



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

AUGUST 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
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

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
AUGUST
WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 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

AUGUST MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:00 Bank & PO 12:30 Shop Rite No bible study 5:00 Pot Luck Dinner	12:30 Brain Boosters
5	6	7	8	9
10:00 Lincoln Heritage Financial Presentation 11:00 Lunch out: Chili's	9:30 Haircuts 1:30 Diabetes Education	10:00 Pinochle 10:00 Chair Yoga 10:00 Fox Rehab Presentation 11:00 Wii Meeting 1:30 YMCA Diabetes Prevention Program	9:30 Massages 12:30 Food Lion 12:30 Paint with Colleen	12:00 Entertainment: Ed Brugel
12	13	14	15	16
9:30 Shuffleboard Tournament at Weston Senior Ctr 10:30 Book Club	12:30 Pokeno	10:00 Care Wear 10:00 Let's Make a Craft 11:00 Board Games	9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Shop Rite No bible study 4:30 Old is not Easy	12:30 New Castle Farmer's Market
19	20	21	22	23
10:00 United HC Presentation: Basics of Medicare 11:00 Reminisce Group		8:30 Atlantic City 10:00 Pinochle 10:00 Blood Work 10:00 Adult Coloring	9:00 Stand by Me 12:30 Food Lion 4:00 Movie Club	12:30 Dollar Store
26	27	28	29	30
10:00 Bingo 12:15 Birthday Celeb 12:30 Brain Boosters	12:30 Food Distribution 1:30 Diabetes Educ.	10:00 Tea Party at Fairwinds Farm	12:30 Shop Rite No bible study	12:15 End of Summer Ice Cream Social

August Happenings!

August 2, 26-Brain Boosters: 12:30 Join us for a fun activity to help boost your brain.

August 5-Lincoln Heritage Financial: 10:00 Marie Field (LHF Underwriter) will speak about what services they have to offer senior citizens.

August 6-Haircuts: 9:30 “Styles by The Mile” returns to provide quality haircuts, color, and perms. Sign up sheet and services/prices list available in the lobby.

August 6, 27-Diabetes Education: 1:30-2:30 *Presented by Christiana Care Carelink CareNow.* This class will be held August 6 & 27, September 17 & 25 and October 1. See the flyer in our lobby or page 8 of this newsletter for more information on topics. To enroll, call Brenda Walsh at 302-320-5635 or Sally Jewel at 302-320-5035.

August 7, 21-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

August 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.

August 7-“Physical, Occupational, & Speech Therapy Helps Save Lives”: 10:00 Wendie Brost from FOX Rehabilitation will be here to talk about how FOX clinicians help older adults achieve their best life possible.

August 7-Wii Meeting: 11:00 We will be meeting to discuss any new rules, fees and finalize our teams for the upcoming league season. If you are interested in joining a team, but cannot make the meeting, contact Mike.

August 8-Massages: 9:30 Lisa Harzberger, licensed massage technician, returns. Cost-\$20.00 per 30 minute session. Sign up with Glory.

August 8-Paint with Colleen: 12:30-2:30 Sign up (in the lobby) for a 2 hour painting class to learn to paint a picture with Art Instructor, Colleen Hover. Cost-\$15, payable to Colleen on the day of class.

August 9-Entertainment: 12:00 Ed Brugel will be here to play the handbells!

August 12-Shuffleboard Tournament at Weston Senior Center: 9:30 Sign up to go to Weston Senior Center on our bus and play them in Shuffleboard (2 to a team)! Bus will return back to our center by noon.

August 12-Book Club: 10:30 Discussion about the book “Kindred” by Octavia Butler.

August 13-Pokeno: 12:30 This game is similar to bingo, but played with a deck of cards. Bring your nickels.

August 14-“Let’s Make a Craft”: 10:00 We will be making a cinnamon stick wrapped pillar candle, which will add cozy warmth to any space! Cost-\$3. See Cindy to sign up and to see a picture of what we will be making.

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

August 19-Basics of Medicare: 10:00 Yolanda Mohammed from United Healthcare will give an overview of the difference between Medicare Supplement and Medicare Advantage Plans, and explain about benefits checkups.

August 19-Reminisce Group: 11:00 Let’s talk about home remedies for illness you were taught.

August 21-Atlantic City: Resorts Casino: 8:30-5:30 Cost-\$30/members; \$40/non-members. Price includes \$25 in slot play, bus and driver’s tip.

August 21-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

August 26-Bingo: 10:00 Join us for Monday bingo!

August 30-Ice Cream Social: 12:15 Join us for ice cream sundaes as we say goodbye to summer (a bit early)!

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.

August 1-Potluck Dinner: 5:00 Bring a home-style favorite, a comfort food of our choice to share with friends.

August 15-Old is Not Easy”: 4:30 Join the discussions about the” joys” of aging.

August 22-Movie Night: 4:00 “The Intern” A Comedy/Drama with Robert de Niro who plays a senior intern to Ann Hathaway, an on-line fashion website owner.

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

August 5-Lunch out: Chili’s: Cost-\$2/members; \$4/non-members for bus

August 16-New Castle Farmer’s Market: Cost-free for bus

August 23-Dollar Store: Cost-free for bus

August 28- Tea Party: Fairwinds Farm, Northeast MD: Delicious tea & food, tour of the small farm, horse & carriage rides and relaxing rocking chairs on the sprawling front porch. Cost-\$27/members; \$30-non members

SAVE THE DATE

AARP Driver Safety Refresher Class: September 18: 9:00-1:00 Cost-\$15 AARP members, \$20 non members

Mini Health Fair-September 23: 10:00-12:00

Trip to Rehoboth Beach: September 25: 8:00-4:00 Cost-\$15 members/\$20 non-members for the bus. There will be no regular bus transportation this day but the center will be open will all regularly scheduled activities.

Fundraisers

10 week club-The winners for the Summer 10 week club thus far are:

Week 1-Elizabeth Brotherton, Eileen Blyskal, Mary Travagline

Week 2-Cheri Moorhead, Susan Stude, Joan Nee

Week 3-Stanley Bradley, Carol/Gene Mayhew, Pat Merlino

Week 4-Liz Bower, Grace Simon, Audie Payton

HARVEST BAZAAR-OCTOBER 19, 2019

As of **August 1**, we will be accepting donations for the following tables. The deadline for submitting donations is **October 4**.

The Treasure Chest- Items should be things that you could use but don't and are in good condition. Suggested new and old items: knick-knacks, collectibles, jewelry, unneeded gifts, decorative items, household items, kitchen items, pictures. *We will not accept any clothing (including shoes and hats) or electronics (tvs, stereos, vcrs, etc.)* Please note, any items donated that are valued under \$1 or deemed unsellable will not be displayed.

Made for You-We would like donations of handmade crafts, crocheted or knitted items (especially sweaters for all ages) or any other handmade specialty you may have. New or gently used sewing/craft supplies will also be accepted. *We are not able to accept fabric material at this time.*

Reader's Corner-We are looking for used books in good condition. Large print books are always needed. *We are not able to accept any dictionaries, textbooks, outdated medical/health books or religious books.*

Granny's Cupboard-Bakers are needed! If you are able to bake for us, please call Mike at the center to sign up.

Volunteers are needed to help set up on October 18 and to help out the day of the bazaar, October 19.

Contact Mike if you are interested.

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.

August 21-**Atlantic City: Resorts Casino:** 8:30-5:30. Cost-\$30/members; \$40/non-members. Price includes \$25 in slot play, bus and driver's tip.

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.

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. For questions, contact Susan directly at 256-7817.

BIBLE STUDY- Bible Study with Joan Teagle will be held on **Thursdays at 2:30.** *There is no bible study on August 1, 15 or 29.*

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.**

August Outreach

"Every now and then, a person with no agenda, no ulterior motive, and no self-interest will take pleasure in helping you succeed, grow, and live your purpose. This person will operate in love, will seek no praise, and will want nothing in return. This person is a gift."
Craig Harper

August is... National Wellness Month, National Eye Exam Month, Romance Awareness Month

August 13 – International Left Handers Day Recognizes those creative, unique folks for whom left is always right! Some famous "lefties" include Barack Obama, Celine Dion, Marilyn Monroe, and Paul McCartney.

August 17 – National Thrift Shop Day Celebrate by wearing favorite thrift shop finds, visit a vintage store or thrift shop, and discuss treasures and bargains discovered in thrift shops.

August 21 – Senior Citizens Day We show appreciation to our seniors for their contributions. We see you, we hear you, and we value you.

The National Do Not Call Registry (\$tand by Me)

The federal government's **National Do Not Call Registry** is a free, easy way to **reduce** the telemarketing calls you get at home. To register your phone number or to get information about the registry, visit www.donotcall.gov, or call **1-888-382-1222** from the phone number you want to register. If you register online, you'll receive a confirmation email from donotcall.gov. You must click on the link in the email within 72 hours to complete your registration.

The Do Not Call Registry prohibits **sales** calls. You still may receive political calls, charitable calls, debt collection calls, informational calls, and telephone survey calls. Also, companies may still call if you've recently done business with the company, or if you've given the company written permission to call you. If you ask a company not to call you again, it must honor your request. Record the date of your request.

Hang up on illegal sales calls. If your number is on the Do Not Call Registry, and you get a sales call, or you get an illegal robocall, don't interact in any way. Report the call to the Federal Trade Commission at donotcall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236).

If you get unwanted calls from many different numbers, look into a call blocking solution. There are online call blocking services, call blocking boxes, and smartphone apps that block unwanted calls.

There are a few things you can do to reduce your odds of being hounded by robocallers. (FTC.gov)

<u>Just Hang Up</u>	<u>Use call-blocking services</u>	<u>Register for Do Not Call</u>	<u>Be Skeptical</u>
Simply hang up	Mobile phone apps Built-in phone features Cloud-based services Call-blocking devices Phone carrier services	*See above	Don't buy gift cards and read scratch off codes; this is a scam! The IRS and Homeland Security will not ask you to urgently confirm personal information nor your bank, internet service provider (ISP), OR credit card company. You call them directly.

Tobacco Smoke (Healthy Delaware)

Do you smoke now? Have you smoked in the past? **A lung cancer screening could save your life.** A screening called a low-dose CT scan has been approved to help detect lung cancer at an early stage, **when it's most treatable.** Studies have shown that this form of screening can reduce the risk of passing away from lung cancer.

You should be screened for lung cancer if you:

- Are 55 to 80 years of age
- Smoke or smoked a pack a day for 30 or more years, or two packs a day for 15 or more years
- Currently smoke or quit smoking with the last 15 years

To get screened you should talk with your healthcare provider about a lung cancer screening. A free lung cancer screening may be available to you, if you don't have insurance.

Tobacco Smoke Part 2 (Delaware Healthy Homes)

There are more than 4,000 chemicals in secondhand tobacco smoke, the smoke breathed in by *non-smokers*. According to the American Heart Association, such exposure can cause cancer and heart and lung disease.

WHAT YOU CAN DO:

- Ask those who smoke to take it outside.
- Do not allow smoking in your home or car.
- Insist that childcare workers, friends, and family not smoke around your children.

Diabetes, The Most Common Condition Sending Seniors to the ER (Consumer Affairs)

Seniors now account for more than 1/3 of emergency room (ER) visits. One reason for the increase is possibility that people are living longer and are subject to more chronic ailments. Older adults are more likely than other consumers to require a trip to the hospital ER. Major risks include falls, heart failure, and dangerous fluctuations in blood pressure. The biggest issue sending seniors to the ER are complications from diabetes, a fact that suggests older Americans are increasingly overweight or obese and are neglecting their nutrition. New research published in *Annals of Emergency Medicine* also lists heart disease, kidney disease, congestive heart failure, and blood vessel blockage as reasons for seniors to visit the ER. "Efforts to improve care for vulnerable older Americans should focus on enhancing delivery and decreasing utilization," said Edward M. Castillo, an associate adjunct professor with the University of California San Diego Department of Emergency Medicine and lead study author. "Older patients are more likely to have multiple chronic conditions which make emergency care increasingly complex. A better understanding of older patients opens the door for interventions in and beyond the emergency department."

Diabetes Education

Christiana Care Carelink CareNow will be doing a 5 week series of diabetes education classes here at the center. Call Brenda Walsh at 302-320-5635 or Sally Jewel at 302-320-5035 to enroll.

Classes are 1:30-2:30

Gathering 1-August 6: Diabetes Explained

Gathering 2-August 27: Monitoring/Problem Solving

Gathering 3-September 17: Healthy Eating

Gathering 4-September 24: Taking Medications

Gathering 5-October 1: Being Active/Reducing Risk/Healthy Coping

Virtual: Grocery Store Tour

August Brainteasers

July Brainteaser Answers

Stinky Pinky: Each answer contains two words that rhyme. Figure it out from an offbeat definition.

1. An introverted insect. **Shy Fly**
2. Inebriated animal that emits a bad smell. **Drunk Skunk**
3. A peculiar-looking goatee. **Weird Beard**
4. An intelligent painting. **Smart Art**
5. An adorable orange or banana. **Cute Fruit**
6. A flounder's hope. **Fish Wish**

History Lesson:

In 1961 the twenty-third amendment to the Constitution was ratified, giving which U.S. citizens the right to vote in presidential elections? **Washington, D.C. residents**

Who, What, and Where:

1. Who Hosted You Bet Your life on NBC from 1950 to 1961? **Groucho Marx**
2. Who played the radio characters Clem Kadiddlehopper & Freddie the Freeloader? **Red Skelton**
3. What is the children's game that involves a chalk outline drawn on the sidewalk? **Hop Scotch**
4. Where was the town for the TV show Gunsmoke? **Dodge City, Kansas**

TV Theme Songs: Can you name the song and finish the words?

1. "Welcome back, your dreams were your ticket out _____" **Welcome back, Kotter**
2. "there's a hold up in the Bronx _____" **Car 54, Where are you?**
3. "Making your way in the world today _____" **Cheers**
4. "schlemiel, schlimazel, hasenpfeffer incorporated _____" **Laverne and Shirley**

August Brainteasers

What's the Word: Pick the correct definition.

- | | | | |
|---------------|------------------------|------------------|--------------------------|
| 1. Popinjay | a. supercilious person | b. rubber duck | c. breakfast muffin |
| 2. Febrile | a. feverish | b. easily broken | c. species of houseplant |
| 3. Tabular | a. form of newspaper | b. catlike | c. having a flat surface |
| 4. Pernicious | a. funny | b. destructive | c. irritating |

Got an itch? All the answers in this word definition game end with the letters CH.

1. Seaside summertime playground.
2. Zip, zero, nada.
3. This will make your collar stand up.
4. Satisfy your thirst.
5. A fink, stool pigeon, informant.
6. Kiss.


Sing It! Name the song from these musical questions.

1. Where was the Monkees' final train headed?
2. Name Elvis's two 'blue' songs?
3. What is Tom Jones's famous feline inquiry?

Huh?

1. Candace is Jane's daughter's aunt's husband's daughter's sister. What is the relationship between Candace and Jane?
2. Unscramble this word: ATTRESPNARN
3. There are 100 buildings along a street. A sign maker is ordered to number the buildings from 1 to 100. How many "9's" will he need?
4. All my ties are red except two. All my ties are blue except two. All my ties are brown except two. How many ties do I have?

City Fare Menu August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			8/1 Crab Cake on Brioche Bun Stewed Tomatoes Corn Fruit Cocktail Tartar Sauce	8/2 Herb Baked Chicken Mashed Potatoes Brussels Sprouts Sliced Banana in Orange Juice Strawberry Waffle Cookie
8/5 Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup	8/6 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin	8/7 Grilled Chicken in Marinara Sauce & Mozzarella Cheese over Penne Pasta Italian Blend Veggies Applesauce Dinner Roll	8/8 Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Banana- Yogurt Sundae	8/9 Turkey & Mozzarella on Ciabatta Bread with Balsamic Dressing, Lettuce & Tomato Potato Soup w. Bacon Chocolate Fudge Pudding Crackers
8/12 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Onion Apple Crisp	**8/13** Meat Lasagna with Marinara Sauce Spinach, Craisin & Mandarin Orange Salad Italian Ice Wheat Roll 	8/14 BBQ Chicken Red Skin Potato Salad w. Egg Baked Beans Diced Peaches Strawberry Waffle Cookie	8/15 Battered Pollock Filet Broccoli Spears Diced Potatoes with Peppers & Onion Cantaloupe or Orange Blueberry Muffin Tartar Sauce	8/16 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Yogurt Cranberry Sauce
8/19 Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf	8/20 Chicken Salad Platter Lettuce & Tomato Cream of Broccoli Soup Ambrosia Whole Grain Saltines	8/21 Salmon Burger on Pretzel Bun Lettuce & Tomato Sweet Potato Wedges Fruit Cocktail	8/22 Meatball Sub w. Mozzarella Cheese Mixed Salad with Tomato, Onion & Green Peppers Pear Halves	8/23 Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange
8/26 Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread	8/27 Fire Braised Chicken w. Swiss Cheese & Caramelized Onions on Ciabatta Bread Sweet Potato Puffs Tropical Fruit	8/28 Pot Roast in Au Jus Roasted Baby Bakers Cooked Cabbage Pineapple Tidbits Giant Graham Fish 	8/29 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Orangecicle Parfait Crackers	8/30 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie

- 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 August 2019

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

- 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.

August

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

Catfish

Leo

Poppy

Summer

Eight

Marshmallow

Rice Pudding

Vacation

Gladiolus

Panini

Sandwich

Virgo

Goat Cheese

Peach

Sardonyx

Watermelon

Immunizations

Peridot

Spinel

Zucchini

National Zucchini Day, Rice Pudding Day, Watermelon Day and Toasted Marshmallow Day are in August. August is National Catfish month, Panini month, Peach month and Sandwich month. August birthstones are the peridot, sardonyx and spinel. Birth flower is the gladiolus or poppy. It's also National Immunization Awareness Month.