

# GARFIELD HEIGHTS SENIOR CENTER

5407 Turney Road  
Garfield Heights, OH 44125  
216-475-3244

Open Monday-Thursday — 9:00a.m.—2:00 p.m.

# SENIOR HI-LITES JULY 2022

## CITY OF GARFIELD HEIGHTS

Mayor, Matt Burke

Ward 1 Councilperson — Stacey Collier

Ward 2 Councilperson — Charles Donahue Jr.

Ward 3 Councilperson — Jason D. Seither

Ward 4 Councilperson — Avery M. Johnson

Ward 5 Councilperson — Vacant

Ward 6 Councilperson — Clifford Kelley Jr.

Ward 7 Councilperson — Tom Vaughn

### RECREATION/SENIOR CENTER DIRECTOR:

Paul Birk.....216-475-3244

### SENIOR CENTER MANAGER:

Joe Snyder.....216-475-3244

### ACTIVITIES COORDINATOR:

Carolyn Lockett.....216-475-3244

### CLERICAL SUPPORT II:

Laketa Gaston.....216-475-3244

### ADMINISTRATIVE ASSISTANT:

Jennifer Sopkovich.....216-475-3244

### STAFF:

Diane Coon.....Kitchen Aide

Ralph Redmon.....Meals Driver

Angelo Musarra.....Bus Driver

Bob Hejl.....Bus Driver



### MISSION STATEMENT:

The mission of the Garfield Heights Senior Center is to provide information and a range of services, activities and volunteer opportunities, which promote personal growth, health, friendship and independence for older persons.

### POLICY STATEMENT:

It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color national origin or handicap.

“Funded(in part) by a Title III grant under the Older American Act, administered by the Ohio Department of Aging through the (AAA).”

**SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH \$1.25**

**ALL BUS RIDERS MUST USE SEAT BELTS AT ALL TIME. IT IS THE LAW!!!**



## Last Month

- Mayor Burke's monthly visit with the seniors addressed ongoing infrastructure improvements, city-wide safety improvements, new economic teams put into place
- The 2022 Mind Challenge Trivia Tournament competition ended for the Garfield Heights Senior Center teams.
- Cardio Drumming continued with a full class of seniors participating
- The Wii Bowling League held the awards banquet
- Karaoke continued with lively group of participants
- Humana Health became a new sponsor and introduced a Mowtown Monday trivia session
- Senior Center staff prepared a Spaghetti meal
- Fathers were saluted with a breakfast and gifts
- The pool opened for senior activities
- Jacks Racino was visited by our seniors

### ○ Gratitude is extended to our supportive Senior Center sponsors:

- Humana Health for joining our team and will conduct varying events on 2nd Monday of each month
- Legacy Health joined our team of sponsors and will conduct 4th Tuesday BINGO sessions
- The Heights
- Oak Street Health for the Flag Day hot dog cook-out and June birthdays recognition
- Fairhill Partners returned with a six week Diabetes workshop
- Marymount place for the 2nd Tuesday BINGO prize donations



From the desk of Senior Center Manager, Joe Snyder

It is officially Summer! And boy don't we know it, as we have had some HOT HOT days the last few weeks. It is a good thing we were able to get a pool day (hosted by the Rec Center and wonderful Jenn Sopkovich) scheduled so that everyone has the opportunity to cool down! June gave us both a spaghetti dinner and a cookout! I wonder what July will have in store! I hope that as we are now fully into the swing of Summer, everyone's Winter blues have completely melted away. July is usually one of my favorite months of the year because of all of the opportunities to be outside! Going boating, watching baseball games, watching fireworks, having campfires and eating s'mores are just a few of my favorite things to do, and I hope you all get the opportunities to enjoy some of your favorite outdoor activities. As a reminder though, be sure to keep yourselves HYDRATED! It is always important to drink plenty of water, but evermore important to do so during the hot summer months. I hope everyone has enjoyed their Summers so far. Let's plan to make the rest of it even better!



POST OFFICE ON WHEELS

Tuesday, July 26th@9:40-10:00a.m.  
Purchase stamps/money orders/packageing  
supplies.

Mail letters and packages.



Costs for Transportation

*The following are fees for bus transportation:*

Senior Center—\$0.25-round trip  
Medical Trips—\$2.00-round trip  
Trips & Errands—\$3.00-round trip  
(e.g. Field Trips, Bank, Pharmacy, Grocery)



2022 Mind Challenge  
Trivia Tournament

On May 27, 2022 our Garfield Heights Senior Center was represented in the 2022 Mind Challenge Trivia Tournament by the following two teams.:

Greg Rowinsky, Capt.	Jim Stoneking, Capt.
Lydia Debelak	Alan Becka
Cheryl Pavlek	Jimmy Williams
Kathy Rowinsky	Carolyn Lockett
Barb Molin	

We represented well and the first round found our teams in first and second place. However the Shaker Heights team won the final round and advanced to semi-final round representing our Central division.

Thank you to our participants who persevered to the end.

Trivia for All

We plan to continue with the weekly trivia challenges.

Come exercise your mind and keep it sharpened in a fun filled, brain teasing, morale boosting atmosphere on Wednesdays at 9:30am. Bring your ipad, android, tablet or cellphone to download the KAHOOT app and be set up to enjoy and play the games.



QUIZ TIME



## INDEPENDENCE DAY

The Fourth of July, is the National Day of the United States of America. It is a federal holiday and also a holiday in all 50 states and other US territories on **July 4th**



### NEW SENIORS TO OUR CENTER

Christine Iwan	Zera Johnson
James White	Amanda White
Lea Ann Russell	Gerri McCully
Linda Wilkerson	Emma Jordan-Wren
Betty Svoboda	Mark Svoboda

**HAPPY BIRTHDAY**  
TO YOU!



Allen Becka	7/4
Cheryl Palvek	7/4
Carolyn Lockett	7/7
Vera Rackley	7/23
Nick Karanicholas	7/24
Ralph Redmond	7/28

The July Happy Birthday Celebration  
will be held on Thursday,  
July 21st@12:30pm

OAK STREET HEALTH WILL SPONSOR  
THE ACTIVITIES.

## July Lunch Bunch Outing

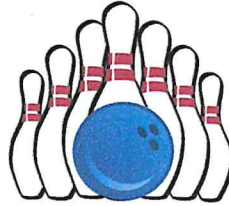
**When:** Thursday, July 7, 2022@11:00a.m

**Where:** Lockkeepers Restaurant

**Cost:** \$2 for bus/Lunch on your own

*See Carolyn for sign up sheet*

# Wii Bowling Summer League



The summer Wii Bowling League session will begin Wednesday, June 22, 2022  
and end on Wednesday August 31, 2022,  
Monday or Wednesday at 9:00am is the time to bowl.  
The weekly fee is \$2.00 per person  
Teams of 2 are forming now. Sign up with Carolyn

## Chair Volleyball is Here!

Our chair volleyball competition has begun!  
Join others as you sit and hit the beach/volleyball  
over the net to score on your opponents.  
Great way to secretly get in a good body workout  
while having low impact fun.



**July 14, 2022**  
**12:30pm**

JOIN US & MINGLE

*ice cream*  
**SOCIAL**

STAY COOL WITH SOME SWEET TREATS



# JULY 2022 EVENTS

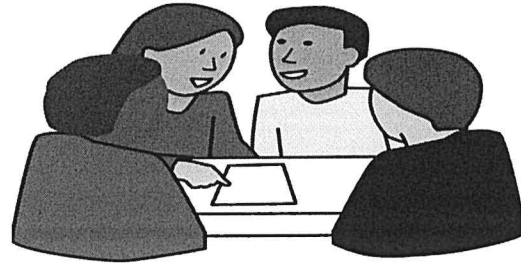
## MORNING BREAK WITH MAYOR BURKE

The June morning meeting with Mayor Burke included discussions on the following:

- \* The progress of ongoing street repairs
- \* An update on Towpath Trail improvements
- \* Elimination of abandoned structures
- \* The creation of an economic development team
- \* The potential replacement of the Justice Center

The seniors next monthly meeting with Mayor Burke will be held on Wednesday, July 13, 2022 at 10:00 a.m. in the dining room. He will openly discuss and update us on activities taking place throughout the city.

## SITE COUNCIL



The Site Council met and discussed the reopening of their bank account and reestablishment of their 501c3 status.

### WE ARE BACK IN BUSINESS!!!

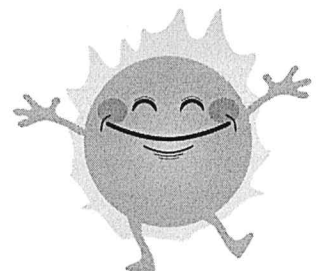
All funds raised by the Site Council benefit the programs and activities of the Senior Center.

The next Site Council scheduled meeting is July 12, 2022 at 10:00 a.m. in Rm 118.

*Shirley Rozmarnowski - Council President*

## KARAOKE

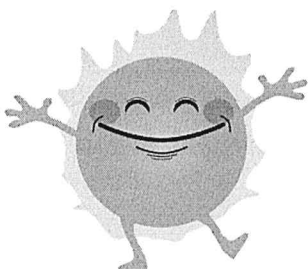
Sopranos-Altos-Tenors-Bass  
Lend your talents to the Karaoke  
afternoons Wednesdays@12:30pm



## POOL TIME



Wednesdays@12:30pm  
(weather permitting)  
Sessions will continue until pool area  
closes for the season.



## Line Dance

Come join this energetic, fun filled, lively, friendly group for a vigorous workout using upbeat music and line dance techniques.

Instructor, Darlene Brashers can modify routines to accommodate most physical challenges

**Tuesdays**  
**10:30am - 11:15am**  
**Cost \$3.00**



Strengthen your heart and body muscles by moving to the rhythmic beats produced while using drumsticks and exercise balls. You'll experience a good workout, while doing it at your own pace.

Sit or stand as you determine your level of comfort and endurance. Space is limited so come early to secure your spot.

**Thursdays**  
**10:00am-10:45am**

### **Bid Whist**

**Spades**

**Bridge**

**Hearts**

**Pinochle**

**Poker**



Bring a partner(s) and come to play your favorite card game.

**TUESDAYS -- 12:30pm-2:00pm**

# PROGRAM-ACTIVITY REMINDERS

## THERABAND WORKOUT



MONDAYS

Time: 10:30-11:00a.m.

## DIABETES EMPOWERMENT EDUCATION PROGRAM

A program that helps participants take control of their disease and reduce the risk of complications.

6 weeks of 2 hour sessions

MONDAYS @9:00a.m.-11:00a.m.

Sponsored by Fairhill Partners

## MOVIE DAY

Monday, July 18

At 12:00pm

Popcorn and beverage provided.



**Support our senior activities.**

**Various snacks and beverages are available to purchase daily.**

**\$1.00  
AND  
UNDER**



## BINGO

Tuesdays

July 5, 12, 19, 26

at 12:30

in the dining room.



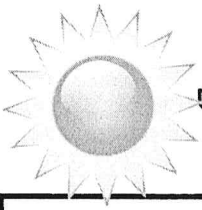
## PODIATRIST VISIT

Dr. Diamond's will visit this facility on  
August 11, 2022.

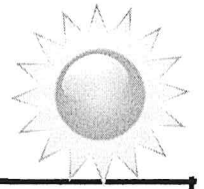
Appointments are being scheduled now.

Call or see Ketia to schedule.





# JULY 2022 EVENTS



## Friday Shopping

July 1st-----Giant Eagle

July 8th-----Drug Mart

July 15th-----Marcs

July 22nd-----Save-A-Lot

July 29th-----Daves

Our bus will transport you to local shopping venues.

Sign up with Ketia

Transportation cost \$3.00

## MONTHLY FOOD PANTRY

Wednesday, July 20, 2022

1:00—2:00 p.m.



**Feeding the Community**

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OAK  
STREET  
HEALTH



The Village at  
Marymount

Marymount Place • Villa St. Joseph  
A Continuing Care Community



Legacy Health Services

Our Family Caring for Yours



THE HEIGHTS

REHABILITATION & HEALTHCARE CENTER

Humana®

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## CRAFT ROOM

Shop for unique, handmade  
gifts and cards for all occasions.

GRADUATION

WEDDINGS

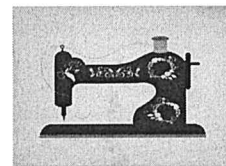
BIRTHDAY

BABY SHOWER

GREETING CARDS

Visit us from 9:00am-2:00pm

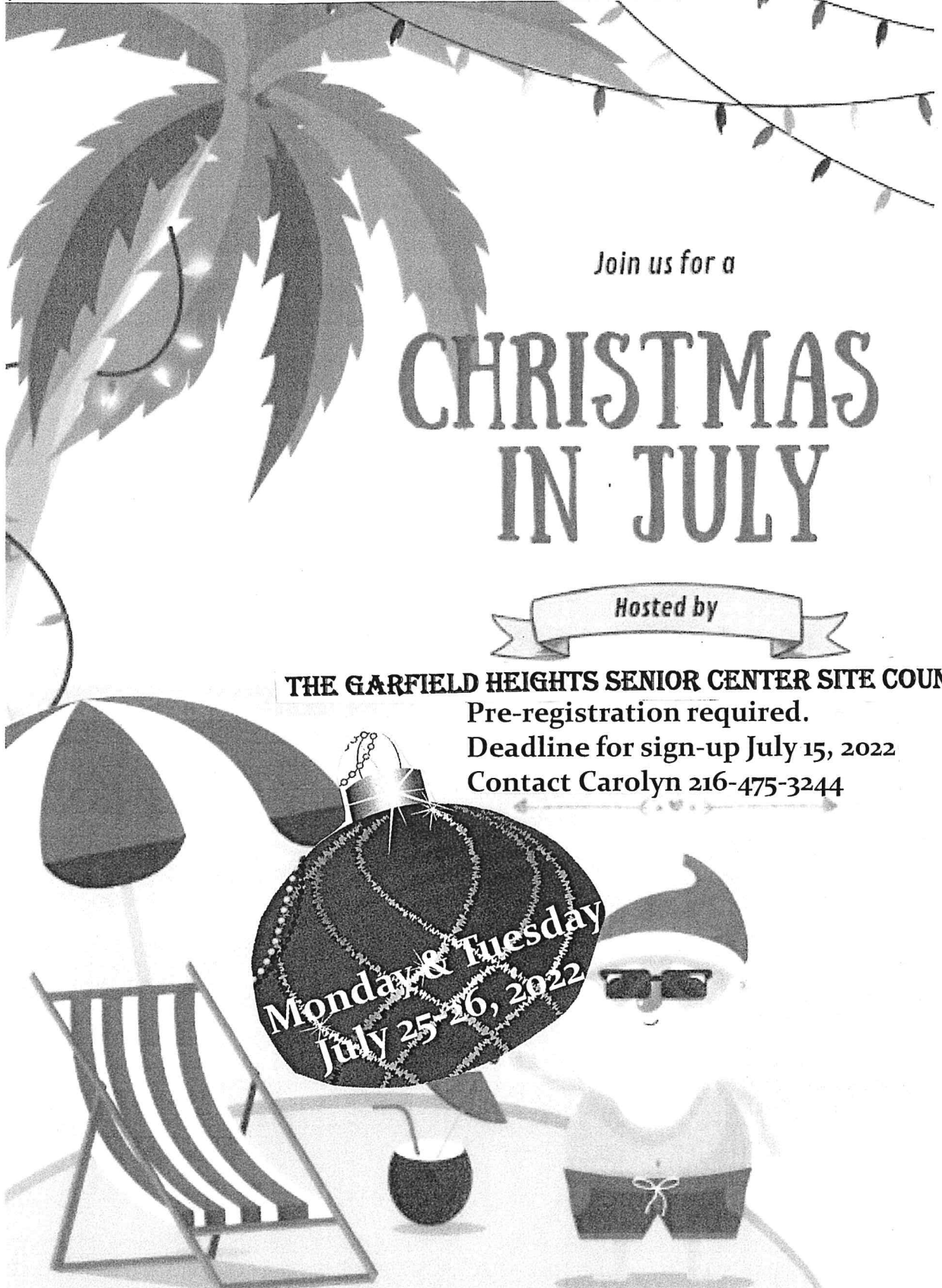
Mon-Thurs



ALL ITEMS CREATED ARE FOR SALE  
AND PROCEEDS BENEFIT OUR SENIOR  
CENTER ACTIVITIES AND PROGRAMS



Christmas in July, Christmas in Summer or Christmas in Winter is a second Christmas celebration held around the summer season, mainly during July. It is centered around Christmas-themed activities and entertainment, including small gatherings, seasonal music and specials, and shopping, with the goal of getting the public in the "Christmas spirit" during the summer season in the Northern hemisphere.



Join us for a

# CHRISTMAS IN JULY

Hosted by

**THE GARFIELD HEIGHTS SENIOR CENTER SITE COUNCIL**

Pre-registration required.

Deadline for sign-up July 15, 2022

Contact Carolyn 216-475-3244

COVID restrictions mandated suspension of activities at the Senior Center during the December Christmas holiday season. July is the perfect time to pick up the spirit of the yuletide joy so we will celebrate with Christmas music, movies, gift exchange, craft making, a community gift project and Christmas dinner.

# JULY 2022 EVENTS



## BINGO

Sponsored by THE HEIGHTS

1st & 3rd Tuesdays

Sponsored by MARYMOUNT PLACE

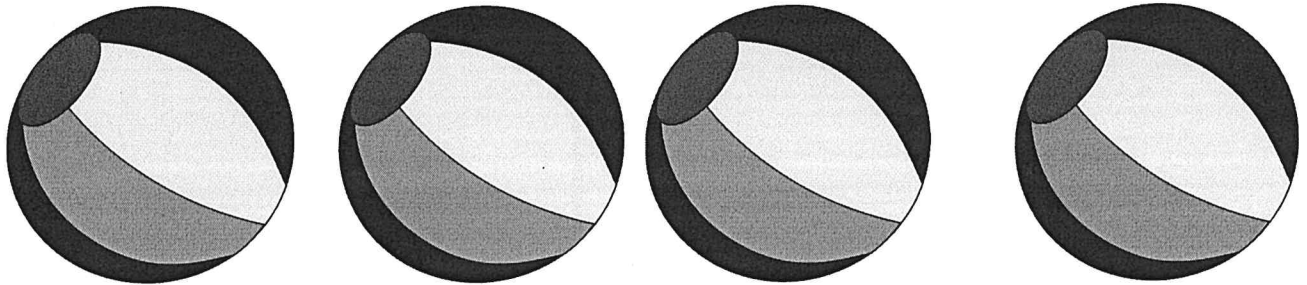
2nd Tuesday

Sponsored by LEGACY HEALTH

4th Tuesdays

Games begin at 12:30pm.

1st board free, additional boards \$.25



### Spiritual Music Time

Allow the spirit to move, soothe and encourage you as you listen, reminisce, hum or sing to songs that bring joy, peace and an uplifted spirit to the beginning of your day. Join others in room 101 on Thursday mornings 9:30-10:00.

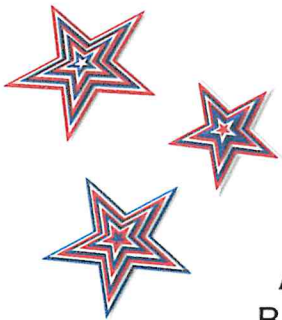


Accumulate \_\_\_\_\_ points towards an end of year Volunteer Awards Celebration by assisting with varying activities throughout the Senior Center. Sign up at the registration table to assist with game set up; morning registration; lunch room set up; kitchen assistance; trivia game creation; and several other activities. Check out the daily sign up sheets and the opportunities offered. Assignments are on a first come first served basis. Many have already stepped up and undertaken several responsibilities. There's plenty for all to do. See Jenn Sopkovich with questions or clarification.

# Happy Independence Day!

## 4th of July Word Search

A F E A S T I W D M P A P I C N I C S L  
L D X B O O M B E W H I T E D S I G B L  
A B X U B A T T L E F I E L D A C B T I  
N A Y F F A D V I Y N U S E D A R A P R  
O N I L N G J H C X S M O D E E R F B G  
I G A T W N D E I C E L E B R A T I O N  
T G H D T I E F O K R Y T R E B I L U Y  
O E L A R R C I U M K E L A E Z A L B A  
M X A M E E O R S W S C I T O I R T A P  
E V L E S H R E X K A N A T I O N A L R  
U Y P R S T A C Y C Z E A L X Q Q J A S  
U R Y I E A T R U U S D R O C K E T S K  
H O E C D G I A E L C N N F O J K V L R  
B T S A G P O C U T Q E O H M X K R J O  
L S D I Z Y N K L O N P O I U R Q P F W  
A I X P I Z S E B P D E R H S Q T G A E  
S H N N G Q F R B G J D R Q I O G N S R  
T C R O W D S S Y Q K N J T C X L I P I  
O L D B A C K Y A R D I Y E Q O V P J F  
K J U P H J L W F E S T I V A L Q M X A  
A Y C A R C O M E D T Z Z A V H Z A N E  
O P A R M E D A C L A V A C A B L C P U



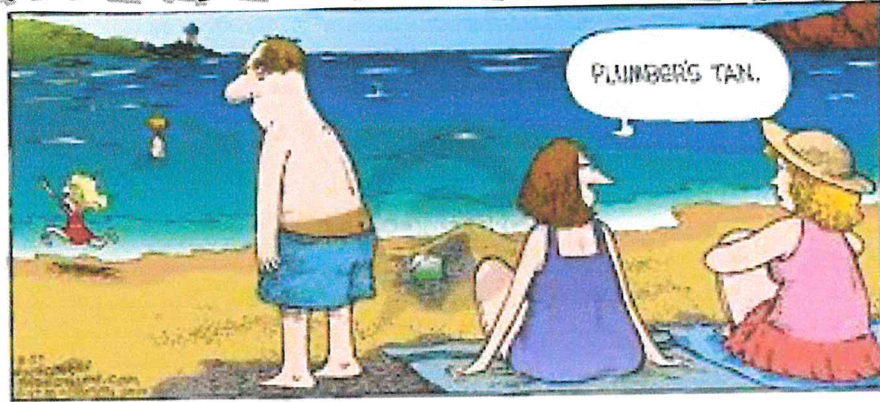
ABLAZE  
ANTHEM  
BACKYARD  
BLAST  
GATHERING  
RED  
WHITE  
BLUE  
CAVALCADE  
CELEBRATION

CROWDS  
DECORATIONS  
BANG  
BOOM  
BATTLEFIELD  
CAMPING  
DELICIOUS  
DESSERT  
DEMOCRACY  
EMOTIONAL

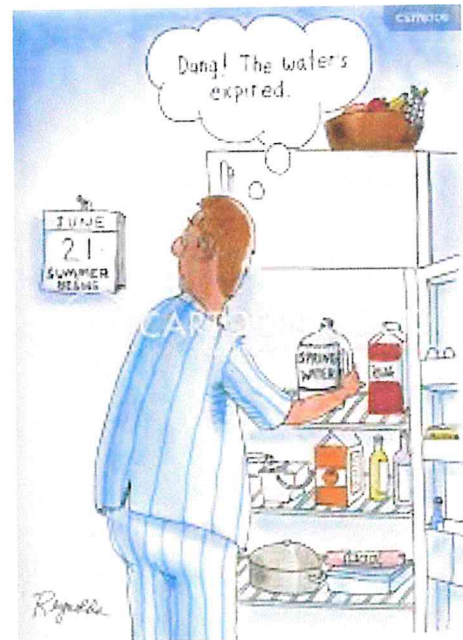
FEAST  
FLAG  
AMERICA  
FIRECRACKERS  
ROCKETS  
EXPLOSIONS  
MUSIC  
PICNICS  
POTLUCK

FREEDOM  
INDEPENDENCE  
GRILL  
HISTORY  
LIBERTY  
NATIONAL  
PARADES  
PATRIOTIC  
FIREWORKS  
FESTIVAL

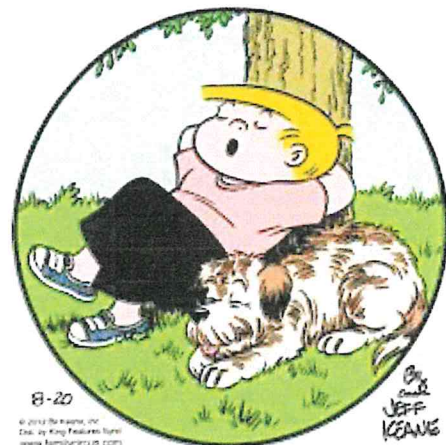
# Senior Funnies



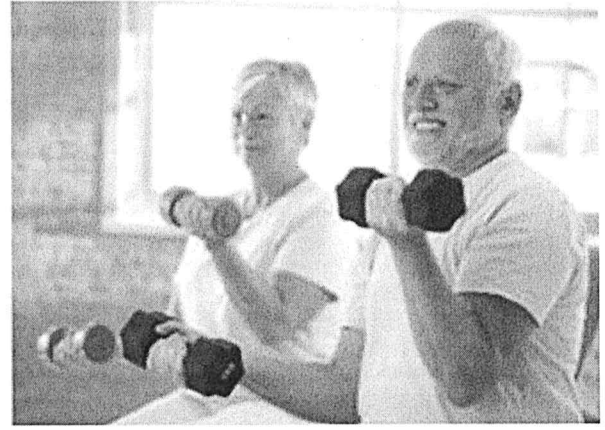
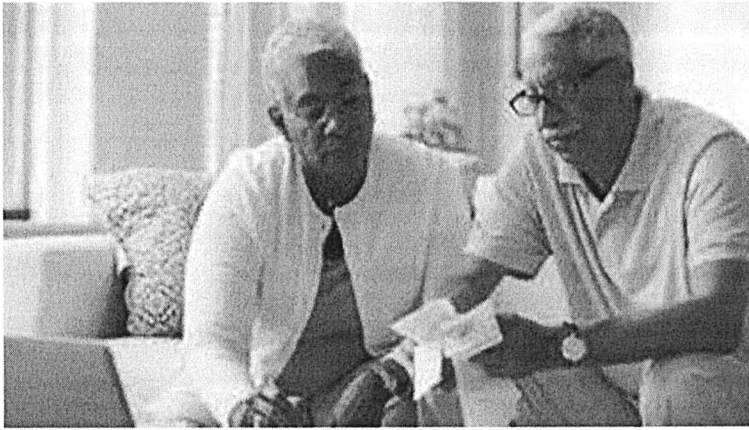
*Handwritten note:* Plumbers tan because they work in the sun.



THERE ARE TWO TYPES OF PEOPLE:



"Summer vacation's almost over, Sam. We need to do as much of nothing as we can."



# Take charge of your health! Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) workshop helps participants take control of their disease and reduce the risk of complications. It empowers people with diabetes and pre-diabetes to take charge of their health. DEEP is fun and interactive, with hands-on learning. Workshops meet for 6 weekly 2-hour sessions.

**Call today to register for a workshop near you!**

Diabetes Empowerment Education Program (DEEP)

6 weekly 2-hour sessions

June 27 - August 8, 2022

Sign up with Carolyn at 216-475-1100 ext. 2435



12200 Fairhill Road  
Cleveland, OH 44120  
www.fairhillpartners.org  
216-421-1350  
programs@fairhillpartners.org



**Western Reserve**  
Area Agency on Aging



**ENCORE  
Cleveland**  
Define your next chapter

*Fairhill Partners is a 501(c)3 nonprofit organization. Programs are made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency On Aging, The Cleveland Foundation Encore Cleveland initiative, gifts to the Fairhill Annual Fund, and our volunteers.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# Senior Center Calendar of Events

<sup>1</sup> Shopping@Glant Eagle  
10:00-11:30am



gg63708932 Gndrapp.com

**5** MAKE RES/NEXT WEEK

10:30-11:15am Line Dance  
11:30am LUNCH  
12:30pm BINGO w/Heights  
Card Games

**6**

9:00am Morning Donuts \$1  
Wii Bowling League  
9:30am Trivia Challenge  
10:00-11am Chair Aerobics  
11:30am LUNCH  
12:30PM Pool Activities  
Karaoke

**7**

9:30-10am Spiritual Singing  
10-10:45am Cardio Drumming  
10:30 Lunch Bunch@LOCKKEEPERS  
11:30am LUNCH  
12:30pm Chair Volleyball

**8**

Shopping@Drug Mart  
10:00-11:30am

**11** MAKE RES/NEXT WEEK

9:00am Morning Donuts \$1  
Wii Bowling League  
9-11 am Diabetes Workshop  
10:30am Theraband Workout  
11:30am LUNCH  
12:30 Humana Health Activity

**12** MAKE RES/NEXT WEEK

10:00am Site Council Mtg  
10:30-11:15am Line Dance  
11:30am LUNCH  
12:30pm BINGO  
w/Marymount Place  
Card Games

**13**

9:00am Morning Donuts \$1  
Wii Bowling League  
9:30am Trivia Challenge  
10:00-11am Coffee With Mayor Burke  
11:30am LUNCH  
12:30PM Pool Activities  
Karaoke

**14**

9:30-10am Spiritual Singing  
10-10:45am Cardio Drumming  
11:30am LUNCH  
12:15pm Ice Cream Social@Bavillion  
12:30pm Chair Volleyball

**15**

Shopping@Marcs  
10:00-11:30am

**18** MAKE RES/NEXT WEEK

9:00am Morning Donuts \$1  
Wii Bowling League  
9-11 am Diabetes Workshop  
10:30am Theraband Workout  
11:30am LUNCH  
12:30pm Movie

**19** MAKE RES/NEXT WEEK

10:30-11:15am Line Dance  
11:30am LUNCH  
12:30pm BINGO w/Heights  
Card Games

**20** FOOD PANTRY@1-2PM

9:00am Morning Donuts \$1  
Wii Bowling League  
9:30am Trivia Challenge  
10:00-11am Chair Aerobics  
11:30am LUNCH  
12:30PM Pool Activities  
Karaoke

**21**

9:30-10am Spiritual Singing  
10-10:45am Cardio Drumming  
11:30am LUNCH  
12:30pm HAPPY BIRTHDAY  
w/Oak Street Health

**22**

Shopping@Save-A-Lot  
10:00-11:30am

**25** MAKE RES/NEXT WEEK

9:00am Morning Donuts \$1  
Wii Bowling League  
9-11am Diabetes Workshop  
10:30am Theraband Workout  
11:30am LUNCH

**CHRISTMAS IN JULY**

**26** MAKE RES/NEXT WEEK

10:30-11:15am Line Dance  
11:30am LUNCH  
12:30pm BINGO w/Legacy Health  
Card Games

**27**

9:00am Morning Donuts \$1  
Wii Bowling League  
9:30am Trivia Challenge  
w/Legacy Health  
10:00-11am Chair Aerobics  
11:30am LUNCH  
12:30PM Pool Activities  
Karaoke

**28**

9:30-10am Spiritual Singing  
10-10:45am Cardio Drumming  
11:30am LUNCH  
12:30pm Chair Volleyball

**29**

Shopping@Daves  
10:00-11:30am

# 2022

# JULY

# JULY 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday
<p>Menu Approved By: <i>Ann Scullhofer, M.S., R.D.N., L.D.</i></p>	<p>*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk or Buttermilk.</p>		
<p style="text-align: center;"><b>Closed</b></p> <p style="text-align: center;"><b>Happy Fourth of July!</b></p>	<p>5 *Breaded Chicken Breast 3 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Applesauce 4 oz ALT=CS RB</p>	<p>6 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c ALT=CBG T</p>	<p>7 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw 1/2 c 2 Whole Grain Wheat Grape Juice ½ c ALT=CBG TR</p>
<p>11 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CS TR</p>	<p>12 *Chicken Alfredo 3 oz W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c ALT=CBG RB</p>	<p>13 Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Cucumber Salad ½ c 2 Whole Grain Rye Applesauce ½ c ALT=CBG RB</p>	<p>14 *Breaded Fish 4 oz Tartar Sauce 1 PC *Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Sliced Pears ½ c ALT=CBG RB</p>
<p>18 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Zucchini ½ c *Lima Beans ½ c 2 Whole Grain Wheat Peaches ½ c ALT=CS RB</p>	<p>19 *Sweet &amp; Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz ALT=CBG TR</p>	<p>20 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c ALT=CBG T</p>	<p>21 *Swedish Meatballs 3-1 oz *Noodles ½ c/ w/Gravy 2 oz Sliced Carrots ½ c Red Cabbage ½ c Whole Grain White Sliced Pears ½ c ALT=CBG TR</p>
<p>25 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Carrots ½ c 2 Whole Grain Wheat Apricots ½ c ALT=CS TR</p>	<p>26 Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend 1/2 c Whole Grain Wheat Mandarin Oranges ½ c Apple Juice ½ c ALT=CBG T</p>	<p>27 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG TR</p>	<p>28 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ALT=CBG RB</p>

**OFFICE OPEN**  
Mon-Fri 8:30am-4:30pm

**SENIOR CENTER OPEN**  
Mon-Thurs 9:00am-2:00pm

**RESERVATIONS**  
216-475-3244

Reservations for lunch are made the Monday or Tuesday prior to the week being served. If you cannot make your reservation in person, you **MUST** call Laketta on Monday or Tuesday at 216-475-3244 to state your choices. Failure to do so will result in your being served on a first come, first served basis and dependent on additional lunch availability.

Western Reserve Area Agency on Aging - 2022

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.  
“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

