRIBAL HISTORIC PRESERVATION OFFICE

November 21, 2024 - Chief Raymond Brown of Canupa Wakpa, located in western Manitoba, is visiting our nation to discuss with our Tribal Historic Preservation Officers; Garrie KILLSAHUNDRED and Sara Childs, whose office is the lead tribal entity on the project, the history of Inkpaduta, in an effort to maintain a historically accurate portrayal of him. Inkpaduta's descendants were also invited to the meeting.

The Iowa Department of Natural Resources is facilitating the project along with many counties located along the Little Sioux River and seek to provide a historically accurate portrayal of Inkpaduta from his descendants and tribes.

Here is a link to the Inkpaduta Trail.

<https://www.traveliowa.com/places/chokeberry-county-conservation-board--inkpaduta-water-trail-on-the-little-sioux-river/8359/>

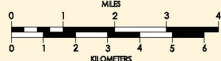


## Inkpaduta Canoe Trail

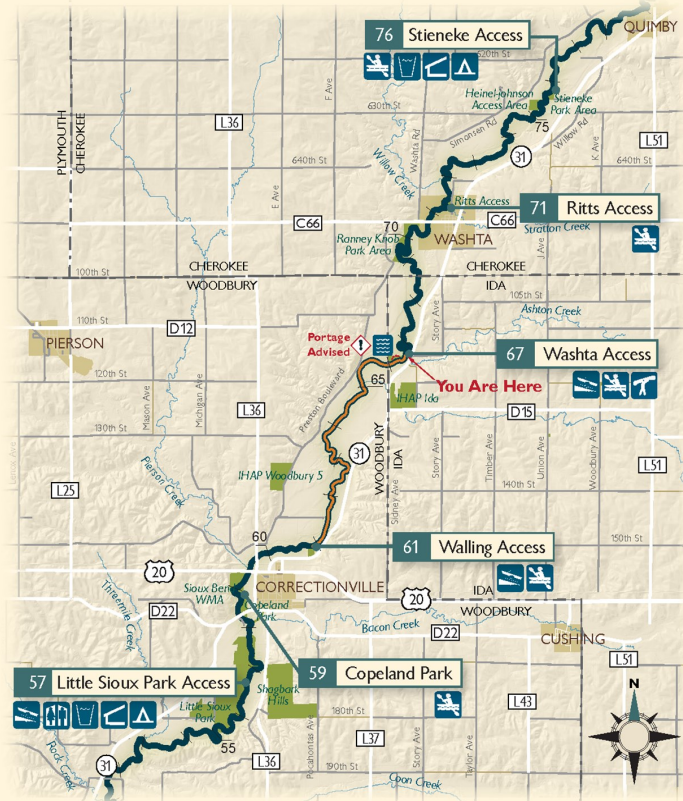


The Inkpaduta Canoe Trail, one of Iowa's most scenic and wild waterways, is rich in history and natural resources. The trail stretches from Spencer, in Clay County, Iowa, to Smithland, in southern Woodbury County, a span of approximately 134 miles. The portion illustrated here presents options for paddlers to begin or end their float in Ida County via safe, convenient access areas.

### KEY



IDA COUNTY CONSERVATION BOARD  
299 Jasper Avenue, Ida Grove, IA 51445  
Office: (712) 364-3300



### Safety Tips to enjoy an awesome paddle trip!

- Know the weather forecast before you decide to launch the boat. Know the upstream and downstream weather – consistently be aware of a changing environment!
- Dress appropriately for weather conditions (including air and water temperatures), and avoid environmental conditions beyond your skill level.
- Contact your friends and family to share your paddle trip details. Examples: entry and exit points, estimated time of arrival back home, and when you'll have available cellphone service.
- ALWAYS wear a properly-sized life jacket.
- Expect overhanging trees (called rakers), logjams, and other in-stream obstacles. Examples: bridge abutments or big rocks.
- ALWAYS portage around low-head dams.
- Don't forget, **PLAN AHEAD** to maximize your trip's safety, to have an **AWESOME** paddle trip!



This postcard, postmarked in 1915, depicts one of a succession of bridges over the Little Sioux River at Washta. Bridges across the river were crucial for daily life and commerce and were often victims of floods and freshets (ice-outs in spring). As you paddle, you may come across remnants of past infrastructure that graced the Little Sioux in historic times.



**The Flandreau  
Santee Sioux Tribal  
Health Center  
wishes everyone a  
HAPPY & HEALTHY  
Holiday season**

## **December Holiday Closures:**

**12PM CLOSE**

**CHRISTMAS**

**DAKOTA 38 +2**

**DECEMBER 24TH (TUESDAY)**

**DECEMBER 25TH (WEDNESDAY)**

**DECEMBER 26TH (THURSDAY)**

**FSST Health Center and Wellness Center will resume  
regular business hours on FRIDAY, December 27th.**



# DECEMBER 2024

## SEASONAL AFFECTIVE DISORDER (S.A.D) AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2  <b>Grief Awareness Week 2 - 8</b>	3 <b>The Wicozani Gathering</b> Winter & DM 9a-12p	4	5 <b>Healthy Holiday Health Fair</b>	6  <b>Hand washing Week 5-11</b>	7
8	9	10 <b>The Wicozani Gathering</b> SAD Awareness 9a-12p	11	12	13	14
15	16	17 <b>The Wicozani Gathering</b> Vitamin C Infor 9a-12p	18	19	20	21
22	23	24 <b>Closing at 12pm</b>	25 <b>HAPPY HOLIDAYS</b> Christmas Day	26  <b>Dakota 38+2</b>	27 <b>yes! We're OPEN</b>	28
29	30	31 <b>The Wicozani Gathering</b> Healthy Soups 9a-12p	2	0	2	5

### Holiday hours:

December 24th - Closing at 12:00pm

December 25th - Closed for Christmas Holiday

December 26th - Closed in remembrance of the Dakota 38 + 2



The Mankato Healing and Reconciliation Ride and The Dakota Exile Ride

### Healthy Holiday

HC Community Room  
December 5th  
9:00am - 12:00pm

Make your own  
Smudge Spray  
Make your own Tea  
Healthy Holiday  
Cookies





# Healthy Holiday


Health Center Community Room  
December 5th  
9:00am - 12:00pm

Stop by the Health Center for **“Healthy Holiday”!**

A health fair holiday party filled with health education and even opportunities to make some gifts for yourself, friends or family!



**BACK BY  
POPULAR  
DEMAND!**



Make your own  
Herbal Tea

Make your own  
Smudge Spray

Healthy Holiday  
Cookies



December 5th marks the first day of National Handwashing week!

Sign up for a chance to win a Holiday scented hand soap to help keep those germs from ruining any of your Holiday plans!





BE A GOOD RELATIVE

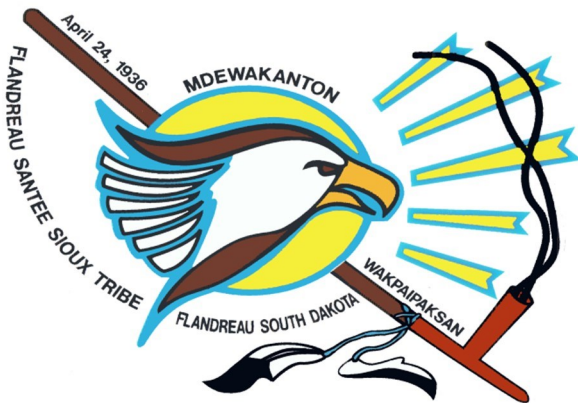
# GET VACCINATED

For the elders. For the youth. For the future.

It is not too late to receive your Covid or Influenza vaccines. Historically, influenza peak season is December-February, with people 70yrs + and children 0-4 years of age being most affected.

As we prepare to gather for the holiday season, please consider updating your seasonal vaccines. FSST HC eligible patients can call 605-997-2642 to set up same day vaccination appointment times.

## It's not too late – Vaccinate!



# *Save the dates!*



*December 23rd through January 2nd  
Government Offices Closed*



*December 20th / Grace Moore Center  
Senior's Christmas Meal*



*December 23rd through 27th  
Grace Moore Senior Center Closed*



*December 24th / Health Center  
Open from 12 pm to Close*



*December 25th & 26th  
Health Center Closed*

The Wowapi Newsletter is a monthly publication by the Flandreau Santee Sioux Tribe.

## SUBMISSION GUIDELINES:

- ♦ 25th of each month
- ♦ Must be Typewritten or Computer Generated Format
- ♦ Acceptable Formats: Hard Copy or Email

## SUBMIT:

Flandreau Santee Sioux Tribe  
Attn: Francis Wakeman III  
P.O. Box 283  
Flandreau, SD 57028  
(605) 997-3891 ext.1238  
[francis.wakeman@fsst-nsn.gov](mailto:francis.wakeman@fsst-nsn.gov)

## NOTICE OF DISCLAIMER:

In preparation of this newsletter, every effort has been made to offer the most current, correct, and clearly expressed information possible. Nevertheless, inadvertent errors in information may occur from time to time. A reasonable effort to correct information will be made in the next publication.


The information in this newsletter have been compiled from a variety of sources and are subject to change without notice. Where discrepancies exist between this publication and official document(s); the official document(s) shall prevail.

The FSST makes no warranties or representations whatsoever regarding the quality, content, completeness, or adequacy of such information or data.

The FSST reserves the right, to refuse the publication of information where the subject matter is deemed inaccurate or inappropriate.



# December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Goulash Glazed Carrots Confetti Cottage Cheese Fruit	<b>3</b> Wild Rice Soup Roast Beef Sandwich Creamy Coleslaw Strawberry Jam Bar	<b>4</b> BBQ Ribs Baked Potato Green Beans Silver Glade Salad Broken Glass Jello	<b>5</b> Spaghetti hotdish Caesar Salad Onion Cheese Bread Pears	<b>6</b> Beef Stew Corn bread Veggie Pizza Choc/vanilla layer cake
<b>9</b> Sloppy Joes Mac & Cheese Baked Beans Chips Apple Tart	<b>10</b> Tomato Bisque Soup Grilled Ham & Cheese Grape Salad Cookies	<b>11</b> French Dip Sand. Red Potato Bake Autum Tossed Salad Rice Krispy Bar	<b>12</b> Beef Stroganoff Over noodles Brussel Sprout Bake Nuttly Apple Salad Pudding	<b>13</b> Chili Fry bread 7 Layer Salad Banana Bar
<b>16</b> Sausage Gravy over Biscuits Scrambled Eggs Fruit Glazed Donut	<b>17</b> Chicken Noodle Soup Turkey Sandwich Mandarin Orange Salad Chips Lemon Bread	<b>18</b> Swedish Meatballs Potatoes/gravy Harvard Beets Rhubarb Bars	<b>19</b> Enchilada Soup Ham Salad Sandwich Royal Salad Bread Pudding/lemon sauce	<b>20</b> <b>Christmas Meal</b> Baked Ham Potato's/gravy Green Beam Casserole Festive Tossed Salad Pineapple upside down cake
<b>23</b> <b>CLOSED</b>	<b>24</b> <b>CLOSED</b>	<b>25</b> <b>CLOSED</b>	<b>26</b> <b>CLOSED</b>	<b>27</b> <b>CLOSED</b>
				
<b>30</b> Polish sausage w/Sauerkraut Parslied Potatoes Mixed Veggies Cinnamon Baked Apples	<b>31</b> Indian Taco Fruit Salad	<b>1</b> <b>January</b> <b>CLOSED new years</b>	<b>2</b>	<b>3</b>
<b>Grace Moore Senior Citizens Center 997-2924</b>			<b>*Menu subject to change without notice.</b>	