



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

MARCH 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.

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

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
MARCH
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

MARCH MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
For snow closings WDEL 1150 am or www.wdel.com	Don't forget our St. Patrick's Day fundraiser on March 3rd!		9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	9:30 Brain Boosters
5	6	7	8	9
10:00 Adult Coloring 12:45 Members Mtg	9:00-12:00 AARP Tax Aide	8:45 Phila Flower Show 10:00 Chair Yoga 10:00 Pinochle	9:45 Foot Care Clinic 12:30 Shop Rite	12:30 New Castle Farmer's Market
12	13	14	15	16
10:00 St. Francis Life: LIFE is for Seniors 11:00 Book Club	9:00-12:00 AARP Tax Aide 12:30 Pokeno	9:30 DE Art Museum w/ lunch in the cafe 10:00 Care Wear	9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Food Lion	9:30 McAleer Irish Dancers 11:30 Irish Trivia
19	20	21	22	23
10:00 DE Hospice: Exercise for the Brain 11:00 Lunch out-McGlynns	9:00-12:00 AARP Tax Aide	10:00 Blood work 10:00 Pinochle 10:00 United Health Care: Resources for Rx Drugs & Medicare Information	9:00 Stand by Me 12:30 Foot Care Clinic 12:30 Shop Rite 4:00 Movie Club	12:30 Dollar Store
26	27	28	29	30
10:00 Matter of Balance 10:00 DJ Ike 12:15 Birthday Celeb 12:30 Brain Boosters	9:00-12:00 AARP Tax Aide 12:30 Food Distribution	9:00-3:00 AARP Driver Safety Basic Class 9:30 Mammograms 10:00 Reminisce Group	12:30 Food Lion	CENTER CLOSED GOOD FRIDAY

March Happenings!

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**. 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*

March 2, 26-Brain Boosters Join Eileen for a fun activity to help boost your brain.

March 5-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

March 12-Members Meeting: 12:45 Rescheduled from January. This is a special meeting in order to elect new officers to the Membership Board. New leadership is needed!

March 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.

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.*

March 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.

March 7, 21-Pinocle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinocle.

March 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.

March 12-St. Francis Life: 10:00 Michelle Hood presents "LIFE is for Seniors" with understanding of the concerns of seniors to stay independent and continue living at home.

March 12-Book Club: 11:00 We'll be discussing My Grandmother Asked Me to Tell You She's Sorry, by Fredrik Backman. This is a charming, warm-hearted novel about life, and the right to be different.

March 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.

March 15-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings.

March 16-McAleer Irish Dancers: 9:30 We welcome back the students from the McAleer School of Irish Dance. This is a performance you don't want to miss.

March 16-Irish Trivia: 11:30 We continue our St. Patrick's Day celebration with some Irish Trivia.

March 19-DE Hospice: 10:00 Wendy Brost will be speaking about something we all need to purposefully incorporate into our lives, "Exercise for the Brain".

March 21-United Health Care: 10:00 Yolanda Mohammed will be speaking to us about "Resources for RX Drugs and Information about Medicare".

March 26-Matter of Balance: 10:00 This class will run on Mondays, March 26-May 14, from 10:00-12:00. This FREE award-winning program is designed to manage falls and increase activity levels. Call the center to sign up.

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

March 28-AARP Driver Safety Basic Class: 9:00-3:00 Sign up with this class and save money on your insurance! Cost-\$15 AARP members, \$20-non members. Call to register.

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

March 28-Reminisce Group: 10:00 "Saying Thank You" All are welcome to join us as we read a story and have a discussion.

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.

March 1- Pot Luck Dinner: 5:00 Bring your favorite Irish dish or dessert and enjoy dinner, Irish music & games.

March 22-Movie Night: 4:00 "Moneyball". Brad Pitt is Billy Beane, general manager of the Oakland A's baseball team. Beane outsmarts the richer clubs by recruiting bargain, flawed players with winning potential.

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

March 9- New Castle Farmer's Market: Cost-free for bus

March 14-DE Art Museum:Cost-\$12/paid members, \$14/non-members, includes bus and admission. Lunch is on your own at the museum café.

March 19-Lunch out: McGlynns: Cost-\$3/paid members, \$5/non-members

March 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.

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

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 at 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.

St. Patrick's Day Dance: Saturday, March 3. 7:00-10:00 pm. With the acclaimed Irish music group **Seven Rings.** Bring your own food; cash bar. \$20 in advance, \$25 at the door. *Sponsored by TransPlus*

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 for 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.**

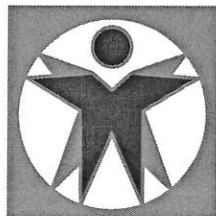
TAI CHI/QI GONG- This class is led on **Thursdays at 2:15 by Sue Townsend.** There is a \$5.00 suggested donation for this class, payable to the instructor.

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.**

DO YOU HAVE **concerns** **about falling?**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**A Matter of Balance
FREE Class will be presented
at
New Castle Senior Center
Mondays, March 26 – May 14
From 10:00 – 12:00**

REGISTRATION IS REQUIRED

For additional information contact:

Susan Fox at 302-255-9690

A Matter of Balance is

Presented by:

**VOLUNTEER
DELAWARE 50+**

*Division of State Service Centers
State Office of Volunteerism*

Sponsored by:



*DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and
Adults with Physical Disabilities*

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

March Outreach

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.” Charles Dickens

March is...

March Madness Month St. Patrick's Day Women's History Month The Start of Spring

March 1 National Peanut Butter Lovers Day Make peanut butter and jelly sandwiches and use cookie cutters to cut them into fun shapes.

March 8 Women's History Month Honoring women who fight all forms of discrimination against women, this year's theme is “Nevertheless She Persisted”.

March 17 St. Patrick's Day Did you know that in Savannah, Georgia, on St. Patrick's Day they dye the river green?

March 21 World Poetry Day Poetry reaffirms our common humanity by revealing to us that individuals everywhere in the world share the same questions and feelings.

High Blood Pressure: A Silent Killer (Vital! 2/18)

Nearly half of American adults have high blood pressure, and most don't even know they have it. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. High blood pressure, also called hypertension, happens when this force is too high. How do you know if your blood pressure is too high? Health care providers monitor blood pressure by using a blood pressure cuff and usually a stethoscope to measure two kinds of pressure: systolic pressure, which is the blood pressure when the heart beats while pumping blood, and diastolic pressure, which is the blood pressure when the heart is at rest between beats. Guidelines for **normal** blood pressure in adults is; systolic pressure - 120 and diastolic - 80. **High blood pressure (Hypertension Stage 1)** is systolic 130 – 139 and diastolic 80 – 89, and **High Blood Pressure (Hypertension Stage 2)** is systolic 140 or higher and diastolic 90 or higher, Hypertension Crisis (consult doctor immediately) is systolic higher than 180 and /or diastolic higher than 120.

Since there are no obvious symptoms, the only way to know if you have high blood pressure is to have it checked by a health care provider. They call high blood pressure one of the silent killers for a reason. Blood pressure checks are extremely important, especially for those at greater risk of developing this condition. Risk factors include **family history** of high blood pressure in parents or close family members; **age**, as our blood vessels slowly tend to lose elasticity as we get older; **gender**, as men are more likely than women to get high blood pressure up until the age of 64, and women are more likely than men from age 65 on; **race**; as African-Americans tend to develop high blood pressure more often than people of any other racial background in the U.S.; **kidney disease**; as high blood pressure might also result in further kidney damage.

If your blood pressure readings are high over repeated checks your doctor may recommend a treatment plan that includes lifestyle changes such as these: eat a well-balanced, low-salt diet, limited alcohol, regular physical activity, managing stress, maintain a healthy weight, and quit smoking. **Reminder: Midge Berfield, RN, is here at the senior center on the 3rd Thursday of each month at 10:00 for FREE blood pressure screenings.**

Jump On Your Hobbyhorse

If you don't have a hobby yet, you might want to consider getting one. Research shows that a hobby can:

- Sharpen your focus & stimulate your thinking
- Improve your memory & help you forget your problems
- Reduce stress & increase your energy
- Boost your creativity & bring more variety to your life

March Brainteasers

February Brainteasers

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

1. Packed in like.....**sardines**
2. Nutty as a.....**fruitcake**
3. The best thing since.....**sliced bread**
4. Cut the**mustard**
5. Slower than.....**molasses**
6. Selling like.....**hot cakes**

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. **cedar**
- Most wines are aged in barrels made of wood from this tree. **oak**
- Native Americans prized the bark of this tree for use in lightweight and waterproof canoes, bowls and wigwams. **birch**
- The bark of this species of oak tree is stripped every nine years and provides material for bulletin boards and bottle stoppers. **cork**

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? **Add milk before going upstairs b/c coffee will lose more heat before adding milk rather than after.**

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?

Place the bottle horizontally and let wine gradually pour out until the horizontal surface of wine is at the middle of the bottle.

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. **Tootsie Roll**

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? **Cassius Clay or Muhammed Ali**

March Brainteasers

Patchwork All of the answers in this word definition game begin with the letters PAT.

1. An hors d'oeuvre that's often made from duck liver
2. A paved area in the backyard.
3. A small, round, flat cake of hamburger meat.
4. Proof that you're the inventor
5. "Customers" for a hospital
6. Nathan Hale was one

ANAGRAMS The letters of each word in this list can be arranged in multiple ways to form other words.

We provide the word and the number of anagrams that are possible to make.

1. Inks (2) _____
2. Evil (3) _____
3. Gnus (3) _____
4. Leap (3) _____
5. Acres (3) _____

Brainteaser

My friend, Albert the butcher, wears a size 13 shoe, is six feet tall, and wears a 42-long suit. What does he weigh?


March in History

1876 – "Mr. Watson, come here. I want to see you" were the first words ever transmitted by telephone. Who said them?

1905 - This new type of physical evidence was used for the first time to help convict an accused murderer in London.



City Fare Menu March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			3/1 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Bread	3/2 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Split Sundae with Chocolate Syrup
3/5 Broccoli Stuffed Chicken with Gravy Au Gratin Potatoes Crinkle Cut Carrots Strawberry Waffle Cookie	3/6 Roast Pork w. Gravy Baked Sweet Potato Green Beans Fruit Cocktail Ultimate Grain Bread	3/7 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Apple Waffle Cookie	3/8 Turkey Burger with Swiss Cheese, BBQ sauce, Pineapple Slice on Whole Wheat Bun Roasted Potato Wedges Orange	3/9 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Chocolate Pudding
3/12 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	3/13 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	3/14 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	**3/15** Ham & Cabbage Baked Potato Wheat Roll Cupcake 	3/16 Cheese Ravioli with Marinara Sauce Mixed Salad w. Tomato & Onion Orange 12 Grain Dutch Bread
3/19 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread Loaf	3/20 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread 	3/21 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Cream of Potato Soup with Bacon Diced Peaches Crackers	3/22 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread	3/23 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail Wheat Dinner Roll Tartar Sauce
3/26 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	**3/27** Ham with Pineapple Sauce Fresh Baked Sweet Potato Asparagus spears Wheat Roll Coconut Cream Pie 	3/28 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Minestrone Soup Pineapple Tidbits Crackers 	3/29 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Ultimate Grain Bread Cranberry Sauce	3/30 CENTER CLOSED GOOD FRIDAY

- 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 March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			3/1 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	3/2 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
3/5 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	3/6 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	3/7 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	3/8 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	3/9 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
3/12 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	3/13 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	3/14 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	3/15 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	3/16 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard
3/19 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	3/20 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	3/21 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	3/22 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	3/23 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
3/26 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	3/27 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	3/28 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	3/29 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	3/30 CENTER CLOSED GOOD FRIDAY

- 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.

St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

BEER
 BELFAST
 BISHOP
 CABBAGE
 CELEBRATION
 CELTIC CROSS
 CHRISTIAN
 CLOVER
 CORK
 CORNED BEEF

DANCING
 DUBLIN
 EVENTS
 FEAST DAY
 FESTIVAL
 GREEN
 GUINNESS
 HERITAGE
 HISTORY
 HOLIDAY

HOLY DAY
 IRELAND
 IRISH
 LEPRECHAUN
 LIMERICK
 MARCH
 MISSIONARY
 MUSIC
 PARADE
 PATRON SAINT

POTATOES
 SEVENTEENTH
 SHAMROCK
 SNAKES
 SODA BREAD
 TRADITION
 YEARLY