



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

JUNE 2019

“Where Friends Gather”

New Castle Senior Center
Incorporated September 2001
Telephone No. 302.326.4209
Website-www.newcastleseniorcenter.com

The Center is open Monday, Tuesday, Wednesday and Friday from 9:00 a.m. to 3:00 p.m.
On Thursdays, we are open from 9:00 a.m. to 7:00 p.m.

Membership is \$20 per calendar year.

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

**Senior Center
Executive Board**

Board President
Kim Wipf

Vice-President
Tish Gallagher

Treasurer
Candi Knotts

Secretary
Judy Barthel

Board of Directors

Marianne Caven
Sally Denton
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
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
JUNE
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

JUNE MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 "Think First to Prevent Falls"	9:00 Styles by the Mile	9:00 Platinum Picnic 10:00 Pinochle 10:00 Chair Yoga	9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	12:30 Brain Boosters
10	11	12	13	14
10:00 "More A, B,C & D's of Medicare" 10:30 Book Club	12:30 Pokeno	9:30 Rainbow Dinner Theater	12:30 Shop Rite	12:30 New Castle Farmer's Market
17	18	19	20	21
9:30 Trip to C&D Senior Center: bingo/lunch		10:00 Pinochle 10:00 Blood Work 10:00 "How to Manage Debt so it Doesn't Manage You" 1:00 Bazaar Planning Meeting	9:00 Bank & PO 12:30 Food Lion 4:30 Old is not Easy 6:00-9:00 Dining in the Street fundraiser	11:30-12:30 NC Library Book Bike 12:00 Entertainment: Dave Miceli
24	25	26	27	28
10:00 Adult Coloring 10:00 Lincoln Heritage Life Insurance 12:15 Birthday Celeb 12:30 Brain Boosters	12:30 Food Distribution	10:00 Reminisce Group 11:00 Lunch out-The Legend Restaurant 1:30 YMCA Diabetes Prevention Program	9:00 Stand by Me 10:00 Blood Pressure Screenings 12:30 Shop Rite 4:00 Movie Club	11:30-12:30 NC Library Book Bike 12:30 Dollar Store

Don't forget Separation Day is June 8th. Join us in the parade!

June Happenings!

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, see Natalie at the center or go to www.dininginthestreet2019.eventbrite.com *Thank you to our Diamond Presenting Sponsors: Almars Outboards, Inc. and Delaware City Refining Company.*

June 3-Christiana Care: 10:00 Kathleen Boyer RN will present “Think First to Prevent Falls”, steps on how to reduce our risk of falling (home safety, medicine review, nutrition, dehydration, exercise, and low vision).

June 4-Styles by the Mile: 9:00 A hair stylist will be here at the center to provide quality haircuts, color, and perms. Sign up sheet and services/prices list available.

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.

June 5, 19-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

June 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.

June 7, 24-Brain Boosters: 12:30 Join us for a fun activity to help boost your brain.

June 10-More on the A, B, C’s and D’s of Medicare: 10:00 Robin Morris, the Medicare Benefits Consultant who spoke in May, returns with more helpful information about FAQ’s on Medicare.

June 10-Book Club: 10:30 The Lotus Eaters, by Tatjana Soli. It’s the story of an American woman who goes to war-torn Vietnam as a combat photojournalist and finds herself in a love triangle with two men.

June 11-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.

June 12-Rainbow Dinner Theater: 9:30 See next page for more information on this charter bus trip.

June 17-Trip to C&D Senior Center: 9:30 Join us on a trip to C&D Senior Center for a morning of bingo and lunch. *Please sign up by June 11 and let us know if you want to order lunch.*

June 19-Dover Federal Credit Union: 10:00 Susan Yocum will be speaking about “How to Manage Debt so it Doesn’t Manage You”.

June 19-Bazaar Planning Meeting: 1:00 Our first planning meeting for the 2019 Harvest Bazaar.

June 21, 28-New Castle Library Book Bike: 11:30-12:30 Check out the library’s new book bike! They will be offering library cards to patrons without cards, items to check out, and items to return.

June 21-Entertainment: 12:00-1:00 Dave Miceli will be here DJ’ing doo wop music.

June 24-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

June 24- Lincoln Heritage Life Insurance: 10:00 Marie Field (LHF Underwriter) will speak about what services they have to offer senior citizens.

June 26-Reminisce Group: 10:00 Let’s talk about old-time swimwear and some of your favorites.

June 27-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings. *Please note, for June this has been moved to the 4th Thursday of the month.*

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.

June 6-Potluck Dinner: 5:00 Join us and bring your easy summertime barbecue favorites and picnic foods!

June 20-Old is Not Easy”: 4:30 Join the discussions about the” joys” of aging.

June 27-Movie Night: 4:00“The Good Lie” Drama about four Sudanese orphan siblings who make it to America and struggle to adjust to American culture, reunite, and rebuild their shattered lives.

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

June 5-Platinum Picnic: Cost-\$8/members; \$10/non-members, includes bus and lunch

June 14-New Castle Farmer's Market: Cost-free for bus

June 17-Trip to C&D Senior Center: Cost-free for bus; \$2.25 for lunch for those 60 and over

June 26-Lunch out: The Legend Restaurant & Bakery: Cost-\$1/members; \$3 non-members

June 28-Dollar Store: Cost-free for bus

Separation Day: June 8th: This is an annual event in Old New Castle and one we are proud to participate in. Let us know if you are interested in joining us and walking/riding the bus in the parade. We can also use help that day manning our parking lot and asking for donations from those who park here. Contact Mike to sign up for either of these opportunities.

Fundraisers

10 week club-The winners thus far are:

Week 6-Laura Thomas, Winnie Mellinger, Charlene Evans

Week 7-Mattie Wright, Jacqueline Aldridge, Mike Alfree

Week 8-Shirley Ingram, Bernadette Lugano, NCSC

Week 9-Ethel Flowers, Linda Wright, Linda Suskie

The summer 10 week club will run from June 28-August 30. Tickets will be mailed at the end of May and are also available at the senior center. You do not need to be a member to play/win, so you can sell them to your friends, family, neighbors, etc. Take a chance and support the center!

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.

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. ***There is no CareWear meeting for the month of June.***

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.

\$TAND 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.**

June Outreach

“It is the month of June, The month of leaves and roses, when pleasant sights salute the eyes and pleasant scents the noses.” Nathaniel Parker Willis

June is... National Candy Awareness Month, Flag Day, Father’s Day, The Beginning of Summer

June 1 – National Nail Polish Day When the sandals come out and the beaches heat up...Celebrate the beginning of the nail care season when everyone will be showing off their freshly painted nails.

June 7-National Iced Tea Month It’s a popular summer beverage, but June is actually Iced Tea Month. It’s cool, refreshing, and served in a variety of flavors.

June 16-Father’s Day The very special holiday in which Fathers are honored by their children and celebrate fatherhood, paternal bonds, and fathers in society.

Beware – The Social Security Scam (\$tand by Me)

What is the scam? People pretend to be from the Social Security Administration (SSA) and try to get your Social Security number or your money. Your caller ID often shows the real SSA phone number (1-800-772-1213) when these scammers call, but, it’s not the real SSA calling.

Scammers are saying your Social Security number (SSN) has been suspended because of suspicious activity, or because it’s been involved in a crime. The caller wants you to confirm your SSN to reactivate it. Or the caller may say your bank account is about to be seized and he’ll tell you what to do to keep it safe. This often requires you to put money on gift cards or provide him with codes. This gives him access to that money and you will never see it again.

- Your Social Security number will not be suspended. Don’t verify your number to anyone who calls. Your bank accounts are not about to be seized.
- SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.
- The real SSA number is 1-800-772-1213, but scammers are putting that number in the caller ID. If you’re worried about what the caller says, hang up and call 1-800-772-1213 to speak to the real SSA. Even if the wait time is long, confirm with the real SSA before responding to one of these calls.
- Never give any part of your Social Security number, your bank account or credit card number to anyone who contacts you.

*If you get one of these calls, tell the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

You Only Get a Discount, if You Know Go shopping and save. ([improvebudget.com](https://www.improvebudget.com))

At **Kohl’s** on Wednesdays, over 60s can get 15% off. On Tuesdays, outlet stores **Marshall’s**, **Ross** will offer up a 10% discount for seniors - though the exact age is determined by each store. **Walgreens** hold a “Seniors Day” once a month too - which varies by location. Discounts of 20% are available for Rewards card members that are over 55 years old in store, and if you’re shopping online you can get a 10% price reduction. If you are 62 or older, you can get a 10% discount every Tuesday and Wednesday at **Dress Barn**. And that’s not all, **Stein Mart** are treating over 55s with their clearance offer. On the first Monday of each month, you can get an extra 20% discount on clearance items. **Goodwill** gives 10%-20% discounts varying by store. Just remember to check with the specific store in your area, as discounts might vary and change without notice.

June Brainteasers

May Brainteaser Answers

What a pair!! How many familiar pairs can you make from the clues below?

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

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

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

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? **\$94.50 Working backwards, \$1.50 is a quarter of 6, 6 is a quarter of 24, & 24 is a quarter of 96, which was the total # of dollars he started with.**

Delaware Trivia: The first woman ever to be elected governor of Delaware, in 2000? **Ruth Ann Minner**

June Brainteasers

History Trivia:

1. Who served as president of the Confederate States during the American Civil War?
2. Name the only man to serve as both U.S. vice president and president without ever being elected?
3. What was the name of Charles Lindbergh's plane on his first solo nonstop transatlantic flight in 1927?

Idioms: commonly known phrases that make their way into our day-to-day speech. Can you translate the following re-written sayings into common idioms?

1. Activity that produces no aches is not productive.
2. After a failed primary attempt, endeavor multiple times.
3. The measure of passing moments is fleeting.
4. Legal tender performs discourse.

Brain Puzzles:

1. It sings and has 10 feet.
2. If you wrote down all the 4's from 5 to 83, how many would that be?
3. Which one of the following 5 words does not belong with the others, and why?
Pail, Skillet, Knife, Suitcase, Doorbell
4. How many (4) letter words can you find in the word 'twinkle'?
5. Unscramble this word: GORNSIMMAROCI

Hinky Pinky: The clues below lead to a 2-word answer that rhymes, such as Big Pig or Stable Table. Answers are one syllable words.

1. Correct elevation: _ _ _ _ _ _ _ _ _ _
2. Depart from Adam's wife: _ _ _ _ _ _ _ _
3. Rollaway bed on a millionaire's boat: _ _ _ _ _ _ _ _




Ways to Cut Your Monthly Expenses (lifehack.org)

- **Write down all of your expenses.** How many times do you hand over \$1 for something and think, “*Oh, it’s only a dollar,*” and then repeat the same process every day for a month? Be mindful of where you’re spending your pennies and write down everything you spend for a month - you can then see where to cut costs in the future.
- **Cut out the take away coffees.** Get yourself a nice flask and make your own coffee. If you’re serious about cutting your expenses and you still buy a takeaway coffee every morning, buying a flask will save you at least \$80 a month.
- **Shop in Thrift Stores (at least some of the time).** You can get designer items for pennies; you can find cheap tat and upcycle it for next to nothing, and find one-off clothes you’d never find on the high street. So, if you’re looking to update your wardrobe or buy new stuff for your home, check out the cheaper alternatives first.
- **Buy the no name brand products at the supermarket.** You may only be saving pennies per item, but there really isn’t much difference in the taste - do not be seduced by pretty branding! The only difference, for example with unbranded tinned tomatoes and branded ones, is the lack of salt and sugar and you can add that yourself. Why pay loads extra for it?
- **Take your own lunch.** Yes, it’ll take up a few extra minutes of your evening, but wouldn’t you prefer to have an extra \$100 at the end of each month instead? Over the course of a year, that’s a saving of over \$1,000.
- **Bulk cook your meals.** Set aside a few hours on Sunday and make a load of different dishes to prepare you for the whole week. Pop them in the freezer and you won’t be tempted with takeaways or packaged meals midweek.
- **Compare gas and electricity prices.** Are you really getting the best deal with your gas and electricity? It only takes a few minutes to compare deals on an online comparison site.
- **Cut out the pricey drinks.** Perhaps you don’t drink much, but for a lot of people, spending a good proportion of their monthly salary on expensive booze is part of their monthly regime. If this rings true, try cutting back or going alcohol-free for a month to see how much you save.
- **Keep a penny/cent collection.** Throw your loose change into a jar, then count it up at the end of each month and see how much you’ve saved—over time, you’ll be surprised by how much money you’ll make.
- **Clear out your unwanted stuff.** Give away your unwanted furniture, clothing or household items you don’t want for free. Visit SATRUCK.org or call The Salvation Army 1(800)728-7825 or try calling your local Goodwill to arrange. Chances are that unless you’re super-organized, you’ll have at least a few things you may want to get rid of.
- **Re-evaluate your car insurance.** Whether it’s life, health, or travel insurance, shop around, compare prices and make sure you’re getting the best deal for the least amount of money. Remember though, that cheapest does not always equal the best.
- **Change your phone deal.** Do you really need all those minutes and extras? Is there a cheaper phone deal that will save you money in the long run? Shop around and see what other phone deals are out there.
- **Take another look at your internet deals.** Can you get a better deal elsewhere? Also try calling your internet provider and asking for a lesser bill; perhaps you’re paying for channels and services you don’t use or need. Do you live in an apartment block? If so, perhaps you can share an internet connection with those around you - providing you trust them.



City Fare Menu June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
6/3 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce	6/4 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	6/5 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread	6/6 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup w. Bacon Crackers	6/7 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
6/10 Salmon w Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding Sour Cream	**6/11** Hamburger on Roll Hotdog on Roll Lettuce, Tomato & Onion Baked Beans Red Skin Potato Salad Watermelon 	6/12 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	6/13 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers	6/14 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish
6/17 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	6/18 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread	6/19 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream	6/20 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	6/21 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae 
6/24 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	6/25 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding	6/26 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Dinner Roll 	6/27 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	6/28 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread

- 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 June 2019

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

June Word Search

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

Beach	Graduations	Relaxing	Summer
Blueberries	Grill	Sandals	Sunlight
Daylight	Ice Cream	Seasonal	Vacation
Father's Day	Poolside	Separation Day	Warmth
Frozen Yogurt	Popsicle	Strawberries	Wimbledon