



New Castle Senior Center
at the
Booker T. Washington School
400 South Street New Castle Delaware 19720
302-326-4209

MARCH 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.

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

Program Volunteers

Blood Pressure

Emily Kariuki, RN
Steps Home Care Services

Board of Directors

Marianne Caven
Ted Joslin
Lisa Lindsey
Nicole Poore
Erica Suppa
Bob Thatcher

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

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Mike Pullan

Outreach/Activities Coordinator
Cindy Stanavich

Transportation
Lisa Droughn
Russ Paternostro
Tom Strawbridge

Nutrition Site Manager
Crystal Thomas

Receptionist
Glory Rolfe

**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
MARCH
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 10:00 Wii Bowling 11:00 Line Dancing 12:00 Lunch 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)

MARCH MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 Adult Coloring	9:00-12:00 AARP Tax Aide	9:30 Chair Yoga 10:00 Nutrition Ed	12:30 Shop Rite 5:00 Pot Luck Dinner	11:40 Aerobics for the Mind
9	10	11	12	13
9:30-12:00 Chronic Pain Self-Mgmt 9:30 Haircuts 10:00 Cornhole 10:30 Book Club 11:00 Reminisce	9:00-12:00 AARP Tax Aide 12:30 Pokeno	10:00 Presentation: "Reverse Mortgages" 11:15 Lunch out: Catherine Rooneys	9:00 Bank & PO 12:30 Food Lion 12:30 Paint with Colleen	12:00 Entertainment-Music in the Living
16	17	18	19	20
9:30-12:00 Chronic Pain Self-Mgmt 11:00 Dance Party	9:00 AARP Tax Aide 9:30 McAleer Irish Dancers 10:00 St. Patrick's Day bingo 12:30 Pokeno	9:15 Adventure Aquarium- Camden, NJ	10:00 Blood Pressure Screenings 12:30 Shop Rite 4:30 Old is not Easy	12:30 New Castle Farmer's Market
23	24	25	26	27
9:30-12:00 Chronic Pain Self-Mgmt 10:00 Mega Bingo	9:00-12:00 AARP Tax Aide 9:00 Soup Sale 12:30 Food Distribution	9:00-1:00 AARP Driver Safety Refresher Course 10:00 Presentation: "Senior Companion Program"	9:00 Bank & PO 9:00 Stand By Me 12:30 Food Lion 4:00 Movie Club	12:30 Dollar Store
30	31			
9:30-12:00 Chronic Pain Self-Mgmt 9:00 IGC Metals 11:00 Shuffleboard 12:15 Birthday Celeb 12:30 Aerobics for the Mind	9:00-12:00 AARP Tax Aide	Don't forget our St. Patrick's Day fundraiser on March 7th!		For snow closings WDEL 1150 am or www.wdel.com

March Happenings!

Mondays Fun Days!

March 9-Cornhole: 10:00 Join in and play Cornhole, the bean toss game here in the River Room.

March 16-Dance Party: 11:00 A great way to move and have fun! Join us on the dance floor!

March 23-Mega Bingo: 10:00 We have visitors coming from De La Warr and Weston Senior Center to join us for Bingo with prizes and refreshments.

March 30-Shuffleboard: 11:00 Come over and play shuffleboard with us! No experience necessary.

Programs

Call the senior center at 326-4209 to register for any of these programs.

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 Tax Aide: 9:00-12:00 The Tax Aide Counselors will be here every Tuesday through April 14 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: 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

Speakers/Entertainment/Special Activities

March 4-Nutrition Ed: 10:00 Lauren Ronquillo, Registered Dietitian Nutritionist from City Fair returns to speak about prebiotics, “natural flavoring”, and what foods can and can’t be frozen.

March 11-Presentation: Reverse Mortgages: 10:00 Karen Rader, WSFS Loan Specialist will be here to discuss reverse mortgages, a powerful tool to help meet your needs for today and tomorrow.

March 12-Paint with Colleen: 12:30 Colleen returns to guide you in painting your own work of art.

March 13-Entertainment: 12:00 “Music in the Living” Cindy McGrath, solo pianist will be here to perform.

March 17-McAler Irish Dancers: 9:30 We welcome back the students from the McAler School of Irish Dance. This is a performance you don’t want to miss! Followed by a St Patrick’s Day themed bingo at 10:00.

March 25-Presentation: Senior Companion Program: 10:00 Valerie Wright, program manager at First State Community Action Agency, will provide information on the Senior Companion program, where volunteers provide aging adults with assistance to remain independent longer and provide respite free of charge.

March 30-Jewelry Repair/Appraisal Event with IGC Metals: 9:00 Bring broken jewelry for reasonably priced repairs, jewelry heirlooms for appraisal, and/or any jewelry you no longer want or need they may offer to buy.

Regular Monthly Activities

March 2-Adult Coloring: 10:00 Let your cares melt away as we color with friends.

March 4-Chair Yoga: 9:30 Presented by the Cancer Support Community. This class is the 1st Wed of the month.

March 6, 30-Aerobics for the Mind: Take charge of your own mental fitness and keep your brain active!

March 9-Haircuts: 9:30 “Styles by The Miles” will be here. Sign-up sheet in the lobby includes services/prices.

March 9-Book Club: 10:30 A discussion about the book “Finding Georgia” by Colleen Faulkner (DE)

March 9-Reminisce Group: 11:00 Let’s talk automobiles. What was your first car? What is your favorite car?

March 10, 17-Pokeno This game is similar to bingo, but played with a deck of cards. Bring your nickels.

March 19-Free Blood Pressure Screenings: 10:00 Thanks to Emily Kariuki RN from Steps Homecare Services

March 30-Birthday Celebrations: 12:15 Cake and ice cream to celebrate those members with March birthdays.

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 March for paid members.

March 5-Potluck Dinner: 5:00 Potluck O' The Irish! Bring your Irish dishes and share with friends.

March 19-"Old is Not Easy": 4:30 Join the discussions about the "joys" of aging.

March 26-Movie Night: 4:00 "Hidden Figures" Three African-American women serve as the brains behind one of the greatest operations in history, (about advancement in ideas and technology) the launch of an astronaut into orbit. *For those who are interested, Vaughn Hilton will be leading a discussion after the movie.*

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

March 11-Lunch out: Catherine Rooneys: Cost-\$2/members; \$4/non-members

March 18-Adventure Aquarium in Camden, NJ. Enjoy one-of-a-kind exhibits with more than 15,000 aquatic species, the largest collection of sharks on the East Coast, the only aquarium in the world to exhibit hippos and the longest shark bridge in the world. Cost-\$40.00/members; \$50/non-members includes admission & bus. Lunch is on your own at the museum's Marketplace, with a variety of food and drink options.

March 20-New Castle Farmer's Market: Cost-free for bus

March 27-Dollar Store: Cost-free for bus

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.

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 to members and are 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.

Upcoming Charter Bus Trips

April 15-Museum of the American Revolution in Phila. 9:30-5:00. Cost-\$10 for paid members only, which includes charter bus, admission and driver's tip. Lunch is on your own at the museum café.

May 20-Lititz, PA. 9:30-5:00. Cost-\$5 for paid members only, 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.

August 26- Atlantic City: 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.

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.**

March Outreach

“Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is gone, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it...” ~Groucho Marx

March is...National Irish American Heritage Month – designated by Congress in 1995, National Women's History Month, St. Patrick's Day

March 1 – March 31 – Women's History Month is an annual declared month commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

March 3 – Caregiver Appreciation Day is a day of recognition for both paid and non-paid care givers for supporting someone in need.

March 3 – Alexander Graham Bell was born on this day in 1847. This famous scientist is remembered for his groundbreaking work in sound technology and improving education for the deaf. His best known invention, the telephone patented in 1876, forever changed the way humans communicate with each other. The first telephone company, Bell Telephone (today known as AT&T) was founded on July 9, 1877. He also invented the photophone, a device that was the precursor of fiber optics, and developed techniques for teaching speech to the deaf.

March 4 – Hug a GI Day The men and women in our armed forces deserve our thanks and appreciation. GI's perform an invaluable service to our country. They risk their lives for our freedom, and to keep us safe. A simple hug is a small thanks for this vital service to our country.

March 17 - Saint Patrick's Day, or the Feast of Saint Patrick, is a holiday celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland. It is a day of celebrating Irish history, ancestry, traditions and customs.

Healthy Self-Esteem (National Association for Self-Esteem)

Self-esteem is how you feel about yourself. If you have good feelings about yourself, it means you have high self-esteem. You can help yourself have high self-esteem by thinking about the good things like the things you do well and your proud moments. Positive self-talk empowers you, makes you stronger and builds confidence. You have the right to express your wants, needs, and self-worth; and have them treated with respect by others. Think of self-esteem as a balloon; expect that some days will be difficult, but think positive and inflate your self-esteem balloon. Use the RESILIENCE strategy to maintain or increase self-esteem.

R – Remember you are good enough

E – Everyone is different

S – Stop comparing yourself

I – Individuality is good

L – Learn something new regularly

I – Involve yourself in what you like

E – Enjoy things that make you smile

N – Not everyone can be number 1

C – Care about yourself and others

E – Expect that some days will be difficult

Outsmart Fraud

Social Security Launches New Campaign to Fight Scammers (SSA)

The Social Security Administration launched a new Public Service Announcement (PSA) campaign to continue warning people about the ongoing nationwide telephone impersonation scheme. The PSAs feature a message from Social Security Commissioner Andrew Saul. Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

“I want every American to know that if a suspicious caller states there is a problem with their Social Security number or account, they should hang up and never give the caller money or personal information. People should then go online to oig.ssa.gov to report the scam call to Social Security,” said Commissioner Saul. People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

The new PSA addressing the telephone impersonation scheme is available online at www.youtube.com/socialsecurity and below:

Social Security employees do occasionally contact people--generally those who have ongoing business with the agency--by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person’s Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.

The Charity Check (Money Saver, AARP)

Beware, many fundraiser pitches are frauds in disguise. With so many billions of dollars flowing into charities it’s no surprise that scammers prey on our charitable spirit. It’s OK to listen to your heart when giving, but use your head to ensure where you want it to go. **Ask for a registration number, if they won’t provide one, move on.** Verify where the donation goes. **Input the group’s name or registration number into the state’s online database to find out how much went to the charity’s purpose. Say No if less than 65% of the money raised is used for the charitable purpose.**

Brainteaser



March 2020

Ace It: Ignoring spaces & punctuation, how many consecutive letters a-c-e can you find?

Grace, a certified hypochondriac, envisioned a day when she could go anyplace without a sick look on her face. Grace aced college but didn't get an MBA, ceasing her studies when she met Chase, a cerebral student of crustaceans who loved to look at her face and embrace her curvaceous figure. Being a recovering hypochondriac enabled Chase to relate to Grace, and he helped her recover by sharing his favorite placebo.

Scrambled Words:

1. MOPSYCHIN 2. AAWRDHE 3. OIATAVR 4. IALZNFEI 5. NPIYTG

4-Letter Anagrams: Fill in the blanks with words that are rearrangements of one another.

1. The people could not ____ without fear under the rule of the ____ king.
2. Ted didn't do very ____ without his ____ Artie.
3. His knees felt ____ when he ____ from his kneeling position.
4. Marissa was excited as she ____ the letter from her ____ friend.

March Trivia:

1. In 1996, it was revealed in the news that (1) billion households worldwide owned what item?
2. In 1962, who scored the most points in a single basketball game against the NY Knicks?
3. In 1867, what was described as 'Seward's Folly'?
4. In 1949, the 1st round the world nonstop airplane flight was completed in a U.S.A.F. B50 Superfortress Bomber. What was the name of the airplane?

Irish Proverbs

A good laugh and a long sleep are the best cures in the doctor's book.

The light heart lives long.

Do not resent growing old. Many are denied the privilege.

ANSWER KEY:

1 Ace It: 16

Scrambled Words:

1. Symphonic
2. Warhead
3. Aviator
4. Finalize
5. Typing

Anagrams:

1. Live - Fear
2. Much - Chum
3. Sure - Rose
4. Time - Emit

March Trivia:

1. Television set
2. Wilt Chamberlain
3. Buying Alaska 7.2 Million
4. The Lucky Lady II



City Fare Menu March 2020



Monday

Tuesday

Wednesday

Thursday

Friday

<p>3/2 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish</p>	<p>3/3 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit</p>	<p>3/4 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce</p>	<p>3/5 Hamburger with Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers</p>	<p>3/6 Salmon w Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding Sour Cream</p>
<p>3/9 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>3/10 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread</p>	<p>3/11 Pot Roast with Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream</p>	<p>3/12 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>3/13 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae</p>
<p>3/16 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie</p>	<p>**3/17** Ham & Cabbage Baked Potato Wheat Roll Cupcake Sour Cream</p> 	<p>3/18 Meatloaf with Marsala Mushroom Gravy Macaroni & Cheese Brussels Sprouts Applesauce Dinner Roll</p>	<p>3/19 Chili with Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream</p>	<p>3/20 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding</p>
<p>3/23 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread</p>	<p>3/24 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread</p>	<p>3/25 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt</p> 	<p>3/26 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers</p>	<p>3/27 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice</p>
<p>3/30 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread</p>	<p>3/31 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</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 March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3/2 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	3/3 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	3/4 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	3/5 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	3/6 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
3/9 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	3/10 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	3/11 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	3/12 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	3/13 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
3/16 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	3/17 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	3/18 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	3/19 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	3/20 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard
3/23 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	3/24 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	3/25 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	3/26 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	3/27 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
3/30 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	3/31 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana			

- 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.

March

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

Aquamarine	Green	Martius	Spring
Aries	Irish	Month	St. Patrick
Bloodstone	Lamb	Nutrition	Third
Daffodil	Leprechaun	Pisces	Winter
Equinox	Lion	Shamrock	Women's History

- March is Women's History Month and National Nutrition Month.
- Aquamarine and Bloodstone are the March birthstones. Birth flower is Daffodil.