



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

FEBRUARY 2020

**“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.**

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

**Center Staff**

Executive Director  
Natalie Kaplan

Assist. Director  
Mike Pullan

Outreach/Activities Coordinator  
Cindy Stanavich

Transportation  
Russ Paternostro  
Tom Strawbridge

Nutrition Site Manager  
Crystal Thomas

Receptionist  
Glory Rolfe

**Program Volunteers**

Blood Pressure

Emily Kariuki, RN  
Steps Home Care Services

**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  
FEBRUARY  
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 1:00 Strength Building/Exercise	9-3:00 Billiards 10:00 Pinochle 11:00 Line Dancing 12:00 Lunch 1:00 Wii Bowling 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 12:30 Games (canasta rummikub, etc.)

**FEBRUARY MONTHLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 Cigna: "Hypertension" 11:00 Reminisce Group 12:30 Aerobics for the Mind	9:00-12:00 AARP Tax Aide	9:30 Bloodwork 10:00 Chair Yoga 10:00 St. Francis Life: "Living Indep." 11:00 Lunch out: Red Lobster	9:00 Bank & PO  12:30 Shop Rite  5:00 Potluck Dinner	12:00 Entertainment: Bruce Thomas
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:30 Haircuts 10:00 Bingo 10:30 Book Club	9:00-12:00 AARP Tax Aide  12:30 Pokeno	9:30 Goodwill/Wegmans 10:00 Cornhole 10:00 CareWear	12:30 Food Lion 12:30 Food Distribution 4:30 Old is not Easy	10:00 Valentine Bingo  12:30 New Castle Farmer's Market
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>CENTER CLOSED</b>  <b>PRESIDENT'S DAY</b>	9:00-12:00 AARP Tax Aide  12:30 Pokeno	10:00 Adult Coloring 10:00 New Castle Court House Museum 11:15 Ethnic Luncheon	9:00 Bank & PO 9:00 Stand by Me 10:00 Blood Pressure Screenings 12:30 Shop Rite 4:00 Movie Club	12:15 Birthday Celebrations 12:30 Aerobics for the Mind
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>CENTER CLOSED</b>  <b>Building Maintenance</b>	9:00 AARP Tax Aide (Booker T building is open for taxes only)  <b>CENTER CLOSED</b> <b>Building Maintenance</b>	<b>CENTER CLOSED</b>  <b>Building Maintenance</b>	<b>CENTER CLOSED</b>  <b>Building Maintenance</b>	<b>CENTER CLOSED</b>  <b>Building Maintenance</b>

For snow closings, tune to WDEL 1150 am or [www.wdel.com](http://www.wdel.com)

**The Senior Center will be closed the week of February 24 for building upgrades (new floors!). We apologize for the inconvenience. AARP Tax Aide Volunteers will still be here on Tuesday, Feb. 25 in the Booker T. Building. All other activities are canceled for the week.**

## **February Happenings!**

**Feb. 3- Presentation: Hypertension: 10:00** Kim Vilaire from Cigna will be here to discuss Hypertension and to help you learn more about hypertension, also known as abnormally high blood pressure.

**Feb. 3-Reminisce Group: 11:00** Let's talk about teachers and the influence they've had on your life.

**Feb. 3, 21-Aerobics for the Mind: 12:30** Take charge of your own mental fitness and keep your brain active!

**Feb. 4, 11, 18, 25-AARP Tax Aide: 9:00-12:00** The Tax Aide Counselors will be here every Tuesday from February 4-April 14, 2020, from 9:00-12:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns. Call Mike at 326-4209 to schedule an appt.

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

**Feb. 5-Presentation: Living Independently For Elders: 10:00** Kim Cole will be here to discuss Saint Francis LIFE, a program of Saint Francis Healthcare and how it improves the quality of life for seniors who need assistance to remain in their own homes. Activity and snacks provided.

**Feb. 7-Entertainment: 12:00** Singer Bruce Thomas returns to entertain us with his smooth, charismatic, baritone style for your entertainment!

**Feb. 10-Haircuts: 9:30** It's so convenient; Get a haircut right here at New Castle Senior Center! Styles by The Miles will be here to provide quality haircuts, colors, perms, etc. for men and women. Sign-up sheet in the lobby includes services and prices.

**Feb. 10-Bingo: 10:00** Join us for our monthly Monday bingo.

**Feb. 10-Book Club: 10:30** A discussion about the book, "Mr. Emerson's Wife" by Amy Belding Brown.

**Feb. 11, 18-Pokeno: 12:30** This game is similar to bingo, but played with a deck of cards. Bring your nickels.

**Feb. 12-Cornhole: 10:00** Join in on the fun and play Cornhole, the bean toss game here in the River Room.

**Feb. 14-Valentine Bingo: 10:00** Join us for this special bingo and celebrate love and friendship.

**Feb. 19-Adult Coloring: 10:00** Let your cares melt away as we color with friends.

**Feb. 20-Blood Pressure Screenings: 10:00** Emily Kariuki RN from Steps Homecare Services will be here to do free BP screenings.

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

**Yoga w/light abs workout: 5:30-6:30 pm. Free in February for paid members.**

**Feb. 6-Potluck Dinner: 5:00** Bring your easy winter soups and stews that will warm us up.

**Feb. 13-Old is Not Easy": 4:30** Join the discussions about the "joys" of aging.

**Feb. 20-Movie Night: 4:00** "Green Book" Winner of the 2018 Best Picture Award, starring Viggo Mortensen and Mahershala Al. A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960's American South. *For those who are interested, please stay to discuss the movie afterwards.*

## More February Happenings

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

**Feb. 5-Lunch out: Red Lobster:** Cost-\$2/members; \$4/non-members

**Feb. 12-Goodwill/Wegmans:** Cost-\$4/members; \$6/non-members

Join us for a shopping trip at the Goodwill on Route 202 followed by lunch/shopping at Wegman's.

**Feb. 14-New Castle Farmer's Market:** Cost-free for bus

**Feb. 19-New Castle Court House Museum:** Cost-free for bus/museum (sign ups still required-sign up with Mike). We will be doing a one hour group tour of the exhibit "The Path to Freedom: A History of the Underground Railroad in Delaware". *We will be back in time for the luncheon trip, for those who want to do both.*

**Feb. 19-Ethnic Luncheon at Brandywine Senior Center:** Cost-\$13/member; \$16/non-member for bus/lunch. Menu includes southern fried chicken, baked ham, candied yams, collard greens, chicken livers, potato salad, mac-n-cheese, black eyed peas, corn pudding, cornbread, assorted desserts. **Sign up by February 7<sup>th</sup>!**

**SAVE THE DATE-You must sign up in advance for all of these programs. Call the senior center at 326-4209 to register.**

**AARP Tax Aide**-The Tax Aide Counselors will be here every Tuesday from February 4-April 14, 2020, from 9:00-12:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

**Chronic Pain Self-Management Class** Mondays, March 9-April 13. 9:30-12:00. This is a FREE, six-session workshop designed to help participants prevent or delay health complications; identify techniques to help diminish chronic pain; help people with chronic pain understand the importance of an action plan for chronic pain control; and improve chronic pain self-management. *Presented by the Division of Public Health, Chronic Disease Bureau.*

**AARP Driver Safety Refresher Class: March 25: 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

**AARP Driver Safety Basic Class: April 22: 9:00-3:00.** Cost-\$15 AARP members, \$20-non members

**Mammograms: April 8: 9:00** Join us as we go to the Helen Graham Breast Center for our yearly mammograms.

## Fundraisers

**Annual St. Patrick's Day Party: Saturday, March 7. 7:00-10:00 pm.** Join us for our eighth 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 20, and run through May 22. 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.

**Just a reminder, membership dues renewed on January 1, 2020. Membership is \$20 and is good for the calendar year.**

## CENTER PROGRAMS

**For the first three months of 2020, we will be offering exercise classes free of charge to all paid members!** This includes Chair Yoga, Strength Building, Line Dancing, Agility/Balance/Coordination, Zumba Gold, Yoga and Beginners/Arthritis Exercise.

**We are offering these classes free of charge thanks to John Lynch, who passed away in March 2019. John generously named us as a beneficiary of his annuity. John was a “regular” at our exercise classes, especially on Tuesdays and Wednesdays.**

**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.

**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.

**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.**

## TRIPS

One of the comments we frequently get is “more trips”. Last year, we lost over \$1,000 because we had to cancel 3 of our 8 charter bus trips, and didn’t fill the bus on the others. Our trips are not designed to be money makers-they are just designed to break even. Going forward, we are going to try and do more trips with our center bus when possible.

Through the survey results, we understand that trips are important to many of our members. **So we will be using some of the funds we received from John Lynch’s annuity to subsidize two charter bus trips for paid members.**

**April 15-Museum of the American Revolution in Phila. 9:30-5:00. Cost-\$10** for paid members, which includes charter bus, admission and driver’s tip. Lunch is on your own at the museum café. Opened on April 19, 2017, the Museum of the American Revolution explores the dramatic, surprising story of the American Revolution through its unmatched collection of Revolutionary-era weapons, personal items, documents, and works of art. Immersive galleries, powerful theater experiences, and interactive digital elements bring to life the diverse array of people that created a new nation against incredible odds.

**May 20-Lititz, PA. 9:30-5:00. Cost-\$5** for paid members, includes charter bus and driver’s trip. The 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.

**We will also be going to Atlantic City on August 26. 8:30-5:30. Cost-\$30 paid/members; \$40 non-members** includes bus and driver’s tip. We will find out which casino is offering the best deal as the trip gets closer.

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### Were you born on February 29<sup>th</sup>, Leap Year?

Leap year babies are an exclusive bunch, nicknamed ‘Leaplings’, comprising less than 1% of the worldwide population. Dinah Shore and Anthony Sabato, Jr. are well-known actors and leap year babies, but the best known leap year baby is the fictional character, Superman.

One of the advantages to celebrating your birthday every 4 years is the free stuff that some companies are offering the leap year babies. Check out Dunkin Donuts, Starbucks, Chick-fil-a, and Krispy Kreme, Pizza Hut. The Hard Rock Café and Pizza Hut will have special deals, but only for the special people celebrating their birthday on 2/29. Also, look for deals at clothing and shoe stores, like Footlocker.

Are you old enough to get a license? The United States follows the rule that a leap year baby is legally ‘aged’ on March 1<sup>st</sup>.

There is an ‘Honor Society of Leap Year Day Babies’ that is 10,000 strong, 800 strong on Facebook.

## February Outreach

*“We must all become ideal in our character and then people will be very impressed with such purity.” ~Sriila Prabhupada*

**February is... Black History Month, Groundhog Day, Super Bowl LIV (54<sup>th</sup>), Valentine’s Day, Presidents’ Day, American Heart Month**

**Feb. 1<sup>st</sup> – Feb. 29<sup>th</sup> –Black History Month** is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. The event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans.

**Feb. 2 – Super Bowl Sunday** is when the whole country is watching the NFL championship football game.

**Feb. 7 – National Wear Red Day** Wear red to raise awareness about cardiovascular disease and save lives.

**Love Your Heart** ([speakersfornurses.com](http://speakersfornurses.com))

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication. It's never too early to make healthy lifestyle changes, such as quitting smoking, eating healthy foods and becoming more physically active. These are primary lines of defense against CAD and its complications, including heart attack and stroke.

**Booker T. Washington**

The original part of the senior center is the Booker T. Washington School, but what do you know about the building’s namesake?

Booker Taliaferro Washington was an American educator, author, orator, and adviser to multiple presidents of the United States. Between 1890 and 1915, Washington was the dominant leader in the African American community and of the contemporary black elite.

In 1881, the young Washington was named as the first leader of the new Tuskegee Institute in Alabama, founded for the higher education of blacks. He developed the college from the ground up, enlisting students in construction of buildings, from classrooms to dormitories. Work at the college was considered fundamental to students' larger education. They maintained a large farm to be essentially self-supporting, rearing animals and cultivating needed produce.

In addition to his contributions in education, Washington wrote 14 books; his autobiography, *Up from Slavery*, first published in 1901, is still widely read today. During a difficult period of transition, he did much to improve the working relationship between the races.



# Brainteaser



February 2020

## 1. Scrambled:

- a. aceon    b. tghil    c. pymte    d. royrw    e. rkcti    f. ipcrs

## 2. Wacky Wordy: Can you "read" the phrases below?

- a. DGOEE    b. TTTTACRES+MULE    c. SUNT    d. M+UP

## 3. Find (10) four letter words from each name: Jimmy Carter and Lauren Bacall.

## 4. Language Teaser: Fill in the blanks in the following sentences with rhyming words.

1. The \_\_\_\_\_ of a stoplight is to make a road \_\_\_\_\_ safer.
2. Like the saying goes, you can't \_\_\_\_\_ a \_\_\_\_\_ to drink. He'll do it in due \_\_\_\_\_.
3. The \_\_\_\_\_ was terrible at \_\_\_\_\_ because he was much too short & kept slipping on the ice.

## 5. Number Sequences: find the value of the sequence to get the final answer. Might be addition, subtraction, multiplication. (Ex: 1, 4, 7, 10, 13, 16, **19.**) The value of 3 was added each time).

1. 1, 2, 9, 27, 81, 243, \_\_\_\_
2. 1, 10, 18, 25, 31, 36, 40, 43, 45, \_\_\_\_

## Leap Day 2/29 Trivia:

1. 2/29/1692: The 1<sup>st</sup> witches were arrested in Salem, Massachusetts.
2. 2/29/1940: Hattie McDaniel was the 1<sup>st</sup> African American to win an Academy Award for her role as Mammy in 'Gone with the Wind'.
3. 2/29: Celebrated in the U.K. as Saddy Hawkins day, the women can propose.

## February Proverbs

1. In February there is everything to hope for and nothing to regret.
2. While it is February one can taste the full joys of anticipation.
3. Spring stands at the gate with her finger on the latch.

## ANSWER KEY:

1. a. ocean    b. light  
c. empty    d. worry  
e. trick    f. crisp
2. a. indigo  
b. forty acres and a mule  
c. mixed nuts  
d. add em up
3. Did you find (10)  
4-letter words for each  
name?
4. a. Function, junction  
b. force, horse, course  
c. jockey, hockey
5. a. 729  
b. 45



Monday

# City Fare Menu February 2020

Tuesday

Wednesday

Thursday

Friday



<p>2/3 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>2/4 Fire Braised Chicken Stew Mixed Salad with Onion &amp; Tomato Peach Cobbler Ultimate Grain Honey Bread</p>	<p>2/5 Pot Roast with Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream</p>	<p>2/6 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>2/7 Seasoned Flounder Macaroni &amp; Cheese Stewed Tomatoes Banana Yogurt Sundae</p>
<p>2/10 Broccoli Stuffed Chicken with Gravy Peas &amp; Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie</p>	<p>2/11 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread</p>	<p>2/12 Meatloaf with Marsala Mushroom Gravy Macaroni &amp; Cheese Brussels Sprouts Applesauce Dinner Roll</p>	<p>2/13 Chili with Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream</p>	<p>2/14 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit</p> 
<p>2/17 <b>CENTER CLOSED</b>  <b>PRESIDENT'S DAY</b></p>	<p>2/18 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion &amp; Tomato Applesauce Ultimate Grain Bread</p>	<p>2/19 Chicken &amp; Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt</p>	<p>2/20 Ham &amp; Swiss on Club Roll Lettuce, Tomato &amp; Onion Orange Cream of Broccoli Soup Crackers</p>	<p>2/21 Salisbury Steak with Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf</p>
<p>2/24 <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b></p>	<p>2/25 <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b></p>	<p>2/26 <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b></p>	<p>2/27 <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b></p>	<p>2/28 <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b></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 February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2/3 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	2/4 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/5 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	2/6 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	2/7 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
2/10 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	2/11 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	2/12 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/13 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	2/14 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup
2/17  <b>CENTER CLOSED</b>  <b>PRESIDENT'S DAY</b>	2/18 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	2/19 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	2/20 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/21 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
2/24  <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b>	2/25  <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b>	2/26  <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b>	2/27  <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b>	2/28  <b>CENTER CLOSED</b>  <b>BUILDING MAINTENANCE</b>

- 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.

## February

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

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Amethyst	Februum	Month	Short
Aquarius	Groundhog	Pisces	Snow
Ash Wed.	Heart	President's Day	Valentine
Black History	Leap Year	Primrose	Violet
Chocolate	Love	Second	Winter

- February is the second month and the shortest month. 2020 is a leap year.
- February is Black History month and American Heart month.
- Amethyst is the February birthstone. Birth flowers are primrose and violet.