



New Castle Senior Center
at the
Booker T. Washington School
400 South Street New Castle Delaware
302-326-4209

DECEMBER 2018

“Where Friends Gather”

New Castle Senior Center

Incorporated September 2001

Telephone No. 302.326.4209

Website-www.newcastleseniorcenter.com

The Center is open Monday, Tuesday, Wednesday and Friday from 9:00 a.m. to 3:00 p.m.
On Thursdays, we are open from 9:00 a.m. to 7:00 p.m.

Mission Statement-to serve older adults with programs to enhance their health,
happiness and independence within the community.

Senior Center

Executive Board

Board President
Kim Wipf

Vice-President
Tish Gallagher

Treasurer
Candi Knotts

Secretary
Judy Barthel

Board of Directors

Marianne Caven
Sally Denton
Dee Duszak
Terry Gormley
Ted Joslin
Nicole Poore
Erica Suppa
Bob Thatcher

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Mike Pullan

Outreach/Activities Coordinator
Jo Ann Koon

Transportation
Susan Marinelli
Russ Paternostro
Tom Strawbridge

Receptionist
Glory Rolfe

Program Volunteers

Blood Pressure

Midge Berfield, RN

Program Instructors

Yoga
Strength Building
Line Dancing
A.B. C. Class
Zumba Gold
Tai Chi/Qi Gong
Evening Yoga
Arthritis Exercise

Gale Jones
Training by Liz
Rick Wilson
Training by Liz
Elisa Cordero
Susan Townsend
Kathleen Corcoran
Linda Adams

Family Medicine Center at the New Castle Senior Center

302-327-7630

New Castle Senior Center welcomes everyone over 50 years of age regardless of race, religion, sex ethnic origin or handicap. All members attending the Center must be able to take care of their personal needs and make appropriate independent decisions as they participate in the activities of the day.

**NEW CASTLE SENIOR CENTER
DECEMBER
WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 10:00 Wii Bowling 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 10:30 Wii Bowling 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 9:30 Wii Bowling 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 1:00 Wii Bowling 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

DECEMBER MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Stress Management 11:00 Tree Decorating		8:00 Cape May, NJ 10:00 United Health 10:00 Pinochle 10:00 Chair Yoga 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	11:30 Brain Boosters 12:30 New Castle Farmer's Market
10	11	12	13	14
10:00 Reminisce Group 11:00 Lunch out: Mrs. Robino's	12:30 Pokeno	10:00 Care Wear 10:00 Nutrition Ed 12:00 Gunning Bedford Chorale 1:30 YMCA Diabetes Prevention Program	9:30 Massage Program 12:30 Shop Rite	12:00 Entertainment: Ed Brugel
17	18	19	20	21
9:30 Holiday Movie 11:00 Book Club	12:00 Holiday lunch 12:30 New Castle Elementary Choir 12:30 Food Distribution	9:30 Brandywine River Museum 10:00 Pinochle 10:00 Blood Work 10:00 Understanding Depression 1:30 YMCA Diabetes	9:00 Bank & PO 10:00 Blood Pressure 12:30 Food Lion 5:00 "Old is Not Easy" No yoga	12:00 Holiday Pot Luck luncheon 12:30 Ed Bradford
24	25	26	27	28
CENTER CLOSED CHRISTMAS EVE	CENTER CLOSED CHRISTMAS	10:00 Adult Coloring	9:00 Stand by Me 12:30 Shop Rite No Zumba 4:00 Movie Night No yoga	12:30 Dollar Store
31				
10:00 "Learn to Play Pool" 12:15 New Year's trivia/sparkling cider 12:15 Birthday Celeb			*There will be no tai chi this month.	For snow closings WDEL 1150 am or www.wdel.com

December Happenings!

Just a reminder, membership dues will renew on January 1, 2019. Membership is \$20 and is good for the calendar year.

Dec. 3-Stress Management: 10:00 Come get tips for staying calm in this busy season.

Dec. 3-Tree Decorating: 11:00 Get into the holiday spirit by drinking some eggnog, listening to Christmas carols, and decorating the center's Christmas tree.

Dec. 5-Cape May, NJ: 8:00-5:00. Cost-\$46 for paid senior center members, \$56 for non-members. Price includes bus and driver's tip. The day is yours to spend as you wish.

Dec. 5-Presentation: United Health Care: 10:00 Jackie Pippin will be talking to us about a special program that helps those that have Medicare and Medicaid cover additional benefits such as dental, vision & hearing.

Dec. 5, 19-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

Dec. 5-Chair Yoga: 10:00 Presented by the Cancer Support Community. For many, who are in some way caring for friends or family, this class offers a time to take care of yourself and be refreshed and energized.

Dec. 7-Brain Boosters: 11:30 Join us for a fun activity to help boost your brain.

Dec. 10-Reminisce Group: 10:00 "My Most Memorable Gift" Can you remember any gift that was special because of the giver, or the thoughtfulness or the need?

Dec. 11-Pokeno: 12:30 This game is similar to bingo, but played with a deck of cards. If you've never played, come and learn! Bring your nickels.

Dec. 12-Nutrition Ed: 10:00 City Fare will be speaking to us about "The Power of Protein". We'll learn about the importance of protein to our bones, muscles health and what foods offer the best protein.

Dec. 12-Entertainment: 12:00 **Gunning Bedford Chorale** will bring us an afternoon of holiday music.

Dec. 13-Massage Program: 9:30 Lisa Harzberger, a licensed massage technician, is back again. She will be doing soft tissue massages for seniors and reflexology on hands and feet, according to the person's needs...no lotions, no undressing. She will charge \$20.00 for 30 minutes. See sign-up sheet at front desk.

Dec. 14-Entertainment: 12:00 **Ed Brugel** treats us to a medley of holiday songs with his hand bells.

Dec. 17-Holiday Movie: 9:30 "It's A Wonderful Life" Come enjoy this classic story about an angel sent from Heaven to help a desperate man by showing him what life would have been like if he had never existed

Dec. 17-Book Club: 11:00 Discussion will be on *I'll Be Your Blue Sky*, by Marisa de los Santos. Shifting between the 1950s and the present and told in the voices of Edith and Clare, this novel is a lovely and powerful story that probes the heart and illuminates the tender connections that bind our lives. We will be meeting for a holiday gathering to discuss and enjoy lunch at Jessup's Tavern.

Dec. 18-Holiday lunch: (12:00) and entertainment by the New Castle Elementary Choir (12:30) Join us for our annual holiday celebration. Enjoy a delicious holiday meal, and stay for the entertainment. *Sign up for lunch with Anna by December 14th.*

Dec. 19-Brandywine River Museum: 9:30 In addition to the ever growing train sets and "nature-made critters", a special Holiday & Snow Day features illustrations from 3 children's books on Christmas and Hanukkah, as well as a new exhibit on Winslow Homer's works. Cost-\$19 members/\$23 non-members for bus and admission. Lunch is on your own in the café.

More December Happenings

Dec. 19- Presentation: Highmark Delaware 10:00 Yvette Wright will be speaking on “Understanding Depression”.

Dec. 20-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings.

Dec. 21-Holiday Pot Luck Luncheon: 12:00 Join us for our annual holiday pot luck luncheon. Bring a brunch or lunch food to share, and enjoy **Christmas Music by Ed Bradford at 12:30**. There will be a sign up sheet in the lobby of the senior center for those who want to participate in the luncheon.

Dec. 26-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

Dec. 31-Learn to Play Pool: 10:00 Have you seen our pool tables and wish you knew how to play? Now is your chance to learn!

Dec. 31-New Year’s Trivia: 12:15 Join us for some sparkling cider to usher in the new year, and enjoy some trivia. We will also be having cake and ice cream at this time to celebrate those with December birthdays.

Remember, the senior center is open on Thursday nights until 7:00 pm

Yoga w/light abs workout: 5:30-6:30 pm. Cost-\$8 per class.

Dec. 6-Potluck Dinner: 5:00 Bring soups or sandwiches to share and we’ll have music & games.

Dec. 20-“Old is Not Easy”: 5:00 Bring a light dinner and join the discussions about the” joys” of aging.

Dec. 27-Movie Night: 4:00 “Little Boy” A powerful and heartwarming film about a little boy who is willing to do whatever it takes to bring his father home from World War II. This classic film captures the wonder of life through the eyes of a seven year old child and reminds us of the power of faith, hope and love in the face of adversity.

December Trips (Payment is due at time of sign up for all trips)

December 7- New Castle Farmer’s Market: Cost-free for bus

December 10-Lunch out: Mrs. Robino’s: Cost-\$2/members; \$4/non-members

December 19-Brandywine River Museum: Cost-\$19/members; \$23/non-members

December 28-Dollar Store: Cost-free for bus

2018 CHARTER BUS TRIPS

Payment is due at time of sign up. If you need to cancel your trip, money will only be refunded if there is someone to take your place.

December 5-Cape May, NJ: 8:00-5:00. Cost-\$46 for paid senior center members, \$56 for non-members. Price includes bus and driver’s tip.

Fundraisers

Twelve Days of Christmas Raffle-The drawings start on December 3 and run weekdays until December 18. If you have not yet bought your tickets, there is still time!

Annual Appeal- If you have already given a donation, thank you! If you have not yet sent in a donation, it’s not too late. Any amount you can give is appreciated and goes a long way in helping the center. Remember, you can donate online! Go to www.newcastleseniorcenter.com and click on the “donate” button on the homepage

CENTER PROGRAMS

All daytime exercises classes with an instructor, unless otherwise noted, are \$1.00 for paid members and \$3.00 for non-members.

AQUATIC EXERCISE-Water exercises at the Delaware Swim and Fitness Center from 9:00-10:00 a.m. The program runs on Monday, Wednesday and Friday of each week. Center transportation is provided on Mondays. **COST: \$3.00 PER SESSION PAYABLE AT THE FITNESS CENTER.**

CHAIR YOGA -Focuses on health and wellness at all levels of the person: physical, psychological and spiritual. Yoga, a simple yet profound stress management technique. **Gale is here on Mondays at 1:00.**

STRENGTH BUILDING/ EXERCISE-An invigorating routine choreographed to music, featuring low impact strength building and aerobic movements. Free weights are used. This is a great aerobic workout for people of all levels of fitness! **Join Training by Liz for a session Tuesday afternoons at 1:00 p.m.**

CAREWEAR-The group meets **the second Wednesday of every month at 10:00.** Volunteers sew, quilt, crochet and knit items for veterans, service men/women, nursing home residents, school children, shelter residents, and other vulnerable populations.

LINE DANCING-For those who want to learn to line dance, **11-11:30** will be a beginner's line dance class. This class will feature easy to learn dances to a variety of music. An intermediate class will follow from **11:30-12:00**, covering more elements of dancing. **Join Rick Wilson on Wednesdays** and be part of the fun!

AGILITY/BALANCE/COORDINATION (A.B.C. Class)-**Join Training by Liz on Wednesdays at 1:00.** The class focuses on agility, balance and coordination , with some relaxation techniques at the end, and can be modified for people of all ability levels.

STAND BY ME FINANCIAL COACH-Meet one-on-one with a Financial Coach to apply for Extra Help and find out what other benefits you may receive. **A coach will be at the center the fourth Thursday of every month from 9:00-12:00.** Call 651-3401 or 651-3427 for more info or to schedule an appt today!

ZUMBA GOLD-Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of active, older participants. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. **Join Elisa Cordero on Thursdays at 1:00.**

TAI CHI/QI GONG- This class is led on **Thursdays at 2:15 by Sue Townsend.** There is a \$5.00 suggested donation for this class, payable to the instructor. **There will be no tai chi for the month of December.**

BIBLE STUDY- Bible Study with Joan Teagle will be held on **Thursdays at 2:30.**

YOGA-**Join Kathleen Corcoran on Thursdays from 5:30-6:30 pm** for yoga w/light abs workout. A yoga mat or towel is needed. Cost is \$8 per class.

BEGINNER'S/ARTHRITIS EXERCISE CLASS-This exercise program is specifically geared for those who haven't exercised in a while and consists of a series of gentle, non-aggressive movements designed to reduce body aches, pain, stiffness, and increase range of motion and circulation. **Join Linda Adams from Gentle Wellness 4 Life on Fridays at 10:30.**

Things to Think About Before Applying for Disability Benefits Davida Smith-Reed

Social Security is with you throughout life's journey. This information may help you or someone you know. We're here for you if the unexpected happens. We are there for you when you finally stop working as well. We provide vital financial support to tens of millions American workers, primarily through retirement benefits. But we're also there for you if the unexpected happens and a serious medical condition stops you from working and being able to support yourself and your family.

In such cases, you may qualify for Social Security disability benefits, which replace a portion of lost income when a worker becomes seriously disabled. Here are three of the key factors we use to determine if you may qualify for Social Security disability benefits:

- You must have a lasting medical condition so severe that it prevents you from doing the work that you did in the past adjusting to other types of work;
- Your physical or mental impairment(s) must have lasted or be expected to last at least a year or result in death;
- You must have worked long enough --- and recently enough --- in jobs covered by Social Security. To learn more about disability benefits, please visit www.socialsecurity.gov/disability.

You become eligible for Social Security benefits by working and paying FICA taxes, which translate into Social Security "credits". How many credits you need to receive disability benefits depends on how old you are when you become disabled.

For example, if you become disabled at age 31 or older, you generally must have earned at least 20 credits in the 10 years immediately before you became disabled. Twenty credits are equal to five years of substantial earnings. Younger workers may qualify with fewer credits.

To see how many credits you have earned and to estimate future benefits, please log in to or create your *my* Social Security online account at www.socialsecurity.gov/myaccount.

Those who have not worked enough to qualify for Social Security benefits may be eligible for help through our Supplemental Security Income program, or "SSI". SSI provides financial assistance to disabled children and adults, as well as the aged and blind people, who have little or no income or resources. Learn more about SSI at www.socialsecurity.gov/ssi.

Social Security helps you and millions of other Americans secure today and tomorrow by providing important financial benefits, information, and planning tools. Learn more at www.socialsecurity.gov.

Creativity Does Not Decline With Age Anne Tergesen

Creativity has long been seen as the province of the young. (Think Lennon and McCartney, Jobs and Wozniak.) But academic studies that date as far back as the 19th century pinpoint midlife as the time when artists and scholars are most prolific. In fields that require accumulated knowledge, creative peaks typically occur later. Historians and philosophers, for example may reach their peak output when they are in their 60s. Recently, an economist has put forth a theory of late bloomers. His conclusion: Creative genius clusters into two categories: conceptual artists, who tend to do their best work in their 20s and 30s, and experimental artists, who often need a few more decades to reach full potential. Conceptual artists work from imagination, an area where the young have an advantage because they tend to be more open to radical new ideas. Experimental artists tend to improve with experience. They take years to perfect their style and knowledge of their subjects. Who knows? When it comes to your creative thinking, it may be, the best is yet to come!

December Outreach

“May and October the best-smelling months? I’ll make a case for December: evergreen, frost, wood smoke and cinnamon.” Lisa Kleypas

Holiday Shopping On a Budget – Eight Easy Tips (Stand By Me – Over 50+) Holiday shopping on a budget reduces stress. Stick to these right items and enjoy the holidays!

1. **Make a shopping list.** Write down the list of people you plan on buying gifts for. Critically consider who should be on your gift list and don’t be afraid to trim it. Start with your immediate family and close friends, and selectively add to your list from there.
2. **Set a spending limit.** Figure out the total amount of money you want to spend on presents, and divide it up among each person on your list. It’s the thought that counts, not the price tag.
3. **Pay in cash.** The easiest way to not go into debt is to use cash to buy gifts. You’ll be forced to stick to your budget. When you use a credit card, it is easy to lose track of how much you’ve spent and on whom.
4. **Shop by yourself.** If you shop alone, you’ll likely spend less money, especially if you have friends with poor money habits. A shopping partner in crime can distract you from your plan by convincing you to buy something unplanned and unnecessary.
5. **Tis the season to give, not buy.** This is a season for giving, not receiving. If you find something you can’t live without, add it to your wish list. If nobody buys it for you, pick it up on sale after Holiday for yourself.
6. **Shop for sales at discount stores.** Check out the discount stores where you can find discounted items and great deals. If you shop exclusively online, remember Amazon may not always have the best price. Be sure to check out eBay, Walmart and specialty stores.
7. **Wrap a lot.** Some people love having many presents to open. If you are giving a Holiday gift that has several parts to it – tools, an outfit, kitchen utensils, - wrap up each individually. Your recipient will have more to unwrap and have a fun time doing it.
8. **Buy a combined gift.** You can save money while still giving great gifts by giving a slightly more expensive gift to two or more people instead of buying individual gifts for every person.

Call a Stand By Me 50+ Coach for **free** financial coaching and take control of your finances! For New Castle County, call 302-651-3401 and 302-651-3427. For Kent and Sussex Counties call 302-415-1542.

Healthy Eating Tips For the Holidays

- **Holiday –Proof Your Plan** Eat close to your usual time or eat a small healthy snack while you wait so you eat less when dinner is served. Bring a healthy dish along. If you have a sweet treat, cut back on other carbs.
- **Outsmart the Buffet** Have a small plate of foods you like best then move from the table. Eat slowly.
- **Fit in Favorites** Choose the dishes you really love and can’t get any other time of the year. Slow down and savor a small helping.
- **Keep Moving** Being active is your secret holiday weapon: it can help make up for eating more than usual and reduce stress.
- **Get Your Zzzz’s** When you are sleep deprived you tend to eat more, so aim for 7 to 8 hours of sleep per night to guard against mindless eating.

Most of all, remember what the season is about – celebrating and connecting with the people you care about. When you focus more on the fun, it’s easier to focus less on the food.

December Brainteasers

November Brainteasers

IT STARTS WITH A LETTER All the answers in this game start with a letter: X-Ray

1. Discount store chain formerly known as S.S. Kresge Company – **K-Mart**
2. A brand of cotton swab – **Q-Tip**
3. Surgical baby delivery – **C-Section**
4. Cut of steak also called Porterhouse – **T-Bone**
5. June 6, 1944 – **D-Day**

Rhyming Geography Each question has clues to two different geographical places that rhyme: Taos, Laos:

1. U.S. state that is home to Portland and Kennebunk; and the country of Madrid and Barcelona: **Maine & Spain**
2. U.S. state that is home to Lincoln and Omaha; and U.S. state that is home to Juneau and Fairbanks: **Nebraska & Alaska**
3. The capital of Texas; and the capital of Massachusetts: **Austin & Boston**
4. Largest city in New Mexico: the country where you'll find the cities of Ankara and Istanbul: **Albuquerque & Turkey**
5. Battlefield where Napoleon was defeated; and the Michigan city where Glen Miller "had a girl": **Waterloo & Kalamazoo**

Word Problem For bowling season, Jason decided to buy a ball for \$8.50, new shorts for \$18.50, as well as a pair of bowling shoes for \$47.30. Jason currently has \$19.80 and a coupon for \$14.00 off his purchase. How much more money does he need to complete his purchase? **\$40.50**

November in History In 1611, this writer's comedy, "The Tempest" was first presented. **Wm. Shakespeare**

December Brainteasers

Finish the Saying Can you finish these familiar proverbs and sayings?

- | | |
|---------------------------------|---------------------|
| 1. Beauty is only ... | 5. Blood is... |
| 2. Birds of a feather... | 6. Dead men... |
| 3. Actions speak... | 7. Two heads are... |
| 4. Opportunity seldom knocks... | 8. Good fences... |

Two Out of Three Two answers are required for each question in this quiz.

1. Who are two of the Three Stooges?
2. What are two of the three things that "little girls are made of"?
3. What are two of the three branches of the U.S. government?
4. What are two of the three races that make up the famous Triple Crown of Thoroughbred horse racing?

Put The List In Order Put each list of items in the order called for in the question.

*Put this list of dog breeds in order, starting with largest to smallest:

- a. German Shepherd
- b. Great Dane
- c. Cocker Spaniel
- d. Chihuahua
- e. Collie

*Put this list of continents in order of their total size starting with the largest:

- a. Antarctica
- b. South America
- c. Africa
- d. North America
- e. Europe


*Put this list of television series in order of when they were first broadcast, starting with earliest:

- a. *Bonanza*
- b. *Dr. Kildare*
- c. *Jeopardy!*
- d. *What's My Line?*
- e. *Perry Mason*

December in History 1947 - John Bardeen, Walter Brattain, and Wm. Shockley ushered in the electronics age with this invention.



City Fare Menu December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
12/3 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	12/4 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	12/5 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	12/6 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers	12/7 Salisbury Steak w. Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf
12/10 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce	12/11 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	12/12 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread	12/13 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup w bacon Crackers	12/14 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
12/17 Salmon w Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding Sour Cream	**12/18** Pot Roast with Gravy Scalloped Potatoes Green Beans & Baby Carrots With Slivered Almonds Apple Pie Dinner Roll	12/19 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit 	12/20 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce	12/21 <p style="text-align: center;">HOLIDAY POT LUCK</p> <p style="text-align: center;">LUNCHEON</p>
12/24 <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">CHRISTMAS EVE</p>	12/25 <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">CHRISTMAS</p>	12/26 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae	12/27 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread	12/28 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream
12/31 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie				

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is \$2.25. People under age 60 must pay \$5.25

City Fare Bag Supper Menu December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
12/3 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	12/4 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	12/5 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/6 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	12/7 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
12/10 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	12/11 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	12/12 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	12/13 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/14 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
12/17 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/18 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	12/19 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	12/20 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	12/21 HOLIDAY POT LUCK LUNCHEON
12/24 CENTER CLOSED CHRISTMAS EVE	12/25 CENTER CLOSED CHRISTMAS	12/26 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	12/27 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	12/28 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
12/31 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup				

- All bag suppers contain 1% milk .
- All meals subject to change. Suggested minimum donation for persons 60+ is \$ 2.25. People under age 60 are required to pay \$5.25
- Meals available by reservation. Call your Senior Center to reserve your bag supper.

HOLIDAYS

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

Carols	Giving	Lights	Ornaments
Chestnuts	Hanukkah	Menorah	Reindeer
Christmas	Kinara	Mistletoe	Solstice
Eggnog	Kwanzaa	Nativity	Stocking
Fruitcake	Latke	Nutcracker	Winter