



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

FEBRUARY 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.

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

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## Senior Center

### Executive Board

Board President

Kim Wipf

Vice-President

Tish Gallagher

Treasurer

Mark Zitz

Secretary

Judy Barthel

### Membership Board

President

Ginsey Bates

Vice President

Treasurer

Eileen Blyskal

Secretary

Marie McGinn

Sunshine

Janice Bosarge

Member at Large

Pearl Beale

### Board of Directors

Eileen Burk  
Marianne Caven  
Sally Denton  
Dee Duszak  
Terry Gormley  
Ted Joslin  
Nicole Poore  
Bob Thatcher  
Joe Wolcott  
Kat Zane

### Program Volunteers

Blood Pressure

Midge Berfield, RN

### Program Instructors

Yoga

Gale Jones

Strength Building

Training by Liz

Line Dancing

Rick Wilson

A.B. C. Class

Training by Liz

Zumba Gold

Elisa Cordero

Tai Chi/Qi Gong

Susan Townsend

Evening Yoga

Kathleen Corcoran

Arthritis Exercise

Linda Adams

### Center Staff

Executive Director

Natalie Kaplan

Assist. Director

Eileen Blyskal

Outreach/Activities Coordinator

Jo Ann Koon

Transportation

Susan Marinelli

Russ Paternostro

Tom Strawbridge

Nutrition Site Manager

Anna Yardley

Receptionist

Glory Rolfe

### Family Medicine Center at the New Castle Senior Center

Annie Ingram, MSN, APRN, NP-C  
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  
FEBRUARY  
WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 9:15 Park Walk 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 1:00 Strength Building/Exercise	9-3:00 Billiards 9:15 Park Walk 10:00 Wii Bowling 10:30 Knit/ Crochet 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 10:00 Crafty Seniors 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 9:15 Park Walk 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/ Arthritis Exercise 12:00 Lunch

**FEBRUARY MONTHLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			9:00 Bank & PO  12:30 Food Lion  5:00 Pot Luck Dinner	12:30 New Castle Farmer's Market
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10:00 Paparazzi Jewelry Sale	9:00-12:00 AARP Tax Aide	9:30 Goodwill & Wegmans 10:00 Chair Yoga 10:00 Pinochle 10:00 Adult Coloring	10:00 Foot Care Clinic  12:30 Shop Rite	12:00 Bayada "Heart Healthy"
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
11:00 Book Club	9:00-12:00 AARP Tax Aide  12:30 Pokeno	10:00 Care Wear 10:00 Gilpin Hall "Preparation for Life Changes"	9:00 Bank & PO 10:00 Blood Pressure Screenings  12:30 Food Lion	12:30 Brain Boosters
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>CENTER CLOSED  PRESIDENT'S DAY</b>	9:00-12:00 AARP Tax Aide	10:00 Blood work 10:00 Pinochle 10:00 Reminisce Grp 11:00 Lunch out-Red Lobster	9:00 Stand by Me 12:30 Foot Care Clinic 12:30 Shop Rite  4:00 Movie Club	12:30 Dollar Store
<b>26</b>	<b>27</b>	<b>28</b>		
10:00 DJ Ike  12:15 Birthday Celeb 12:30 Brain Boosters	9:00-12:00 AARP Tax Aide  12:30 Food Distribution	10:00 Christiana Spine Center "Taking Care of your Back"		<b>For snow closings</b>  WDEL 1150 am or www.wdel.com

## February Happenings!

**Feb. 5-Paparazzi Jewelry Sale: 10:00** Brenda Hall will be here to sell Paparazzi Jewelry (all items only \$5.00), accessories and health care items. So stop in and do some shopping!

**Feb. 6, 13, 20, 27-AARP Tax Aide: 9:00-12:00** The Tax Aide Counselors will be here every Tuesday from February 6-April 17, 2018, from 9:00-12:00. **This is by appointment only**-call Eileen to schedule. This is a free income tax preparation for those with **basic** tax returns.

**Feb. 7-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.

**Feb. 7, 21-Pinochle: 10:00** Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month to play pinochle.

**Feb. 7-Adult Coloring: 10:00** Let your stress and cares melt away as we color with friends.

**Feb. 8, 22-Foot Care Clinic** Kathleen McDuffie, RN, BScN Foot Care Specialist will be here to provide intensive foot care treating ingrown toenails, trimming, fungal, cracks, etc. The appointments are \$30.00 to be paid directly (cash or check only) to Ms. McDuffie on day of service. Contact Glory to make an appt.

**Feb. 9-Presentation: Bayada: 12:00** In keeping with February's Heart Month, Audrey Bruce will bring a presentation about "Healthy Hearts" and take blood pressures.

**Feb. 12-Book Club: 11:00** Mark your calendars and come to this "special surprise" February book club where we'll be discussing *Me Before You*, by JoJo Moyes.

**Feb. 13-Pokeno: 12:30** This game is similar to bingo, but played with a deck of cards. All are welcome to join in the fun-if you've never played, come and learn! Bring your nickels.

**Feb. 14-Presentation: 10:00** Crystal Hunter, of Gilpen Hall Adult Day Program, will be talking about the important topic, "Preparations for Life Changes".

**Feb. 15-Blood Pressure Screenings: 10:00** Midge Berfield, RN will be here to do free blood pressure screenings.

**Feb. 16, 26-Brain Boosters: 12:30** Join Eileen for a fun activity to help boost your brain.

**Feb. 21-Reminisce Group: 10:00** Join us as we explore the topic, "How Many Ways Have You Survived Cabin Fever?"

**Feb. 26-DJ Ike: 10:00** Join us for some lively music with our favorite DJ.

**Feb. 28- Presentation: Christiana Spine Center: 10:00** Michelle Garnett will be speaking to us about "Taking Care of Your Back". This is a topic all of us can benefit from learning as much as possible.

### **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.**

**Feb. 1- Pot Luck Dinner: 5:00** Hope you can make it out to our first Pot Luck Dinner of the year! Bring meat, or a side, or a Valentine dessert and we'll enjoy good food, friends and games.

**Feb. 22-Movie Night: 4:00** Join in the fun as we watch the heart-warming comedy, "*Mrs. Palfrey at the Claremont*". All but abandoned by her family in a London retirement hotel, an elderly woman strikes up a curious friendship with a young writer. Bring snacks to share and be ready to laugh!

### **February Trips (Payment is due at time of sign up for all trips)**

**Feb. 2- New Castle Farmer's Market:** Cost-free for bus

**Feb. 7-Goodwill/Wegmans:** Cost-\$4.00 for paid senior center members, \$6 for non-members

**Feb. 21-Lunch out: Red Lobster:** Cost-\$2 for paid senior center members, \$4 for non-members

**Feb. 23-Dollar Store:** Cost-free for bus

**SAVE THE DATE-You must sign up in advance for all of these programs.**

**AARP Tax Aide**-The Tax Aide Counselors will be here every Tuesday from February 6-April 17, 2018, from 9:00-12:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

**Matter of Balance-Mondays, March 26-May 14: 10:00-12:00** This FREE award-winning program is designed to manage falls and increase activity levels.

**Mammograms-March 28: 9:30** Join us as we go to the Helen Graham Breast Center. See Eileen for more info.

**AARP Driver Safety Basic Class: March 28: 9:00-3:00.** Cost-\$15 AARP members, \$20-non members

**AARP Driver Safety Refresher Class: April 18: 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

## Fundraisers

**St. Patrick's Day Dance: Saturday, March 3. 7:00-10:00 pm.** Join us for our sixth annual St. Patrick's Day celebration, featuring traditional music by the acclaimed Irish music group **Seven Rings**. There will be dancing, raffles and more! Bring your own food. A cash bar will be available; no outside beverages allowed. \$20 in advance, \$25 at the door. See Natalie for reservations or more information. ***Sponsored by TransPlus***

**10 week club**-The next 10 week club drawing will begin on Friday, March 23, and run through May 25. Tickets will be mailed out towards the end of February, and will also be available at the center. Your donation of \$10 per ticket allows you to participate. You do not need to be a member to play, and you do not need to be present to win.

### 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.**

March 7-**Philadelphia Flower Show:** 8:45-5:00. Cost-\$72 for paid senior center members, \$82 for non-members. Price includes show admission, bus and driver's tip. ***Deadline to sign up is March 1.***

April 18-**New Hope, PA:** 9:30-5:00. Cost-\$39 for paid senior center members, \$49 for non-members. Price includes bus and driver's tip.

May 16-**Toby's Dinner Theater: "Newsies":** 9:00-5:00. Cost-\$110 for paid senior center members, \$120 for non-members. Price includes show, lunch, gratuity, bus and driver's tip. Alcoholic drinks are not included. ***Deadline to sign up is April 13.***

June 13-**St. Michael's, MD:** 8:30-5:00. Cost-\$43 for paid senior center members, \$53 for non-members. Price includes bus and driver's tip.

July 18-**Choptank Riverboat Lunch Cruise:** 9:30-5:00. Cost-\$87 for paid senior center members, \$97 for non-members. Price includes 2 hour cruise with lunch (featuring a crab cake & fried chicken combo with vegetables, potatoes and dessert), non-alcoholic beverage, gratuity, bus and driver's tip. ***Deadline to sign up is June 20.***

August 22-**Atlantic City Casino:** 8:30-5:30. Cost-\$27 for paid senior center members, \$37 for non-members. Price includes bus and driver's tip. *We will find out what deal the casino is offering as it gets closer.*

September 12-**Rainbow Dinner Theater: "Love, Lies and the Lottery":** 9:30-5:00. Cost-\$88 for paid senior center members, \$98 for non-members. Price includes show, lunch, gratuity, bus and driver's tip. Alcoholic drinks are not included. ***Deadline to sign up is August 24.***

October 10-**Kitchen Kettle Village, PA:** 8:30-5:00. Cost-\$35 for paid senior center members, \$45 for non-members. Price includes bus and driver's tip.

November 7-**Dutch Apple Theater: "Sister Act":** 9:30-5:00. Cost-\$92 for paid senior center members, \$102 for non-members. Price includes show, lunch, gratuity, bus and driver's tip. Alcoholic drinks are not included. ***Deadline to sign up is October 12.***

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.

## CENTER PROGRAMS

All daytime exercises classes with an instructor, unless otherwise noted, are \$1.00.

**\*\*As of February 1, the price will be \$1.00 for paid members and \$3.00 for non-members.\*\***

**WALKING GROUP** – We will walk the Battery every **Mon, Wed. and Fri. at 9:15 am, weather permitting.**

**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!

**CRAFTY SENIORS**-Come to socialize, share your craft ideas, and teach others your skills, all while you accomplish your own project. Bring and work on whatever craft you enjoy. No rules, just a fun time doing crafts with friends. **This group will meet on Thursdays at 10:00.**

**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.

**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.**

## **February Outreach**

*“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”* Ralph Waldo Emerson

**February is Black History Month, American Heart Month, and National Wild Bird Feeding Month.**

**Feb. 2 Groundhog Day** – Will the groundhog see his shadow or will we have 6 more weeks of winter?

**Feb. 9 National Bagel Day** – Share the bagel’s history ...a Yiddish word found as early as 1600s in Poland

**Feb. 14 Valentine’s Day** – Do you remember making or receiving any Valentine cards as a child?

**Feb. 19 President’s Day** – Celebrate all the former and current presidents. How many can you name?

### **American Heart Month**

**Q:** How do you keep your heart healthy?

**A:** Eating healthful foods, getting regular exercise, maintaining a normal weight, drinking alcohol in moderation and avoiding tobacco products and secondhand smoke are all ways to keep the heart healthy, according to the Office of Disease Prevention Health Promotion. Managing stress is also essential for heart health.

A heart-healthy diet plan limits nutrient-poor foods and emphasizes poultry, whole grains, fruits and vegetables, fish, low-fat dairy products and nuts. Soft drinks and baked goods are examples of nutrient-poor foods, or foods that have a lot of calories but little nutritional value. Saturated fat should not account for more than 6 percent of a person’s total calories each day, as recommended by the American Heart Association.

Adults need at least 150 minutes of moderate activity per week to maintain good heart, lung and muscle health. People who exercise vigorously should get 75 minutes of activity per week. Additionally, adults should perform muscle-strengthening exercises a minimum of two days per week.

Being over-weight increases the risk of heart disease, high blood pressure and other heart problems, but losing excess weight improves heart health. Although there are many different diet plans, weight loss only occurs if more calories are burned than consumed. Eating smaller portions and avoiding nutrient-poor foods reduces caloric intake, while getting more physical activity increases the number of calories burned each day.

**Q:** What types of foods are in a heart-healthy diet?

**A:** Foods such as fruits and vegetables, whole grain products, lean meats and other proteins contribute to a healthy heart.

Meats such as pork-shoulder, chicken or turkey with skin removed, and extra lean ground beef are suitable for a heart healthy diet. Fish and shellfish are also sources of protein that help maintain heart health. Other sources of protein that are not harmful for the heart include beans, eggs and nuts. Whole grain products with wheat or other grains listed as the first ingredient also contribute to a healthy heart.

Fruits and vegetables that are healthy for the heart include dark-green leafy vegetables such as spinach or kale. Other heart-healthy vegetables include broccoli and cabbage. Canned vegetables that are low in sodium, and frozen vegetables without butter or sauces, are also part of a heart-healthy diet. Fresh and unsweetened frozen fruit such as apples, bananas and peaches are also healthy choices.

## February Brainteasers

### January Brainteaser Answers

JUST JS All the answers in this word definition game begin with the letter J.

1. A carpenter's tool...or a kind of puzzle. Jigsaw
2. An old, barely operable, car: a clunker. Jalopy
3. If you were a native, you'd call this country *Nippon*. Japan
4. A large meeting or rally; term commonly used for a gathering of Boy Scouts. Jamboree
5. Duke Ellington, Count Basie & Louis Armstrong were early musicians of this genre. Jazz

What do they have in common? Each question contains a list of several items. What do they have in common?

1. Paper, rag, and kewpie. Dolls
2. Barney, Socks, Millie, and Checkers. Presidential Pets
3. Jig, Twist, and Tango. Dances
4. A monarch, Miss America, and a broken tooth. They all have crowns
5. Malibu, Bel Air, and Corvette. Cars made by Chevrolet

#### **I. Q. Challenges**

\* An electric train runs at 60 mph heading south toward a wind blowing at 30 mph. What is the direction of the smoke from the train? It's electric, so there is no smoke.

\* If Albert's peacock jumps over the fence onto Edward's property and lays an egg, whose egg is it? Peahens lay eggs, not Peacocks.

\* What can you have in an empty pocket? (Except for air, of course.) A hole for example.

### January in History

**1945** Officials added this chemical to the drinking water in Grand Rapids, Mich. in an experiment to improve dental health. Fluoride

**1981** Fifty-two hostages were released after being held 444 days in this country. Iran

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## February Brainteasers

Finish the Food Idiom Can you identify the foods that complete the following common idioms?

- |                              |                      |
|------------------------------|----------------------|
| 1. Packed in like.....       | 4. Cut the .....     |
| 2. Nutty as a.....           | 5. Slower than.....  |
| 3. The best thing since..... | 6. Selling like..... |

Wood You Know??? You don't have to be a carpenter to answer these wood-related questions.

- This strongly scented, weather-resistant wood is used for house shingles and closet linings.
- Most wines are aged in barrels made of wood from this tree.
- Native Americans prized the bark of this tree for use in lightweight and waterproof canoes, bowls and wigwams.
- The bark of this species of oak tree is stripped every nine years and provides material for bulletin boards and bottle stoppers.

### Coffee Question

I had just made myself a cup of coffee when I realized I had to run upstairs for a moment. I did not want the coffee to get cold, and I had to add milk at room temperature. Should I add the milk before I go up or after I get back?

#### WINE A LITTLE

We have a bottle of wine approximately three-fourths full. We want to leave an amount of wine in the bottle equal to exactly half of the total capacity of the bottle. How can we do it without using anything to help us?

### February in History

**1896** Candy inventor, Leo Hirshfeld introduced this chewy treat: a chocolate-like candy that would not spoil or melt in the heat. By WWII, it had become a standard part of American soldiers' field rations.

**1964** A twenty-two year old boxer knocked out Sonny Liston to win the heavyweight title for the first time. By what two names is that boxer known?



## **February is Black History Month**

**Black History Month**, also known as **African–American History Month** in America, is an annual observance in the United States, Canada, United Kingdom and in the Netherlands (as of 2016) where it is known as Black Achievement Month. It began as a way for remembering important people and events in the history of the African diaspora. It is celebrated annually in the United States and Canada in February, as well as in the United Kingdom and the Netherlands in October.

The precursor to Black History Month was created in 1926 in the US, when it was announced that the second week of February was to be Negro History Week. Primary emphasis was placed on encouraging the coordinated teaching of the history of American blacks in the nation's schools and it grew in popularity across the decades. By 1976, Black History Month was being celebrated across the country in educational institutions, centers of Black culture and community centers. During the celebration of the United States Bicentennial, President Gerald Ford urged Americans to seize the opportunity to honor the accomplishments of black Americans in every area of endeavor throughout our history.

## **Increased Activity Means Increased Longevity**

In the age of digital technology and TV binge-watching, it's no surprise that most adults – especially older adults – do **not** get the exercise they need. Instead of reaching for running shoes, most are reaching for the TV remote. Watching TV means getting comfortable in a sitting or lying down position for long periods of time. A sedentary lifestyle is unhealthy and has been linked to many serious health issues, including; heart disease, Type 2 diabetes, and various kinds of cancer.

Watching TV is linked to eating unhealthy food. Not only can commercials about chips and other junk foods influence poor eating, but it's become a habit for many people to eat ice cream and other fatty snacks while watching TV. Many people find themselves missing out on opportunities for social interaction because they are busy watching TV. Like a sedentary lifestyle, social isolation leads to a decline in your health and overall well-being and has been linked to depression and poor attitudes.

It can be hard to pull out of the habit of watching too much TV, but taking small steps toward the door can make a big difference. Make a plan to become more active. Schedule activities outside the home, schedule time to call friends or relatives at a specific time each day, and spread out weekly chores so that they don't all fall on one particular day. Once you're in the habit of getting out and about, you'll wonder how you ever managed to sit still so long!

## **Social Security Q&A**

**Q:** Although I stopped working a few years ago, I had additional seasonal earnings after my retirement. Will my monthly Social Security retirement benefit increase?

**A:** Each year we review the records for all working SS recipients to see if additional earnings may increase their monthly benefit amounts. If an increase is due, we calculate a new benefit amount and apply the increase retroactive to January following the year of earnings. You can learn more about how work affects your benefits by reading our publication, *How Work Affects Your Benefits*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Q:** I was speaking with my sister and she told me that she receives half her spouse's benefit. Why am I not eligible for benefits from my spouse?

**A:** If your spouse is eligible for SS benefits, you could be eligible for one half of their benefit at your full retirement age. However, if you worked and are eligible for SS benefits on your own record, your own benefit may be higher than what you could be eligible for on your spouse's record. If you have questions regarding your eligibility for benefits, please call 1-800-772-1213, Mon-Fri between 7 am & 7 pm.



# City Fare Menu February 2018



Monday

Tuesday

Wednesday

Thursday

Friday

			<p>2/1 Diced Chicken w. Dressing &amp; Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>2/2 Seasoned Flounder Macaroni &amp; Cheese Stewed Tomatoes Banana Yogurt Split Sundae with Chocolate Syrup</p>
<p>2/5 Broccoli Stuffed Chicken with Gravy Au Gratin Potatoes Crinkle Cut Carrots Strawberry Waffle Cookie</p>	<p>2/6 Roast Pork w. Gravy Baked Sweet Potato Green Beans Fruit Cocktail Ultimate Grain Bread</p>	<p>2/7 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Apple Waffle Cookie</p>	<p>2/8 Turkey Burger w. Swiss Cheese, BBQ sauce, Pineapple Slice on Whole Wheat Bun Roasted Potato Wedges Orange</p> <p><b>HULA BURGER</b></p>	<p>2/9 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Chocolate Pudding</p>
<p>2/12 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread</p>	<p>2/13 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion &amp; Tomato Applesauce Ultimate Grain Bread</p>	<p>**2/14** Vegetable Lasagna with Blush Sauce Mixed Salad w. Onion &amp; Tomato Italian Ice Wheat Roll</p> <p><i>Happy Valentine's Day</i></p>	<p>2/15 Chicken &amp; Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt</p>	<p>2/16 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail Wheat Dinner Roll Tartar Sauce</p>
<p>2/19</p> <p><b>CENTER CLOSED</b></p> <p><b>PRESIDENT'S DAY</b></p>	<p>2/20 Hamburger w. Cheddar on Hamburger Bun Lettuce &amp; Tomato Minestrone Soup Pineapple Tidbits Crackers</p>	<p>2/21 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Ultimate Grain Bread Cranberry Sauce</p>	<p>2/22 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit</p>	<p>2/23 Salmon with Lemon Dill Sauce Baked Potato Broccoli Cuts Wheat Dinner Roll Rice Pudding Sour Cream</p>
<p>2/26 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>2/27 Diced Chicken w. Dressing &amp; Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>2/28 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Wheat Dinner Roll Applesauce Sour Cream</p> <p></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 \$5.00

# City Fare 5 Day Bag Supper Menu February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			2/1 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	2/2 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
2/5 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	2/6 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	2/7 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/8 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	2/9 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
2/12 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	2/13 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	2/14 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	2/15 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	2/16 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
2/19  <b>CENTER CLOSED</b>  <b>PRESIDENT'S DAY</b>	2/20 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	2/21 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	2/22 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/23 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
2/26 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	2/27 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	2/28 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 \$5.00
- Meals available by reservation. Call your Senior Center to reserve your bag supper.

# The Perfect Valentine's Day Gift



- |                    |                  |                |                |
|--------------------|------------------|----------------|----------------|
| bouquet            | emerald          | perfume        | roses          |
| candlelight dinner | flowers          | photograph     | ruby           |
| candy              | gift bag         | plant          | sapphire       |
| car                | gift basket      | platinum       | silver         |
| chocolate          | gift certificate | puppy          | teddy bear     |
| cologne            | gold             | purse          | wallet         |
| cruise             | jewelry box      | ribbon         | watch          |
| diamond            | kitten           | ring           | wrapping paper |
| earrings           | necklace         | romantic movie |                |