



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

MAY 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

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Ted Joslin
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Nicole Poore
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Erica Suppa
Bob Thatcher

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Mike Pullan

Outreach/Activities Coordinator
Cindy Stanavich

Transportation
Susan Marinelli
Russ Paternostro
Tom Strawbridge

Nutrition Site Manager
Anna Yardley

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

**The medical office has reopened! 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

MAY

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 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 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 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

MAY MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00 Pinochle 10:00 Chair Yoga 10:00 "A, B, C and D's of Medicare" 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Shop Rite 5:00 Pot Luck Dinner	12:30 Brain Boosters
6	7	8	9	10
10:00 Generations Home Care: "Aging in Place"		10:00 Care Wear 11:00 Lunch out: Bertucci's	12:30 Food Lion	12:00 Older Americans Month Celebration: Cake & Entertainment by Meeta Parker
13	14	15	16	17
10:00 DE Council on Gambling Problems 10:30 Book Club	12:30 Pokeno	8:30 Turkey Hill Experience 10:00 Pinochle 10:00 Blood Work 10:00 Div. of Public Health: "Healthy Homes/Healthy Lives"	9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Shop Rite 4:30 Old is Not Easy	12:30 New Castle Farmer's Market
20	21	22	23	24
10:00 Adult Coloring 12:15 Birthday Celeb 12:30 Brain Boosters		10:00 Nutrition Ed: "Spill the Salt"	9:00 Stand by Me 12:30 Food Lion 4:00 Movie Night	12:30 Dollar Store
27	28	29	30	31
CENTER CLOSED MEMORIAL DAY	12:30 Food Distribution	9:30 Trip-Winterthur 10:00 Reminisce Group 1:30 YMCA Diabetes Prevention Program	12:30 Shop Rite	12:30 Ice Cream Social

May Happenings!

May 1, 15-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

May 1-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.

May 1-“A, B, C’s and D’s of Medicare”: 10:00 Robin Morris, Medicare Benefits Consultant will speak with us about FAQ’s on Medicare.

May 3, 20-Brain Boosters: 12:30 Join us for a fun activity to help boost your brain.

May 6-Generations Home Care: 10:00 Michelle Hood will present ways we can stay in our home as we age.

May 10-Entertainment: 12:00-1:00 Meeta Parker is new to New Castle Senior Center and we look forward to enjoying her Rock, Pop and Oldies Music. In celebration of Older Americans Month, there will also be cake!

May 13-Gambling Problems: 10:00 William Campell from the DE Council on Gambling Problems will be here to discuss this issue.

May 13-Book Club: 10:30 We’ll be discussing *The Pearl That Broke Its Shell*, by Nadia Hashimi. Set in Afghanistan, this is a searing tale of a young girl’s powerlessness, fate and the freedom to control her own life.

May 14-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.

May 15-Turkey Hill Experience: 8:30 See more information under “charter bus trips” on next page. Deadline to sign up is **April 26**.

May 15-Division of Public Health: 10:00 Gail Weinberg is back, this time to present “healthy homes lead to healthy lives”. This interactive session provides information about the relationship between the home environment and a healthier lifestyle. Learning new ways to clean without toxic chemicals is a major focus of this session.

May 16-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings.

May 20-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

May 22-Nutrition Ed: 10:00 Lauren Ronquillo, Registered Dietician Nutritionist, will be here to discuss sodium.

May 29-Reminisce Group: 10:00 Let’s talk about who taught you how to cook. What’s your favorite dish? How did that come about?

May 31-Ice Cream Social: 12:30 Join us for ice cream sundaes as we get in the mood for summer!

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.

May 2-Potluck Dinner: 5:00 “Cinco de Mayo” Bring in your Mexican dishes and let’s celebrate!

May 16-“Old is Not Easy”: 4:30 Join the discussions about the” joys” of aging. *Note the later starting time now that it’s staying light later.*

May 23-Movie Night: 4:00 “Million Dollar Baby” Clint Eastwood & Hillary Swank star in this award winning boxing drama.

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

May 8-Lunch out: Bertucci’s: Cost-\$2/members; \$4/non-members

May 17- New Castle Farmer’s Market: Cost-free for bus

May 24-Dollar Store: Cost-free for bus

May 29-Winterthur Museum: Cost-\$23 members/\$26 non-members includes bus and admission. We’re going to tour “*Costuming THE CROWN*” about Queen Elizabeth featuring her dazzling coronation robe and many other iconic dresses, crowns, and tiaras.

SAVE THE DATE

June 5-New Castle County Platinum Picnic: 9:00-1:00 This year's theme is A Vegas Show. Enjoy a hot catered lunch, dancing, trivia, vendors, giveaways, door prizes and prizes for the best dressed. Cost-\$8/members; \$10/non-members, includes bus and lunch. **We need to submit a count ahead of time, so sign up by May 21.**

June 8-Separation Day: Let Mike know if you are interested in walking/riding the bus in the parade, or volunteering in our parking lot.

June 20-Dining in the Street Fundraiser: 6:00-9:00 pm (rain date June 27) Join us at the Delaware Street wharf with the Kalmar Nyckel and Delaware River as our backdrop. Enjoy an outdoor four course Tuscan themed meal prepared by local restaurants. Featuring live music by the Bullbuckers. Cash bar. Tickets are \$50. For tickets and more information, go to <https://www.eventbrite.com/e/dining-in-the-street-2019-tickets-60708189830> **Thank you to our Diamond Presenting Sponsors: Almars Outboards, Inc. and Delaware City Refining Company.**

Fundraisers

10 week club-The winners thus far are:

Week 1-Dan Bart, Vanessa Maxwell, Natalie Kaplan

Week 2-Bob Waller, Daniel Ash, Victor Melnychenko

Week 3-Winnie Mellinger, Dora McKinzie, Cooki Fisher

Week 4-Patti Cantrell, Larry Benson, Charlene Evans

Week 5-Deborah Thomas, Peggy Hasson, Kay Gordon

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.

May 15-Turkey Hill Experience: 8:30-5:00. Cost-\$65/members; \$75/non-members. Price includes the Taste Lab (create your own ice cream flavor), Tea Discovery Lab (taste teas from around the world), self-guided interactive tour, box lunch, bus and driver's tip. **Deadline to sign up is April 26.**

June 12-Rainbow Dinner Theater: "Divorce, Southern Style": 9:30-5:00. Cost-\$95/members; \$105/non-members. Price includes show, lunch, gratuity, bus and driver's tip. **Deadline to sign up is May 24.**

July 17-Lititz, PA: 9:30-5:00. Cost-\$38/members; \$48/non-members. Price includes bus and driver's tip. Day is on your own. Lititz, in Lancaster County, was the first community in PA to establish a historic district. It is home to art galleries, boutiques, antique shops, cafes and restaurants as well as the oldest commercial pretzel bakery in America and Wilbur Chocolate.

August 21-Atlantic City: 8:30-5:30. Cost-\$30/members; \$40/non-members. Price includes bus and driver's tip. We will find out what deal the casino is offering as the trip gets closer.

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.

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 Susan O. Townsend.** There is a \$5.00 suggested donation for this class, payable to the instructor. For questions, contact Susan directly at 256-7827.

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.**

May Outreach

“I only wish to go a-fishing; for this the month of May was made.” Henry Van Dyke

May is ... National Smile Month, National Moving Month, & National Barbecue Month

May 6 – Moving Month – This month is the start of a busy moving season. Have you made many moves?

May 12 – Mother’s Day - Make this day special by getting together with friends or family to celebrate moms.

May 27 – Memorial Day – Honor those who paid the ultimate price in serving our country.

Few Seniors Get Routine Memory Checkups (Associated Press)

Few seniors get their thinking and memory abilities regularly tested during checkups, according to a new report from the Alzheimer’s Association, raising questions about how best to find out if a problem is brewing. Medicare pays for an annual “wellness visit” that is supposed to include what’s called a cognitive assessment – a brief check for some early signs of dementia. But doctors are not required to conduct a specific test, and there is little data on how often they perform these cognitive snapshots. About half of seniors say they have never discussed thinking or memory with a health care provider. Even less said they get regular cognitive assessments – a stark contrast to the blood pressure and cholesterol checks that just about everyone gets routinely. Just one in three knew cognition is supposed to be part of the annual wellness visit.

Why is it important?

About 50 million people worldwide have dementia, and Alzheimer’s is the most common type, affecting 5.8 million people in the U.S. The disease takes root in the brain decades before symptoms appear. There is no cure, and today’s treatments only ease symptoms. Still, it’s important to be alert to signs of mental decline. Some slowing of memory is a normal part of aging, like temporarily misplacing your keys. But more significant declines in memory, thinking skills or behavior can require medical care. It might be something treatable like sleep apnea, depression or a side-effect of a medication. But if someone is developing dementia, knowing early allows people time to plan for their future care – and to participate in research studies of possible new treatments.

What is involved in a cognitive assessment?

Doctors look for any signs of impairment, asking the patient directly about changes over time, and ask family if they have concerns. A test can be administered, such as having one remember a short list of words or to draw a clock showing a certain time. Some written tests excel at spotting subtle problems, but they are too simplistic to rule out trouble in high –functioning people. Nor does a poor score mean there’s really a problem, just that more sophisticated testing is required.

Why don’t all seniors get screened?

Medical guidelines don’t say everyone needs a formal assessment with those memory quizzes. In fact, you may be getting assessed and not realize it. Maybe a conversation with the doctor shows that you are pretty active and doing well. Or it could be that you are taking medications that impede cognition – and changes your prescription, waiting to see if that solves any problem before looking for other potential causes. It is hard for patients to bring up if there are memory issues, but your longtime doctor should insist on a discussion.

THE MINUTE YOU THINK OF GIVING UP, THINK OF THE REASON YOU HELD ON SO LONG.

Laughter is the Best Medicine (Harvard Health)

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is strong medicine for mind and body. “Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health,” says Paul E. McGhee, Ph.D. Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused and alert. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter is good for your health

- **Laughter relaxes the whole body.** A good hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins.** These are the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter has many benefits. For **physical health**: laughter boosts immunity and lowers stress hormones, decreases pain, relaxes muscles and prevents heart disease. The **mental health benefits** include; adds zest and joy to life, it eases anxiety and fear, relieves stress, improves mood, and enhances resilience. **The social benefits** are seen in its strengthening of relationships, attracting us to others, enhances teamwork, helps defuse conflict and promotes group bonding.

Laughter and humor help you stay emotionally healthy. Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments and loss.

Mother’s Day

Mother’s Day is always celebrated on the second Sunday in May. It’s not a federal holiday however it’s widely celebrated as a special day to honor all mothers and motherhood. Although, the custom of setting aside a day to honor mothers has ancient roots, our observance of Mother’s Day originated in 1907 with the efforts of a devoted daughter, Anna M. Jarvis of Philadelphia, who conceived the idea of an annual nationwide celebration. The public and the press quickly embraced this idea, and villages, towns, cities, and states soon began unofficial Mother’s Day observances. On May 8, 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May would be Mother’s Day, and within a few years the idea gained worldwide prominence. Mother’s Day this year will be celebrated on May 12th.

“The greatest love is a mother’s; then comes a dog’s, then comes a sweetheart’s.”

-Polish proverb

May Brainteasers

April Brainteaser Answers

NAME MERGE Given a clue for two famous people, what name do they share? (ex: Jesse James Cagney)

1. Star of TV's *Make Room for Daddy*; and the inventor of the lightbulb. **Danny Thomas Edison**
2. Comic who insisted he was 39 years old for about 40 years; bandleader dubbed "King of Swing" **Jack Benny Goodman**
3. Colonial captain whose name is synonymous with the word traitor; actor and former gov. of California. **Benedict Arnold Schwarzenegger**
4. Rugged actor nicknamed "The Duke"; and legendary hockey player called "The Great One". **John Wayne Gretzky**
5. British star of "*My Fair Lady*" and "*Dr. Dolittle*"; and American actor who played Indiana Jones. **Rex Harrison Ford**

Sheesh All of the answers in this word definition game either begin or end with the letters SH.

1. This tool helps you put loafers on. **Shoehorn**
2. A delicious crustacean. **Shrimp**
3. You might play this game on the deck of a cruise ship. **Shuffleboard**
4. A meat and vegetable stew, Hungarian style. **Goulash**
5. A county is called this in Louisiana. **Parish**
6. Pilfering small items from a store. **Shoplifting**

How Old Is He?? Jack O' Flynn was asked how old he was. "In two years I'll be twice as old as I was six years ago."
How old is Jack? **Jack is 14**

April in History 753 B.C. Legend says, these twin brothers founded Rome. **Romulus & Remus**

May Brainteasers

What a pair!! How many familiar pairs can you make from the clues below? Ex: A state or county festival ... shape with four equal sides- "Fair and Square"

1. A smooch ...the legendary William who shot an apple on his son's head.
2. A pebble, stone or boulder... a sandwich bread in the shape of a bun.
3. Lockable container for money and valuables...any type of noise.
4. Siamese and Manx...boxers and beagles.
5. Donald or Daffy...to put a lid on something.

RED, WHITE, OR BLUE... All of the answers contain the words red, white or blue

1. What British soldiers were called in colonial America.
2. Automobile tires considered stylish in the 1920s and '30's.
3. An architect's design plan or technical drawing.
4. Nick-name for a late-night cross-country flight.
5. This fruit is great in muffins.

THE GAMBLER Wild Bill had played three hands of Poker in the Saloon, each time losing three-quarters of his money. He was left with \$1.50. How much has he lost in total?

Delaware Trivia What is the name of the first woman ever to be elected governor of Delaware, in 2000?



Monday

City Fare Menu May 2019



Friday

Tuesday


Wednesday

Thursday

		5/1 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread	5/2 Turkey & Swiss on Club Roll with Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon & Crackers	5/3 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
5/6 Salmon w Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding Sour Cream	5/7 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	5/8 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce	5/9 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers	5/10 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish
5/13 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	5/14 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread	5/15 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream	5/16 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	5/17 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae
5/20 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	5/21 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding	**5/22** Oven Fried Chicken Baked Beans Coleslaw Fresh Fruit Mix Mini Corn Muffin 	5/23 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	5/24 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread
5/27 CLOSED  *** HAPPY *** MEMORIAL DAY REMEMBER AND HONOR *****	5/28 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	5/29 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread 	5/30 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers	5/31 Salisbury Steak w. Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf

- 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 May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		5/1 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	5/2 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	5/3 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
5/6 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	5/7 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	5/8 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	5/9 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	5/10 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding
5/13 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	5/14 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	5/15 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	5/16 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	5/17 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
5/20 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	5/21 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	5/22 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	5/23 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	5/24 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard
5/27 CLOSED 	5/28 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	5/29 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	5/30 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	5/31 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt

- 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.

Memorial Day

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

Armed Forces

Flag

Monday

Pride

Barbecue

Honor

Observe

Remembrance

Cemetery

Martial

Old Glory

Respect

Deceased

Memorial

Parade

Service

Decoration

Military

Patriot

Tradition