

A better tomorrow starts today.

NEWSLETTER FOR A BETTER TOMORROW.



FOR YOUR  
**HEALTH**

FOR YOUR  
**PLANET**

FOR YOUR  
**COMMUNITY**

## Almost Midnight Breakfast

Join the entire Curry community for the best study break ever. **Monday, May 8th from 10:00pm to 11:30pm** is our annual Spring Almost Midnight Breakfast in the Student Center. Enjoy a full hot breakfast served by the Curry Senior Staff along with games, music, & activities. Take a break from studying & join the fun!



## Mindful - Food for Thought



- **Boost Your Brainpower** - Certain foods can fuel your mind, helping your memory & attention span: salmon, leafy greens like kale & bok choy, broccoli, cauliflower, cabbage, nuts & seeds, and chocolate
- **Fight Fatigue With Water** - Even mild dehydration can make you feel tired. So drink plenty of water or snack on water rich foods like carrots, broccoli, grapefruit, tomatoes, apples, lettuce, milk, & orange juice.
- **Eat Your Stress Away - The Healthy Way:** oranges, oatmeal, chocolate, & chamomile tea all naturally help reduce stress.



## Last Resident Board Meal

The last resident dining board meal in the Marketplace will be **Brunch on Sunday, May 14th** from 10am-1:00pm. The Marketplace will remain open Monday thru Friday from 8am to 1:30pm on a cash/ Faculty points/ Colonel Cash basis.

## A Reminder About Marketplace Hours During Finals

Hot Breakfast: Monday—Friday 7:30am to 10am



Hot Breakfast @ Firenzi: 10am to 11am

Lunch: Monday—Friday 11am to 2:00pm

Continuous Service: 2:00pm to 4:30pm

Dinner: 4:30pm to 9pm

Weekend Brunch: 10:30am to 2pm

Late Night Dining: 9pm to 11:30pm



## It's Finals Time Again!

Curry Dining Services would like to wish all our customers best of luck on your finals & also a safe & enjoyable summer vacation. It has been a pleasure serving you and we look forward to your return in late August. Best of Luck Seniors!!

## Upcoming Special Events

- May 4 Cityscapes Charleston Southern BBQ Menu
- May 5 Cinco De Mayo Celebration @ Lunch in the Marketplace
- May 8 Almost Midnight Breakfast 10pm—11:30pm Student Center
- May 10 National Shrimp Day, Enjoy Otto's Global Shrimp Scampi
- May 11 Build Your Own Brownie Banana Split Bar at Dinner