



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

APRIL 2018

**“Where Friends Gather”**

# New Castle Senior Center

Incorporated September 2001

Telephone No. 302.326.4209

Website-www.newcastleseniorcenter.com

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

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

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## Senior Center Executive Board

Board President  
Kim Wipf

Vice-President  
Tish Gallagher

Treasurer  
Candi Knotts

Secretary  
Judy Barthel

## Board of Directors

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

## 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

## 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

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.*



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DIABETES PREVENTION PROGRAM

**Info Session:  
April 4th at 1:30 pm**

**Wednesdays at 1:30 pm  
New Castle Senior Center  
Starting May 2nd**

**To enroll please call  
The YMCA of Delaware  
302-572-9622**

**You may be eligible to participate  
with no out of pocket cost.**



The YMCA's Diabetes Prevention Program is a 12 month evidence-based program designed to help those at risk of developing type 2 diabetes adopt and maintain healthy lifestyles. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58% and 71%.

Email: [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org)

[www.ymcade.org/preventdiabetes/](http://www.ymcade.org/preventdiabetes/)

**NEW CASTLE SENIOR CENTER**  
**APRIL**  
**WEEKLY ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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

**APRIL MONTHLY ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10:00 Matter of Balance	9:00-12:00 AARP Tax Aide	10:00 Chair Yoga 10:00 Pinochle  1:30 Info Session: YMCA Diabetes Prevention Program	9:00 Bank & PO  12:30 Shop Rite  5:00 Pot Luck Dinner	11:30 Brain Boosters
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10:00 Matter of Balance 10:00 Presentation: Senior Gambling 11:00 Book Club	9:00-12:00 AARP Tax Aide  12:30 Pokeno	10:00 Care Wear 10:00 Presentation: Reverse Mortgages 11:00 Lunch out-George's Restaurant	9:45 Foot Care Clinic  12:30 Food Lion	12:30 New Castle Farmer's Market
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10:00 Matter of Balance 10:00 Presentation: Wills and Advanced Directives	9:00-12:00 AARP Tax Aide	9:00-1:00 AARP Driver Safety Refresher Course 9:30 Charter Bus Trip-New Hope, PA 10:00 Blood work 10:00 Pinochle	9:00 Bank & PO 10:00 Blood Pressure Screenings  12:30 Shop Rite	12:00 Entertainment: Suzette Pritchett
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:00 Matter of Balance 10:00 Presentation: How to Stay Home Safely	12:30 Food Distribution	10:00 Adult Coloring	9:00 Stand by Me 12:30 Food Lion 12:30 Foot Care Clinic 4:00 Movie Club	12:30 Dollar Store
<b>30</b>				
10:00 Matter of Balance 10:00 Reminisce Grp  12:15 Birthday Celeb 12:30 Brain Boosters				

## April Happenings!

**April 2, 9, 16, 23, 30-Matter of Balance: 10:00** This class is now full.

**April 3, 10, 17-AARP Tax Aide: 9:00-12:00** This is by appointment only-call to schedule. This is a free income tax preparation for those with basic tax returns.

**April 4, 18-Pinochle: 10:00** Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month to play pinochle.

**April 4-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.

**April 4-YMCA Diabetes Prevention Program Information Session: 1:30** This is a 12 month evidence based program designed to help those at risk of developing type 2 diabetes adopt and maintain healthy lifestyles. Research by the NIH has shown that programs like this one can reduce the number of cases of Type 2 diabetes by about 70% in individuals over age 60. **You may be eligible to participate in this class with no out of pocket expenses.** The classes start on May 2, and will be Wednesdays at 1:30. Come today for an information session to learn more and register. If you cannot make it but want to learn more, call the YMCA at 302-572-9622.

**April 6, 30-Brain Boosters** Join us for a fun activity to help boost your brain.

**April 9-Presentation: Senior Gambling: 10:00** Wm Campbell will be presenting on this important topic.

**April 9-Book Club: 11:00** We will be discussing *The Jefferson Key*, by Steve Berry. This is a story of the Constitution, secret codes, loads of history and even pirates! What else does anyone need?

**April 10-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.

**April 11-Presentation: Reverse Mortgages: 10:00** If you are curious to learn more, come hear Jan Tabaka from M & T Bank.

**April 12, 26-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.

**April 16-Presentation: Wills and Advanced Directives: 10:00** Steve Kleiner of Kleiner & Kleiner, LLC., a law firm focusing on wills, trusts and estates, will be presenting important information about Delaware law regarding wills and advance directives and various types of advance directive forms.

**April 18-AARP Driver Safety Refresher Class: 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

**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. The day is yours to explore the shops, restaurants, walk along the canal, etc. You can even walk across the bridge to Lambertville, NJ and explore another great town.

**April 19-Blood Pressure Screenings: 10:00** Midge Berfield, RN will be here to do free BP screenings.

**April 20-Entertainment: 12:00 Suzette Pritchett** has been singing professionally for 30 years. Come hear songs from artists such as Aretha Franklin, Tony Bennett, Lou Rawls, Otis Redding, Patti Labelle and more. You won't want to miss her very smooth and sultry sound!!

**April 23-Presentation: How to Stay Home Safely: 10:00** Faith Patterson from Generations Home Care and transportation will be speaking to us.

**April 25-Adult Coloring: 10:00** Let your stress and cares melt away as we color with friends.

**April 30-Reminisce Group: 10:00** "Soap Operas and Togetherness" Do you recall any TV shows your family enjoyed watching together?

**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.**

**April 5-Pot Luck Dinner: 5:00** Come celebrate the start of Spring with sliders, salads, sides and desserts!

**April 26-Movie Night: 4:00** "One Fine Day" is a romantic comedy with Michelle Pfeiffer and George Clooney at their most charming, in spite of trying to juggle their careers and deal with the challenges of parenting.

## More April Happenings

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

**April 11- Lunch out: George's Restaurant:** Cost-\$3/paid members, \$5/non-members

**April 13- New Castle Farmer's Market:** Cost-free for bus

**April 27-Dollar Store:** Cost-free for bus

### SAVE THE DATE

**Mah Jongg Lessons**-The next set of lessons will be on Mondays, May 7-21, at 10:00. Sign up with Glory.

## Fundraisers

**10 week club**-The next 10 week club will begin on Friday, March 23, and run through May 25. Tickets are \$10 each, and are available at the senior center. You do not need to be a member to play, and you do not need to be present to win. *You can still buy tickets once the drawings have begun.*

### 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.**

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 paid members and \$3.00 for non-members.**

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

**AQUATIC EXERCISE**-Water exercises at the Delaware Swim and Fitness Center from 9:00-10:00 a.m. The program runs on Monday, Wednesday and Friday of each week. Center transportation is provided on Mondays. **COST: \$3.00 PER SESSION PAYABLE AT THE FITNESS CENTER.**

**CHAIR YOGA** -Focuses on health and wellness at all levels of the person: physical, psychological and spiritual. Yoga, a simple yet profound stress management technique. **Gale is here on Mondays at 1:00.**

**STRENGTH BUILDING/ EXERCISE**-An invigorating routine choreographed to music, featuring low impact strength building and aerobic movements. Free weights are used. This is a great aerobic workout for people of all levels of fitness! **Join Training by Liz for a session Tuesday afternoons at 1:00 p.m.**

**CAREWEAR**-The group meets **the second Wednesday of every month at 10:00.** Volunteers sew, quilt, crochet and knit items for veterans, service men/women, nursing home residents, school children, shelter residents, and other vulnerable populations.

**LINE DANCING**-For those who want to learn to line dance, **11-11:30** will be a beginner's line dance class. This class will feature easy to learn dances to a variety of music. An intermediate class will follow from **11:30-12:00**, covering more elements of dancing. **Join Rick Wilson on Wednesdays** and be part of the fun!

**AGILITY/BALANCE/COORDINATION (A.B.C. Class)**-Join Training by Liz on **Wednesdays at 1:00.** The class focuses on agility, balance and coordination , with some relaxation techniques at the end, and can be modified for people of all ability levels.

**STAND BY ME FINANCIAL COACH**-Meet one-on-one with a Financial Coach to apply for Extra Help and find out what other benefits you may receive. **A coach will be at the center the fourth Thursday of every month from 9:00-12:00.** Call 651-3401 or 651-3427 for more info or to schedule an appt today!

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

**ZUMBA GOLD**-Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of active, older participants. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. **Join Elisa Cordero on Thursdays at 1:00.**

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

**BIBLE STUDY**- Bible Study with Joan Teagle will be held on **Thursdays at 2:30.**

**YOGA**-Join Kathleen Corcoran on **Thursdays from 5:30-6:30 pm** for yoga w/light abs workout. A yoga mat or towel is needed. Cost is \$8 per class.

**BEGINNER'S/ARTHRITIS EXERCISE CLASS**-This exercise program is specifically geared for those who haven't exercised in a while and consists of a series of gentle, non-aggressive movements designed to reduce body aches, pain, stiffness, and increase range of motion and circulation. Join **Linda Adams from Gentle Wellness 4 Life on Fridays at 10:30.**

## April Outreach

***“April hath put a spirit of youth in everything.” William Shakespeare***

### Presentation on Wills and Advance Directives at New Castle Senior Center

On **Monday, April 16<sup>th</sup> at 10:00**, the general public is invited to a free seminar given by Kleiner & Kleiner LLC., A Law Firm Focusing on Wills, Trusts and Estates. An advance directive is a written statement of a person’s wishes regarding medical treatment, often including a living will, made to ensure those wishes are carried out should the person be unable to communicate them to family, friends or doctors. They will be presenting both information about Delaware law regarding advance directives and various types of advance directive forms. It also affords participants an opportunity to complete a valid Power of Attorney for health care. Call the New Castle Senior Center at 302 326-4209, or email [jkoon@newcastleseniorcenter.com](mailto:jkoon@newcastleseniorcenter.com) by Thursday, April 12<sup>th</sup> to indicate you plan to attend this informational seminar.

### 9 Reasons People Are Successful With Fitness Plans News Journal – Steve Rapposelli, Physical Therapist

What secrets make someone age well? Almost all of the people I have seen who have defied the inevitable tide of aging seem to share the following characteristics.

1. **They have developed little habits of discipline.** They are not working out two hours a day, but they are at the fitness center every week, and most are here every day. Little things, done daily, yield big results. It could be drinking a glass of water at breakfast, or not eating after 7 in the evening, or do three push-ups before bed. It doesn’t seem to matter what they do, but that they do it regularly.
2. **They have a positive outlook.** Sure they get mad at the news, or the guy who cuts them off, but they tend to look at the positive side of things, and they tend not to take things personally.
3. **They give.** They are generous with their time, talents, energy, advice, and even with their money. They look for ways to add value to anything that they touch. As it turns out, their good health is no accident in part because of this attitude.
4. **They are connected socially.** It may be a weekly church service, a pot luck supper or a monthly club meeting, but it’s a chance to gather with others. Do you say hello to the mailman or the lady walking her dog, or strike up a conversation with the checkout person at the store? All this counts as connecting, and not allowing yourself to be isolated.
5. **They take care of problems when they are small when it comes to fitness.** They ask questions any little ache or pain when exercising. Adjustments can be made so that even 90 year olds can exercise safely. Everyone likes solving little problems.
6. **They have a purpose.** Having a reason to get out of bed every morning is a powerful elixir. Have one! If you are retired, use this as a perfect time to reinvent yourself. Try something new!
7. **They have some regular practice of stress reduction.** It can be praying, meditating, deep breathing, a walk in nature, singing or playing an instrument, or having a pet.
8. **They have a spiritual practice that includes gratitude.** They tend to be optimists and see good in the little things. They believe that there is something out there bigger than them. They make it a point to be thankful for every little thing.
9. **They don’t eat or drink to excess.** In general, eat until you are 80% full. Eat what you want. Eat plants. Eat fresh. Drinking in excess only wastes the precious little time you have here on earth.

So, if you want a longer life, consider the way people are living who stay healthy and defy age.



## April Brainteasers

### 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 **Pate**
2. A paved area in the backyard **Patio**
3. A small, round, flat cake of hamburger meat **Patty**
4. Proof that you're the inventor **Patent**
5. "Customers" for a hospital **Patients**
6. Nathan Hale was one **Patriot**

**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) **sink, skin**
2. Evil (3) **live, veil, vile**
3. Gnus (3) **guns, snug, sung**
4. Leap (3) **pale, peal, plea**
5. Acres (3) **cares, races, scare**

### **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?

**He weighs meat, after all, he is a butcher!**

### **March in History**

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

**Alexander Graham Bell**

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

**Fingerprints**

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## April Brainteasers

**Brrrr!!** All the answers in this word definition game begin with the letter BR.

1. The largest country in South America
2. A contusion
3. One who earns money to support a family
4. To make coffee or beer
5. The organ of thought and feeling
6. An adornment for the wrist
7. The extreme edge, or point disaster occurs
8. Fragile, easily broken, candy of caramel and nuts
9. An illegal gift, usually to persuade or influence
10. Your mother's son

**GOLLY GEE** All of the two-word answers in this game begin with the initials G and G.

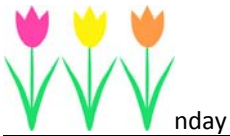
1. This San Francisco bridge is actually red.
2. Charli Brown's favorite saying
3. Her most famous movie line mirrored her reclusive lifestyle: "I want to be alone!"
4. Term for a very fuel-inefficient car
5. From the 1890's to the 1920's these beauties depicted with hair piled high on their heads, personified the feminine ideal
6. Your daughter's daughter
- 7.

**Brainteaser** A bird has a head 9 cm long. The tail is equal to the size of the head plus a half of the size of the body. The body is the size of the head plus the tail. How long is the bird?

## DELAWARE TRIVIA

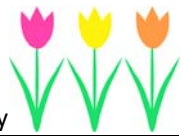
Delaware became the three southern colonies of what territory in 1682?

On what dates did Caesar Rodney make his famous ride to Philadelphia to declare Delaware independent from England?



nday

# City Fare Menu April 2018



Friday

Tuesday

Wednesday

Thursday

<p>4/2 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread</p>	<p>4/3 Fire Braised Chicken Stew Mixed Salad with Onion &amp; Tomato Peach Cobbler Ultimate Grain Bread</p>	<p>4/4 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Wheat Dinner Roll Applesauce Sour Cream</p>	<p>4/5 Diced Chicken w. Dressing &amp; Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>4/6 Seasoned Flounder Macaroni &amp; Cheese Stewed Tomatoes Banana Yogurt Split Sundae with Chocolate Syrup</p>
<p>4/9 Broccoli Stuffed Chicken with Gravy Au Gratin Potatoes Crinkle Cut Carrots Strawberry Waffle Cookie</p>	<p>4/10 Roast Pork with Gravy Baked Sweet Potato Green Beans Fruit Cocktail Ultimate Grain Bread</p>	<p><b>**4/11**</b>  Chicken Gumbo Creole Style Beans Tropical Fruit Salad Wheat Dinner Roll Cupcake</p>	<p>4/12 Turkey Burger with Swiss Cheese, BBQ sauce, Pineapple Slice on a Whole Wheat Bun Roasted Potato Wedges Orange</p>	<p>4/13 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Chocolate Pudding</p>
<p>4/16 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread</p>	<p>4/17 Ham &amp; Swiss on a Club Roll Lettuce, Tomato &amp; Onion Cream of Broccoli Soup Orange Crackers</p>	<p>4/18 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion &amp; Tomato Applesauce Ultimate Grain Bread</p>	<p>4/19 Chicken &amp; Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt</p>	<p>4/20 Salisbury Steak w. Gravy Mashed Potatoes Spinach Pineapple Tidbits Cornbread Loaf</p>
<p>4/23 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread Loaf</p>	<p>4/24 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</p>	<p>4/25 Turkey &amp; Swiss on a Club Roll with Lettuce, Tomato &amp; Onion Cream of Potato Soup Crackers Diced Peaches </p>	<p>4/26 Seafood Crab Cake Baby Lima Beans Fruit Cocktail Wheat Dinner Roll Tartar Sauce Corn</p>	<p>4/27 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>
<p>4/30 Salmon with Lemon Dill Sauce Baked Potato with Sour Cream Broccoli Cuts Wheat Dinner Roll Rice Pudding</p>				

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is \$2.25. People under age 60 must pay \$5.00

# City Fare Bag Supper Menu April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
4/2 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	4/3 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	4/4 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	4/5 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	4/6 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup
4/9 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	4/10 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	4/11 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	4/12 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	4/13 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding
4/16 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	4/17 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	4/18 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	4/19 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	4/20 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
4/23 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	4/24 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	4/25 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	4/26 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	4/27 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard
4/30 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt				

- 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.

## *find & circle 25: a horse, of course*

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

Appaloosa

Arab

Bays

Bronco

Calico

Chestnut

Clydesdale

Colt

Coursers

Dame

Dapple

Dobbin

Equine

Filly

Foal

Gallop

Halter

Mane

Mare

Morgan

Mustang

Pacer

Palomino

Pinto

Pony

Race

Roan

Saddle

Shetland

Shire

Sire

Stallion

Tether

Trotter

Welsh

Wild