



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

SEPTEMBER 2019

“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.

Membership is \$20 per calendar year.

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
Dee Duszak
Ted Joslin
Lisa Lindsey
Nicole Poore
Michelle Quaranta
Erica Suppa
Bob Thatcher

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Denise Dudley

Outreach/Activities Coordinator
Cindy Stanavich

Transportation
Susan Marinelli
Russ Paternostro
Tom Strawbridge

Nutrition Site Manager
Brittany Houghton
Crystal Thomas

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**

Julia Turner, FNP

To make an appt, call 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
SEPTEMBER
WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 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 12:00 Lunch 12:30 Wii Bowling 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 10:00 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

SEPTEMBER MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CENTER CLOSED LABOR DAY	9:30 Haircuts	10:00 Nutrition Ed.: <i>"Meal Planning/ Cooking for One"</i> 10:00 Chair Yoga 10:00 Pinochle 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Food Lion No bible study 5:00 Potluck Dinner	12:30 Brain Boosters
9	10	11	12	13
10:00 Bingo	12:30 Pokeno	11:00 Board Games 11:15 Lunch out: Portofino's	9:30 Massages 10:00 CareWear (date change) 12:30 Shop Rite	12:00 Entertainment: Suzette Pritchett and Root Beer Floats
16	17	18	19	20
10:00 Cigna: <i>"How to Recognize & Deal w/ Emotional Stress"</i> 10:30 Book Club 11:00 Reminisce Group	1:30-2:30 Diabetes Education	9:00-1:00 AARP Driver Safety Refresher Class 10:00 Pinochle 10:00 Blood Work 10:00 Podiatrist: <i>"What's Wrong with My Foot?"</i>	9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Food Lion 4:30 Old is Not Easy	12:30 New Castle Farmer's Market
23	24	25	26	27
10:00-12:00 Health Fair	12:30 Food Distribution 1:30 Diabetes Educ.	8:00 Trip to Rehoboth Beach 1:00 Bazaar Meeting	9:00 Stand by Me 12:30 Shop Rite 4:00 Movie Night	12:30 Dollar Store
30				
10:00 Adult Coloring 10:00 Cornhole 12:15 Birthday Celeb 12:30 Brain Boosters				

September Happenings!

Sept. 3-Haircuts: 9:30 “Styles by The Mile” returns to provide quality haircuts, color, and perms. Sign up sheet and services/prices list available in the lobby.

Sept. 4-Nutrition Ed: “Meal Planning, Cooking For One”: **10:00** Lauren Ronquillo, Nutritionist from City Fair will talk about how meal planning and small batch cooking can be not only achievable, but practical and simple.

Sept. 4-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.

Sept. 4, 18-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

Sept. 6, 30-Brain Boosters: 12:30 Join us for a fun activity to help boost your brain.

Sept. 9-Bingo: 10:00 Join us for Monday bingo!

Sept. 10-Pokeno: 12:30 This game is similar to bingo, but played with a deck of cards. Bring your nickels.

Sept. 11-Board Games: 11:00 Join the fun on the 2nd Wednesday of each month. A variety of games are played depending on the attendance and interest of the participants.

Sept. 12-Massages: 9:30 Lisa Harzberger, licensed massage technician, returns. Cost-\$20.00 per 30 minute session. Sign up with Glory.

Sept. 13-Entertainment: 12:00 We welcome back a senior center favorite **Suzette Pritchett**. Come hear songs from artists such as Aretha Franklin, Tony Bennett, Lou Rawls, Otis Redding, Patti Labelle and more. We will also be serving root beer floats as an added afternoon treat.

Sept. 16-“How to Recognize and Deal With Emotional Stress”: **10:00** Quintal Thermilus from Cigna will come help us learn to identify emotional stress and work to begin to manage and reduce it effectively.

Sept. 16-Book Club: 10:30 A discussion about the book, “The Great Believers” by Rebecca Makkai.

Sept. 16-Reminisce Group: 11:00 Canine and Feline Memories; let’s talk about your pets growing up.

Sept. 17, 24-Diabetes Education: 1:30-2:30 *Presented by Christiana Care Carelink CareNow.* This class will be held August 6 & 27, September 17 & 24 and October 1. To enroll, call Brenda Walsh at 302-320-5635 or Sally Jewel at 302-320-5035.

Sept. 18-AARP Driver Safety Refresher Class: 9:00-1:00 The refresher class is required every three years for those who have already taken the basic course. Cost-\$15 AARP members, \$20-non members. *Space is limited, so you must sign up ahead of time.*

Sept. 18-“What’s Wrong With my Foot?”: **10:00** Dr. Brian McDermott, DPM (Podiatrist) will be here to present an introduction to common foot problems.

Sept. 19-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings.

Sept. 23-Health Fair: 10:00-12:00 Join us for our 4th annual health fair. See Outreach page for more information. Walgreens will be here for our annual flu shot clinic.

Sept. 30-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

Sept. 30-Cornhole: 10:00 Let’s get some teams (2 to a team) together and play the fun bean toss game here at the center. Sign up with Cindy.

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.

Sept. 5-Potluck Dinner: 5:00 Bring and share a salad or salad on sandwiches...egg, chicken, tuna to name a few; it’s no fun unless I’m breaking bread with you!

Sept. 19-Old is Not Easy”: **4:30** Join the discussions about the” joys” of aging.

Sept. 26-Movie Night: 4:00 “Second Act” Romantic Comedy starring Jennifer Lopez as a store worker who reinvents her life and her life-story and shows Madison Avenue what street smarts can do.

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

September 11-Lunch out: Portofino's: Cost-free for bus

September 20-New Castle Farmer's Market: Cost-free for bus

September 25-Trip to Rehoboth Beach: 8:00-4:00 Cost-\$15 members/\$20 non-members for the bus. *There will be no regular bus transportation this day.*

September 27-Dollar Store: Cost-free for bus

2019 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.

Oct. 23-**Peddler's Village in Lahaska, PA:** 9:30-5:00. Cost-\$41/members; \$51/non-members. Price includes bus and driver's tip. Day is on your own. This historic village in Bucks County, PA features 42 acres of landscaped gardens and brick pathways, with charming colonial-style buildings. Enjoy 65 unique shops and six restaurants.

Nov. 20-**Dutch Apple Theater: "Irving Berlin's Holiday Inn":** 9:30-5:00. Cost-\$99/members; \$109/non-members. Price includes show, lunch, gratuity, bus and driver's tip. **Deadline to sign up is October 25.**

Dec. 11-**Herr's Factory:** 12:30 pm-7:00 pm. Cost-\$42/members; \$52/non-members. Price includes snack factory tour, Christmas driving light tour, bus and driver's tip. Dinner will be on your own at the Nottingham Inn between the snack factory tour and light tour.

Trips will be canceled two weeks in advance, unless otherwise noted, if we do not have enough participation.

Fundraisers

Harvest Bazaar-Saturday October 19: 9:00 am-3:00 pm.

10 week club-The winners for the Summer 10 week club thus far are:

Week 5-Cynthia Hamlin, Marie Braddock, Russ Smith

Week 6-Steve Cordano, Albert Temple, Connie Crile

Week 7-Rita Greene, Susan Stude, Jennifer Lloyd

Week 8-Kathy Tidball, Dan Bart, Peggy Furry

HARVEST BAZAAR-OCTOBER 19, 2019

We will be accepting donations for the following tables from August 1-October 4. No donations will be accepted after this date.

The Treasure Chest- Items should be things that you could use but don't and are in good condition. Suggested new and old items: knick-knacks, collectibles, jewelry, unneeded gifts, decorative items, household items, kitchen items, pictures. *We will not accept any clothing (including shoes and hats) or electronics (tvs, stereos, vcrs, etc.)* Please note, any items donated that are valued under \$1 or deemed unsellable will not be displayed.

Made for You-We would like donations of handmade crafts, crocheted or knitted items (especially sweaters for all ages) or any other handmade specialty you may have. New or gently used sewing/craft supplies will also be accepted. *We are not able to accept fabric material at this time.*

Reader's Corner-We are looking for used books in good condition. Large print books are always needed. *We are not able to accept any dictionaries, textbooks, outdated medical/health books or religious books.*

Granny's Cupboard-Bakers are needed! If you are able to bake for us, please call Mike at the center to sign up.

Volunteers are needed to help set up on October 18 and to help out the day of the bazaar, October 19. Contact Natalie if you are interested.

CENTER PROGRAMS

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

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. **Date change: The September meeting has been changed to Thursday, Sept.12th.**

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 Susan O. Townsend.** There is a \$5.00 suggested donation for this class, payable to the instructor.

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.**

September is National Senior Center Month

Our senior center has a wide variety of offerings. Are you aware of them all?

Health and Wellness

Do you want to get in better shape and be healthier? Join one of our many exercise classes!

Mondays - Chair Yoga

Tuesdays - Strength Building

Wednesdays - Line dancing and Agility/Balance/Coordination (ABC)

Thursdays - Zumba, Tai Chai, Yoga

Friday - Beginner's/Arthritis Exercise

This month we encourage you to try a class for *FREE*: Sept 3 - Strength Building, Sept 11 - ABC class, Sept 18-Line Dancing, Sept 27-Beginner's/Arthritis Exercise

We also offer *FREE* Blood Pressure Screenings on the 3rd Thursday of the month.

Christiana Care has an office in our senior center and they are taking new patients. 302-327-7630

Join us for annual Community Health Fair on September 23rd 10:00am – 12:00pm.

Recreation

Do you like to play games? We have several to choose from!

Mondays & Fridays - Mah Jongg

Tuesdays & Fridays - Bingo

Thursdays - Bridge

1st and 3rd Wednesdays - Pinochle

2nd Tuesday - Pokeno

2nd Wednesday-Board Games

Plus, Wii games, Shuffleboard Table, and Pool Tables

Join us on September 30th at 10:00 am for a fun game of Cornhole, bean bag toss.

Do you like to go on trips?

We have a small bus trip and trip to a restaurant for lunch out each month. We also have charter bus trips most months.

Do you enjoy music? We have *live entertainment* each month.

On **September 13th**, Suzette Pritchett will be here to entertain us. Plus root beer floats!

Are you interested in a discussion group?

Each month we have a reminisce group, a book club, a movie club and "Old is Not Easy". We also have a weekly bible study group.

More information about all of these offerings can be found throughout the newsletter.

New Castle Senior Center Community Health Fair

Date: Monday, Sept. 23, 2019

Time: 10:00 AM – 12:00 PM

Screenings & Services:

- * Flu Shots (Bring Ins. Info)
- * Hearing Health
- * Podiatry
- * Medicare Assistance

Valuable Information:

- * Memory
- * Health Care and Insurance
- * Home Health Care and Hospice
- * Rehabilitation Services
- * Helen F. Graham Breast Center

Why Getting Rid of Stuff Feels Good

Less Negative Energy; More Opportunities

Nothing is more clear than *clutter has an impact on your energy*. Tackle your clutter! When you release the objects that no longer bring you joy, all the energy that has been tied up in them for years is set free giving you feelings of relief and lightness. When the clutter is removed you can utilize your space more efficiently.

Less Mental Work; More Ease and Comfort

Having a lot of stuff in your home can take a toll on your mind. The more we *own* the more we have to *maintain*. Sitting in a room that feels disorganized or cluttered, your mind is probably working, taking inventory of the things that need fixing or cleaning. A cluttered space can make you feel restless. However, a decluttered space takes a load of responsibility off your mind. The less you have, the less you have to take care of. This helps make your home a place of true relaxation and comfort.

Less Frustration; More Time!

Lastly, decluttering leads to *more time*. When your home is organized in a way that is intuitive and functional, you save time by finding what you need quickly and tidying efficiently. Ever open your closet and think, “I have nothing to wear.” **Everything in your closet should:** - *fit well*; - *be worn regularly*; - *be comfortable to wear*; - *project the image you want to project*. If it doesn't fall into one of these categories, it's ready to be let go. Fewer items in your home also saves time because there is less to fix, clean, and arrange.

We live in a country of abundance, where it's easy to accumulate stuff almost without being aware of it. Accumulating more doesn't always make you happy. Many people are experiencing the relief and satisfaction of letting go of their stuff, with the help of a professional organizer or donating it to thrift stores. If it doesn't make you smile ☺, let someone have the pleasure of owning it.

Staying Safe When It's Too Darn Hot (HealthinAging.org)

Be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool. **STAY AWAY** from direct sun exposure. Spend as much time as possible in **AIR-CONDITIONED** spaces. **STAY HYDRATED. DRESS APPROPRIATELY** whenever you can, try wearing loose, light-colored clothes and avoid dark-colored clothes as they may absorb heat. **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Wet a washcloth or towel with cool water and put them on your wrists, ankles, armpits, and neck.

September Brainteasers

August Brainteaser Answers

What's the Word: Pick the correct definition.

1. Popinjay a. supercilious person b. rubber duck c. breakfast muffin
2. Febrile a. feverish b. easily broken c. species of houseplant
3. Tabular a. form of newspaper b. catlike c. having a flat surface
4. Pernicious a. funny b. hurtful c. irritating

Got an itch? All the answers in this word definition game end with the letters CH.

1. Seaside summertime playground. BEACH
2. Zip, zero, nada. ZILCH
3. This will make your collar stand up. STARCH
4. Satisfy your thirst. QUENCH
5. A fink, stool pigeon, informant. SNITCH
6. Kiss. SMOOCH

Sing It! Name the song from these musical questions.

1. Where was the Monkees' final train headed? CLARKSVILLE
2. Name Elvis's two 'blue' songs? BLUE HAWAII, BLUE SUEDE SHOES
3. What is Tom Jones's famous feline inquiry? WHAT'S NEW, PUSSYCAT?

Huh?

1. Candace is Jane's daughter's aunt's husband's daughter's sister. What is the relationship between Candace and Jane? CANDACE IS JANE'S NIECE
2. Unscramble this word: Attrespnarn TRANSPARENT
3. There are 100 buildings along a street. A sign maker is ordered to number the buildings from 1 to 100. How many "9's" will he need? 20 '9's ARE NEEDED
4. All my ties are red except two. All my ties are blue except tow. All my ties are brown except two. How many ties do I have? 3 TIES

September Brainteasers

Anagrams: fill in the blanks below with (3) letter words that are rearrangements of one another.

Example: She may eat the yam casserole.

1. Sam wanted to use the ____, ____ the drain was clogged.
2. Mom ____ angry when she ____ the mess.
3. The tourist asked, "____ knows ____ to speak French?"
4. The truck could ____ carry a ____ of bricks.

Wacky Wordy: Figure out the phrases. (i.e.) ANOTHERONETHING – If it isn't one thing, it's another

1. MT PROMISE PROMISE PROMISE
2. THE WEATHER THE WHEATHER
3. SHGETAPE

Garbage Bag: Ignoring spaces & punctuation, how many times can you find the letters B-A-G?

Gabby bagged scraps of garbage in a plastic bag and dragged them to the curb aggressively, hoping to grab a glimpse of the cute garbage man, Bob, a guy with a lot of baggage who played bagpipes and was a rumba guru. At the curb, a gust of wind knocked Gabby over and gave her lumbago. Gabby knew she'd never dance the rumba again but hoped to make Bob agog with her homemade baguettes. Bob, aghast at the sight of Gabby on the curb, agreed to dinner after grabbing her arm and bringing her back to the garbage truck.

Number Sequence: Can you figure out what the next number would be in this sequence?

1. 50 – 62 – 56 – 68 – 62 – 74 – 68 – 80 - _____.



City Fare Menu September 2019







Monday

Tuesday

Wednesday

Thursday

Friday

<p>9/2</p> <p><u>CENTER CLOSED</u></p> 	<p>9/3</p> <p>Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato & Onion Beef Barley Mushroom Soup Blueberry Muffin Diced Peaches Yogurt Crackers</p>	<p>9/4</p> <p>Stuffed Pepper Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread Fresh Plum or Apple</p>	<p>9/5</p> <p>Crab Cake on Brioche Bun Stewed Tomatoes Corn Fruit Cocktail Tartar Sauce</p>	<p>9/6</p> <p>Herb Baked Chicken Mashed Potatoes Brussels Sprouts Sliced Banana in Orange Juice Strawberry Waffle Cookie</p>
<p>9/9</p> <p>Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>	<p>9/10</p> <p>Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p>	<p>**9/11**</p> <p>Chicken Cordon Bleu Mashed Potatoes with Gravy Broccoli Cuts Cherry Graham Tart with Whipped Cream</p> 	<p>9/12</p> <p>Turkey & Mozzarella on Ciabatta Bread with Balsamic Dressing, Lettuce & Tomato Potato Soup w. Bacon Chocolate Fudge Pudding Crackers</p>	<p>9/13</p> <p>Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Banana-Yogurt Sundae</p>
<p>9/16</p> <p>Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Onion Apple Crisp</p>	<p>9/17</p> <p>Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard</p>	<p>9/18</p> <p>BBQ Chicken Red Skin Potato Salad w. Egg Baked Beans Diced Peaches Strawberry Waffle Cookie</p>	<p>9/19</p> <p>Battered Pollock Filet Broccoli Spears Diced Potatoes with Peppers & Onion Cantaloupe or Orange Blueberry Muffin Tartar Sauce</p>	<p>9/20</p> <p>Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Yogurt Cranberry Sauce</p>
<p>9/23</p> <p>Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf</p> 	<p>9/24</p> <p>Chicken Salad Platter Lettuce & Tomato Cream of Broccoli Soup Ambrosia Whole Grain Saltines</p>	<p>9/25</p> <p>Salmon Burger on Pretzel Bun Lettuce & Tomato Sweet Potato Wedges Fruit Cocktail</p> 	<p>9/26</p> <p>Meatball Sub w. Mozzarella Cheese Mixed Salad with Tomato, Onion & Green Peppers Pear Halves</p>	<p>9/27</p> <p>Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange</p>
<p>9/30</p> <p>Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread</p>				

- 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 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
9/2 CLOSED 	9/3 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	9/4 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	9/5 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	9/6 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
9/9 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	9/10 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	9/11 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	9/12 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	9/13 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding
9/16 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	9/17 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	9/18 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	9/19 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	9/20 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup
9/23 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	9/24 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	9/25 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	9/26 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	9/27 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard
9/30 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana				

- 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.

Autumn

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

Apples	Deciduous	Harvest	Scenic
Bountiful	Earthy	Leaves	School
Changing	Equinox	Nature	Season
Cider	Fall	Orange	Trees
Colorful	Flannel	Red	Yellow