



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

FEBRUARY 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.

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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  
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  
FEBRUARY  
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

**FEBRUARY MONTHLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				11:30 Brain Boosters 12:30 New Castle Farmer's Market
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10:00 Heartland Hospice 11:00 Reminisce Group	9:00-1:00 AARP Tax Aide	10:00 Pinochle 10:00 Chair Yoga 10:30 AmeriHealth  1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO  12:30 Shop Rite 5:00 Pot Luck Dinner	12:00-1:00 George White: Entertainment
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:30 Adult Coloring 10:30 Book Club	9:00-1:00 AARP Tax Aide  12:30 Pokeno	10:00 Care Wear 10:00 Dover Credit Union: "Building a Basic Budget" 11:00 Lunch Out: Red Lobster	9:30 Massage Program  12:30 Food Lion	12:00-1:00 Ed Bradford Entertainment
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>CENTER CLOSED  PRESIDENT'S DAY</b>	9:00-1:00 AARP Tax Aide	9:00 Blood Work 10:00 Pinochle 10:00 New Castle Court House Museum 11:15 Brandywine SC: Ethnic Luncheon 1:30 YMCA Diabetes	9:00 Bank & PO 10:00 Blood Pressure Screenings  12:30 Shop Rite 3:30 "Old is Not Easy"	12:30 Dollar Store
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
10:00 Learn to Play Pool 10:00 Bathfitters: "Safety in the Home" 12:15 Birthday Celeb 12:30 Brain Boosters	9:00-1:00 AARP Tax Aide  12:30 Food Distribution	10:00 Medicare Fraud Patrol  12:00 Entertainment "Blokfluiters"	9:00 Stand by Me  12:30 Food Lion 4:00 Movie Club	<b>For snow closings</b>  WDEL 1150 am or www.wdel.com

## February Happenings!

**Feb. 1, 25-Brain Boosters** Join us for a fun activity to help boost your brain.

**Feb. 4-Heartland Hospice: 10:00** Amy Ferguson will be speaking about the broad range of services offered.

**Feb. 4-Reminisce Group: 11:00** “If the Shoe fits...” Come enjoy a bit of nostalgia as we remember those days of our parents buying us new shoes, or sometimes passing down our older sibling’s shoes to us.

**Feb. 5, 12, 19, 26-AARP Tax Aide: 9:00-1:00** The Tax Aide Counselors will be here every Tuesday from February 5-April 9, 2019, from 9:00-1:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

**Feb. 6, 20-Pinochle: 10:00** Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month to play pinochle.

**Feb. 6-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. 6-AmeriHealth: 10:30** Joy Harrison will speak about the range of personalized health services offered.

**Feb. 8-Entertainment: 12:00** Mr. George White will be playing old jazz standards on his saxophone.

**Feb. 11-Adult Coloring: 9:30** Let your stress and cares melt away as we color with friends.

**Feb. 11-Book Club: 10:30** We will be discussing Delaware author Christopher Castellani’s All This Talk of Love. A family’s trip home to Italy after 50 years; a novel about sacrifice and hope, loss and love, myth and memory.

**Feb. 12-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.

**Feb. 13-Dover Credit Union: 10:00** Susan Yocum will speak about the importance of building a basic budget.

**Feb. 14-Massage Program: 9:30** Lisa Harzberger, a licensed massage technician, will be here monthly to offer soft tissue massages for seniors and reflexology on hands and feet, according to the person’s needs...no lotions, no undressing. Cost- \$20.00 for 30 minutes. See sign-up sheet at front desk.

**Feb. 15-Entertainment: 12:00** We welcome back the well-loved singer, Mr. Ed Bradford, to sing songs we enjoy and get us clapping. Bring a friend to enjoy this free concert.

**Feb. 21-Blood Pressure Screenings: 10:00** Midge Berfield, RN will be here to do free BP screenings.

**Feb. 25-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!

**Feb. 25-Bathfitters: 10:00** Geri Holderbaum will speak about “safety in the home”.

**Feb. 27-Medicare Fraud Patrol: 10:00** Bethsaida Acosta will present ways to detect and avoid Medicare fraud.

**Feb. 27- Entertainment: 12:00** “Blokfluiters” will present an interesting concert using recorders.

**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. 7-Potluck Dinner: 5:00** “Valentine’s Day” Theme - Bring a chicken dish, vegetable sides and a chocolate dessert, and we’ll provide the music and games for a fun evening.

**Feb. 21-“Old is Not Easy”: 3:30** Bring a light dinner and join the discussions about the” joys” of aging.

**Feb. 28-Movie Night: 4:00** A biographical, comedy-drama, directed by Spike Lee, this movie takes place in the early 1970’s. Ron Stallworth is the first African-American detective to serve in the Colorado Springs Police Department. With a seasoned colleague, he sets out to infiltrate and take down the extremist hate-group, the KKK

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

**February 1- New Castle Farmer’s Market:** Cost-free for bus

**February 13-Lunch out: Red Lobster:** Cost-\$2/members; \$4/non-members

**February 20-New Castle Court House Museum:** Cost-free for bus/museum (sign ups still required). We will be the first group to visit their new exhibit on the “Underground Railroad”. *We will be back in time for the luncheon trip, for those who want to do both.*

**February 20-Ethnic Luncheon: Brandywine Senior Center:** Cost-\$13/member; \$16/non-member for bus/lunch.

**February 22-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 5-April 9, 2019, from 9:00-1:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

**AARP Foundation Finances: March 6, 13, 20: 9:30-11:00.** The FREE three week program is designed to help seniors build on good financial habits and understand what changes you can make to improve your financial situation. We will discuss: budgeting, how credit use impacts your scores, how to recognize scams, etc.

**AARP Driver Safety Basic Class: March 27: 9:00-3:00.** Cost-\$15 AARP members, \$20-non members

**AARP Driver Safety Refresher Class: April 17: 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

**Mammograms: April 3: 9:30** Join us as we go to the Helen Graham Breast Center for our yearly mammograms.

## Fundraisers

**St. Patrick's Day Dance: Saturday, March 2. 7:00-10:00 pm.** Join us for our seventh annual St. Patrick's Day celebration, featuring traditional music by the acclaimed Irish music group **Seven Rings**. Bring your own food. A cash bar will be available; no outside beverages allowed. \$20 in advance, \$25 at the door. See Natalie for tickets. *Sponsored by TransPlus and the New Castle Weekly*

**10 week club**-The next 10 week club drawing will begin on Friday, March 22, and run through May 24. 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.

## 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.**

April 17-**Skippack, PA:** 9:30-5:00. Cost \$38/members; \$48/non-members. Price includes bus and driver's tip. Day is on your own.

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.

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.

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 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**

“During February one can taste the full joys of anticipation. Spring stands at the gate with her fingers on the latch.” Patience Strong

### **Winter Safety for Seniors** (Vital!)

These winter safety tips will help make sure you're ready to handle the cold weather.

- **Eliminate Slips and Falls** - Falls are common during the winter season, causing hip and wrist fractures, head trauma, and lacerations. Arrange for a friend or family member to clear your sidewalks, porches and driveways of snow and ice. When outside wear non-skid shoes or boots that provide good traction; once inside remove shoes to prevent slipping on melted snow.
- **Dress for Warmth** - Dressing warmly is important. When going out, dress in layers of natural fibers and wear a hat, gloves and scarf, and warm socks to help retain body heat.
- **Fight the Winter Blues** – Whether it's less social contact due to cold, dangerous weather or seasonal affective disorder (SAD) that has you down, winter-time depression can bring on feelings of loneliness and isolation. To stay connected, set up a check-in system with neighbors and friends and call, SKYPE, Facetime, or text message family and friends. Loved ones are encouraged to check in on older family members each day, even for just a short phone call.
- **Prepare for a Winter Storm** – Storms bring the threat of power outages. Be prepared by stocking batteries, flashlights, a battery-powered radio, warm blankets, candles and lighter, bottled water and non-perishable foods. Make a family plan that outlines who will call whom during a power outage
- **Check the Car** – Before the first snowflake, take the car in to have the oil, tires, battery, and wipers checked and replace any worn items. Pack an emergency roadside kit that includes a blanket, warm clothes, non-perishable food, bottled water, battery-powered radio, first aid kit, snow shovel, and ice scraper. Be sure to keep the gas tank full and let someone know your destination, route, and expected time of arrival if you are driving in wintry weather
- **Most importantly**, don't be afraid to ask friends, family, and service professionals for help during colder months. While winter weather can certainly pose challenges, planning and awareness will go a long way to help you stay healthy and safe!

### **February is American Heart Month / Wear Red Day**

Cardiovascular disease is the nation's No. 1 killer, but steps can be taken to reduce risk and improve outcome. Every 80 seconds, one woman is killed by heart disease or stroke. That's 1 in 3 deaths among women each year. But with education and action, 80% of these deaths can be prevented.

**Get Your Numbers:** Get your blood pressure, cholesterol and glucose checked.

**Own Your Lifestyle:** Stop smoking, lose weight, be physically active and eat healthy.

**Raise Your Voice:** Advocate for more women-related research and education.

**Educate your family:** Make healthy food choices for your family. Model the importance of being active.

**Donate:** Show your support with a donation of time or money.

## **6 Ways To Sharpen Your Mind** (Summit Retirement Community)

Ever have a “senior” moment? Don’t worry – it’s completely normal to experience memory lapses as we age. Significant memory loss is not an inescapable part of aging, though Brain health is greatly impacted by daily activities, health habits, and lifestyle choices.

**Age-related Memory Loss** It is not uncommon for the region of the brain that forms and retrieves memories, the hippocampus, to deteriorate as we age. Proteins and hormones that protect brain cells and stimulate neuron growth and repair may also decline. On top of that, the ability of the brain to absorb brain-enhancing nutrients becomes less efficient over time. Not to worry though. Here are 6 ways to sharpen your mind:

- 1. Use Your Energy Wisely** Save your energy for important tasks instead of simple ones. Always put your keys and frequently used items such as glasses, purses, wallets in the same place. Write reminders about upcoming events on calendars and planners to help clear your mind.
- 2. “Repetition is the Mother of All Learning”** When you want to remember something, write it down or repeat it out loud. These actions reinforce the shift from storage in short-term memory to long-term memory. Try it – When you meet someone new, repeat their name.
- 3. Engage All Your Senses** When receiving new information, the more of your brain that’s involved, the easier it will be to retain the memory. Studies show that smell powerfully enhances memory. Studies show that when emotional images were presented along with a fragrance or smell, people’s memory recall was much improved. In fact, smell is an even stronger memory trigger than music, which has also been shown to be a powerful memory trigger.
- 4. Maintain a Positive Belief In Yourself** Discard those negative stereotypes about the limitations that occur with aging. Those thoughts can be major contributors to failing memories. When people don’t believe they’re in control of their memory function, they’re more likely to become victims of cognitive decline. Simply believing that it’s possible can improve brain function.
- 5. Pursue Learning** Better cognitive ability in seniors is commonly associated with continued learning. Lifelong learning keeps people in the habit of being mentally active. Studies show that more strenuous learning, whether job-related or education-related, may help maintain cognitive ability better than being involved in a hobby or volunteer work, although those activities are better than not participating in anything.
- 6. Your Brain Needs Oxygen** When you limit the oxygen that gets to your brain, your brain will operate at less than full capacity. Smoking has this effect; don’t smoke. Foods that bump your oxygen levels are those that assist in the synthesis of red blood cells. A healthy blood count allows for maximum oxygen as energy for metabolic processes. Choose a variety of foods with high amounts of iron, protein and / or one or more of the eight B vitamins.

## **Clever Uses For Lemons** (womansday.com)

- 1. Smooth Your Skin** Lemons contain natural alpha hydroxyl acids, which help remove dead skin cells. Cut one in half and rub the pulp sides onto elbows, knees and heels to exfoliate rough patches.
- 2. Remove Sweat Stains** Harness the bleaching effect of lemons to remove discolorations from the underarms of your shirts. Squirt fresh lemon juice on the area and let sit for 20 minutes before laundering in cold water. Do not use hot water as it may set the stain further.
- 3. Keep Moths Away** For a healthier, better-smelling way to prevent holes in your coats and sweaters, replace mothballs with an all-natural insecticide: dried lemon peels. Wrap the peels from one lemon in cheesecloth and suspend from the rod. Replace when you can no longer smell the scent.
- 4. Degrease the Microwave** Sprinkle on some lemon juice and let the acids work to get rid of stuck-on grime. For tougher jobs, mix in coarse salt or baking soda and use as a scrub.



## February Brainteasers

### January Brainteasers Answers

**M & M'S** All of the two-word answers in this game begin with the initials M and M.

1. A famous French mime. **Marcel Marceau**
2. Term used to describe a Native American healer and spiritual leader. **Medicine Man**
3. She wrote *Gone With the Wind*. **Margaret Mitchell**
4. If you let time run over, she will surely give you a parking ticket. **Meter Maid**
5. This devoted follower of Jesus was repentant prostitute. **Mary Magdalene**
6. A seaman dedicated to commercial rather than military activity. **Merchant Marine**

**Geographical Double Entendres** This is a word game combined with a trivia game in which you name the geographical place – which is also a word for something entirely different.

1. An Asian country or...ceramic tableware. **China**
2. A New York borough or... royal ladies. **Queens**
3. A South American country or...a large nut. **Brazil**
4. An ancient English city or...a nice long soak. **Bath**
5. A city on Lake Erie or...a bison. **Buffalo**
6. Germany city, or...ground beef **Hamburg**
7. Islands off Morocco or...small bird. **Canary**
8. S. American river or...online retailer. **Amazon**

**Hard Times** Flynn has fallen on hard times, ending up a homeless tramp on the streets. He collects cigarette butts and uses the tobacco to roll his own cigarettes. For every 8 cigarette butts he finds, he rolls one full cigarette for himself. He just collected 64 cigarette butts. How many cigarettes can he make? **8 cigarettes from the original 64 he collected, then an additional one from those 8 once he's smoked them.**

**DELAWARE TRIVIA** What was Delaware's first high school for African Americans, founded in 1867?  
**Howard High School**

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### February Brainteasers

**X, Y, OR Z** All of the answers in this word definition game begin with an X, Y, or Z.

1. Striped equine animal
2. Often a child's first musical instrument
3. A large pleasure boat
4. Promotes fermentation and makes bread rise
5. Photocopy brand
6. Greatest height, or TV manufacturer
7. Domesticated ox of Tibet
8. Absolutely nothing

**What's your movie song IQ?** Some of the world's greatest hits come from songs written for or used in movies. Given a sampling of the lyrics, can you identify the movie from its famous song?

1. "You must remember this, a kiss is just a kiss..."
2. "And here's to you, Mrs. Robinson..."
3. "The hills are alive..."
4. "Raindrops keep fallin' on my head..."
5. "I like to be in America..."
6. "Supercalifragilisticexpialidocious!"

**Gallons of Water??** You have a 3 gallon jug and a 5 gallon jug. You need to measure out **exactly 7** gallons of water. How can you do it?

**1939 Trivia** This movie debuted on December 15, 1939, with a 3 day premiere festival in Atlanta, GA.



# City Fare Menu February 2019





Monday

Tuesday

Wednesday

Thursday

Friday

				2/1 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae
2/4 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	2/5 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding	2/6 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Dinner Roll	2/7 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	2/8 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread
2/11 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	2/12 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	2/13 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	2/14 Deep Dish Cheese Pizza Mixed Salad with Onion & Tomato Chick Peas Chocolate Ice Cream 	2/15 Salisbury Steak w. Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf
2/18  <b>CENTER CLOSED</b>  <b>PRESIDENT'S DAY</b>	2/19 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	2/20 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread	2/21 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon Crackers	2/22 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
2/25 Salmon w Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding Sour Cream	2/26 Italian Hoagie with Lettuce, Tomato & Onion Oil & Vinegar Italian Wedding Soup Vanilla Ice Cream Sundae	2/27 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit 	2/28 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers	3/1 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish

- 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 5 Day Bag Supper Menu February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				2/1 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup
2/4 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	2/5 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	2/6 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	2/7 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/8 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
2/11 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	2/12 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	2/13 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	2/14 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	2/15 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
2/18  <b>CENTER CLOSED</b>  <b>PRESIDENT'S DAY</b>	2/19 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	2/20 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	2/21 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/22 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
2/25 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	2/26 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/27 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	2/28 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	3/1 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.

# Valentine's Day

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

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Admirer	Chocolate	Flowers	Love
Affection	Cupid	Friendship	Poem
Candy	Doves	Heart	Romance
Cards	Feast	Holiday	Saints
Cherub	February	Kiss	Valentine