



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

NOVEMBER 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
Candi Knotts

Secretary
Judy Barthel

Board of Directors

Marianne Caven
Sally Denton
Dee Duszak
Terry Gormley
Ted Joslin
Nicole Poore
Erica Suppa
Bob Thatcher

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Mike Pullan

Outreach/Activities Coordinator
Jo Ann Koon

Transportation
Susan Marinelli
Russ Paternostro
Tom Strawbridge

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.

**NEW CASTLE SENIOR CENTER
NOVEMBER
WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 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 10:30 Wii Bowling 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 9:30 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

NOVEMBER MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	11:30 Brain Boosters
5	6	7	8	9
9:00-11:00 Mah Jongg Lessons 10:00 Milburn Orchards 10:00 Adult Coloring	CENTER CLOSED ELECTION DAY	9:30 Dutch Apple Theater 10:00 Pinochle 10:00 Chair Yoga 1:30 YMCA Diabetes Prevention Program	12:30 Shop Rite	9:30 Veterans Day Breakfast & America's White Table 12:30 New Castle Farmer's Market
12	13	14	15	16
CENTER CLOSED VETERANS DAY	12:30 Pokeno	9:00 Paparazzi Jewelry 10:00 <u>No Care Wear</u> 10:00 Bayada 12:00 Thanksgiving luncheon 12:30 Mt. Sophia Senior Chorale 1:30 YMCA Diabetes	9:00 Bank & PO 9:30 Massage Program 10:00 Blood Pressure Screenings 12:30 Food Lion 5:00 "Old Isn't Easy"	12:00 Thanksgiving Craft: Gratitude Tree
19	20	21	22	23
9:00-11:00 Mah Jongg Lessons 10:00 New Castle County Police 10:30 Book Club		10:00 Pinochle 10:00 Blood Work 10:00 AAA: Traffic Safety Program No line dancing 1:30 YMCA Diabetes	CENTER CLOSED THANKSGIVING	CENTER CLOSED DAY AFTER THANKSGIVING
26	27	28	29	30
9:00-11:00 Mah Jongg Lessons 10:00 State Farm 10:00 Learn to Play Pool 11:00 Reminisce Grp. 12:15 Birthday Celeb 12:30 Brain Boosters	12:30 Food Distribution	9:30 Panera/ Christmas Tree Shop 1:30 YMCA Diabetes Prevention Program	9:00 Stand by Me 12:30 Shop Rite 4:00 Movie Night	12:30 Dollar Store

November Happenings!

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

Nov. 5, 19, 26-Mah Jongg Lessons: 9:00-11:00 Interested in learning to play mah jongg? This is your chance to take lessons. Space is limited, so sign up with Glory.

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

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

Nov. 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.

Nov. 9-Veterans Day Breakfast & America's White Table: 9:30 A special morning to thank our Veterans and remember those who gave all for our country.

Nov. 13-Pokeno: 12:30 This game is similar to bingo, but played with a deck of cards. If you've never played, come and learn! Bring your nickels.

Nov. 14-Paparazzi Jewelry: 9:00 A table will be set up for those who want to treat themselves or do a little holiday shopping.

Nov. 14-Bayada: 10:00 Audrey Bruce will bring info about "Increasing Our Awareness of Risks for Falling".

Nov. 14 Thanksgiving lunch: (12:00) and entertainment by the Mt. Sophia Senior Chorale (12:30) Join us for our annual thanksgiving celebration. Enjoy a delicious holiday meal, and stay for the entertainment. *Sign up for lunch with Anna by November 9th.*

Nov. 15-Massage Program: 9:30 Lisa Harzberger, a licensed massage technician, is back again. She will be doing soft tissue massages for seniors and reflexology on hands and feet, according to the person's needs...no lotions, no undressing. She will charge \$20.00 for 30 minutes. See sign-up sheet at front desk.

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

Nov. 16-Thanksgiving Craft: 12:00 With Thanksgiving around the corner, let's set up a "Gratitude Tree". We will hang notes, in the shape of leaves, on it that express what we are thankful about.

Nov. 19-NCC Police: 10:00 Det. Tina Shughart will present the important topic, "Financial Exploitation Targeting Seniors".

Nov. 19-Book Club: 10:30 Discussion will be on *Ordinary Grace*, by William Kent Krueger.

Nov. 21-AAA Traffic Safety Program: 10:00 Mark Eskridge will be speaking on "Night Driving & Tips About Rules on the Road".

Nov. 26-State Farm: 10:00 David McMullen will present information on "Final Expenses Insurance".

Nov. 26-Learn to Play Pool: 10:00 Have you seen our pool tables and wish you knew how to play? Now is your chance to learn!

Nov. 26-Reminiscence Group: 11:00 Have you and your family ever lived through lean times? How did you cope? Come learn about one family's coping skills during the Great Depression.

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.

Nov. 1-Potluck Dinner: 5:00 "Barnyard Fun" For a fun, down-home feel, let's enjoy a collection of dishes from anything you would find on a farm. For example: barnyard stew, chicken pot pie, roasted pork, sliced turkey, creamed corn, fresh fruits and vegetables, egg salad, and zucchini bread to name just a few.

Nov. 15-"Old is Not Easy": 5:00 Bring a light dinner and join the discussions about the "joys" of aging.

Nov. 29-Movie Night: 4:00 "*La La Land*", an award winning film, starring Ryan Gosling and Emma Stone. It's about an actor and a jazz musician pursuing their Hollywood dreams – and finding each other.

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

November 5-Milburn Orchards: Cost-\$4/members; \$6/non-members

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

November 28-Panera/Christmas Tree Shop: Cost-\$4/members; \$6 non-members

November 30-Dollar Store: Cost-free for bus

SAVE THE DATE

December 18-Holiday Lunch with entertainment by New Castle Elementary

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.

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.

Fundraisers

Annual Appeal- If you have already given a donation, thank you! If you have not yet sent in a donation, it's not too late. Any amount you can give is appreciated and goes a long way in helping the center. Remember, you can donate online! Go to www.newcastleseniorcenter.com and click on the "donate" button on the homepage

Twelve Days of Christmas Raffle-Tickets for this fundraiser will be mailed at the end of October. You can also get additional tickets at the senior center.

Harvest Bazaar

Another successful bazaar!

Thank you!!! To everyone who contributed to the bazaar to make it such a great day. Thank you to all the people who came out in support of the bazaar and shopped. "It takes a village" (or in this case, a senior center community) to put together an event of this magnitude, and hours of time and energy on the part of many. Thank you to all of the members who donated their time, talent, crafts, baked goods, books, household items, and more. We couldn't have the bazaar without you. Thank you to those who helped price items. Thank you to those who donated their strength in helping us set up on Thursday afternoon and clean up on Saturday after the bazaar to get the senior center back in functioning order. This is no small task! Thank you to those who help us set everything up on Friday, so we were ready for the day. Special thanks to Kate Scott, for volunteering each year to do tarot card readings at the event.

Finally, I would like to thank the Chairs of each table for their hard work and time, both on the day of the bazaar and in the months leading up to the event. For this group, the bazaar is not a one day event but something that they dedicate time to all year long and spend countless hours sorting, organizing, pricing, and planning. Our bazaar chairs and coordinating committee were: Bake Table-Marie Braddock; Good Eats Café-Marie Braddock and Janice Queen; Made for You-Ruth Smith; Reader's Corner-Pat Flynn and Lorraine Grier; Treasure Chest-Mike Pullan and Barb Chandler.

Special thanks to the following businesses for their donations:

Herr's - Liquid Alchemy Beverages - Pepsi - Porto-Fino Pizza - Rosehill Plantery - ShopRite - Wawa

We still have items for sale, stop by and do some shopping!

CENTER PROGRAMS

All daytime exercises classes with an instructor, unless otherwise noted, are \$1.00 for paid members and \$3.00 for non-members.

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

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

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

CAREWEAR-The group meets **the second Wednesday of every month at 10:00.** Volunteers sew, quilt, crochet and knit items for veterans, service men/women, nursing home residents, school children, shelter residents, and other vulnerable populations. **There will be no meeting in the month of November.**

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

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

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

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

TAI CHI/QI GONG- This class is led on **Thursdays at 2:15 by 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.**

November Outreach

“November comes and November goes, with the last red berries and the first white snows.” Elizabeth Coatsworth

November is...Peanut Butter Lovers Month and Thanksgiving

Nov. 3 – Book Lovers Day – A good day to visit the library, share your favorite books with friends, or just kick back with a good book and read to your heart’s content!

Nov. 12 – Peanut Butter Lovers – Gather a variety of peanut butter flavors, spread on bread or crackers and sample each to find the flavor you like best.

Nov. 22 – Thanksgiving Day – Enjoy your Thanksgiving feast and be mindful of all in your life for which you can be thankful!

Heart Disease: It Doesn’t Discriminate Vital Magazine

Heart disease is actually the leading cause of death in women in the U.S. Once called “a man’s disease”, in actuality, it doesn’t discriminate. Of more concern is that, according to the Center for Disease Control, almost 64% of women who die suddenly of heart attack had no previous symptoms, hence its inclusion in the group of “silent killer” diseases.

What to watch for: The symptoms women experience are very different from those common in men. Women experience pain in the neck, jaw, throat, or back much more frequently than men. Some women report dull chest pain or a sharp, burning sensation. However many women don’t have any pain typically associated with heart attack, but may instead notice shortness of breath, fatigue, swelling of feet, ankles or legs, confusion, dizziness or numbness in face, arms or legs. If you notice any of these conditions, don’t wait to seek medical attention.

Risk Factors & What You Can Do Now: Although women’s symptoms may differ from men’s, the risk factors are the same.

***High Blood Pressure** – Check your blood pressure regularly. Control it through diet, and if needed, medication.

***High LDL cholesterol** – Know your numbers. Control through diet and meds if needed.

***Smoking** – Stop smoking! This one life style change benefits your heart, lungs, and circulatory system, and reduces risk of some cancers.

***Diabetes** – Get tested for diabetes. Control your weight and follow a healthy diet.

***Obesity** – Put effort into being a healthy weight, as obesity contributes to a number of health issues and diseases, and makes controlling blood pressure, blood sugar, and cholesterol more difficult.

***Physical Inactivity** – The more you move, the better you’ll feel. Exercise can help circulation, heart, lungs and joints.

***Overuse of alcohol** - Limit alcohol to one drink per day.

***Poor diet** - A diet high in fats and sugars contributes to a wide range of physical conditions. Reduce soft drinks, sugar in coffee, add fruits or vegetables to each meal, and reduce amount of red meat you eat. Small changes add up!

* **Sleep** – Sleep is good for your heart! Poor sleep patterns have been linked to increased blood pressure and trouble losing weight. Aim for 6 to 8 hours a night. You can make changes to reduce your chance of heart disease. See your doctor to assess your risk and get started on any meds that may be needed. Be intentional about the foods you put on your plate and get moving toward a heart-healthy lifestyle!

November Brainteasers

October Brainteasers Answers

Daily Double All of the two word answers in this game begin with the initials D and D.

1. Father who doesn't pay his child support... **deadbeat dad**
2. Chicago-style pizza... **deep dish**
3. Nick-name for the 2-story red buses in London... **double decker**
4. Rock Hudson's frequent co-star... **Doris Day**
5. Person appointed to make sure everyone gets home safely after a night of drinking... **designated driver**
6. He is the third most popular cartoon character of all time... **Donald Duck**
7. In this jump rope game, two ropes are swung in opposite directions simultaneously... **Double Dutch**

Endings and Beginnings A compound word is made up of two smaller words, such as *stopwatch*. Here we provide the first half of one compound word and the second half of another. Figure out the word that completes them both. The first letter of the answer is provided as a hint.

- | | |
|----------------------------------|-----------------------------------|
| 1. Super man power (M) | 8. Wall flower pot (F) |
| 2. Drug store front (S) | 9. Bell hop scotch (H) |
| 3. Pawn shop keeper (S) | 10. Mouth wash tub (W) |
| 4. Buck tooth paste (T) | 11. Ear ring leader (R) |
| 5. Turn table cloth (T) | 12. Fire arm pit (A) |
| 6. Pocket book keeper (B) | 13. Bird bath robe (B) |
| 7. Stove pipe line (P) | 14. Hobby horse radish (H) |

Egg on your face Which of these two sentences is correct: "The yolk of the egg are white" or "The yolk of the egg is white"? **Neither – the egg yolk is yellow**

Delaware Trivia What is the name of the interactive, multidisciplinary, hands-on museum for youngsters in New Castle County? **Delaware Children's Museum**

November Brainteasers

IT STARTS WITH A LETTER All the answers in this game start with a letter: X-Ray

1. Discount store chain formerly known as S.S. Kresge Company –
2. A brand of cotton swab –
3. Surgical baby delivery –
4. Cut of steak also called Porterhouse –
5. June 6, 1944 –

Rhyming Geography Each question has clues to two different geographical places that rhyme:
Taos, Laos:

1. U.S. state that is home to Portland and Kennebunk; and the country of Madrid and Barcelona:
2. U.S. state that is home to Lincoln and Omaha; and U.S. state that is home to Juneau and Fairbanks:
3. The capital of Texas; and the capital of Massachusetts:
4. Largest city in New Mexico; and the country where you'll find the cities of Ankara and Istanbul:
5. Battlefield where Napoleon was defeated; and the Michigan city where Glen Miller "had a girl":

Word Problem For bowling season, Jason decided to buy a ball for \$8.50, new shorts for \$18.50, as well as a pair of bowling shoes for \$47.30. Jason currently has \$19.80 and a coupon for \$14.00 off his purchase. How much more money does he need to complete his purchase?

November in History In 1611, this play writer's romantic comedy, "The Tempest" was first presented.

Social Security

Social Security Supports People Battling Cancer Davida Smith-Reed

More than a million people will be diagnosed with cancer around the world this year. This alarming statistic affects people and families everywhere. Social Security encourages getting checkups to provide early detection. Social Security supports people who are fighting cancer. We offer support to patients dealing with this disease through our disability program. People with certain cancers may be eligible for a Compassionate Allowance. Compassionate Allowances are cases where individuals have medical conditions so severe they obviously meet Social Security's disability standards, allowing us to process the cases quickly with minimal medical information. There is no special application or form you need to submit for Compassionate Allowances. Simply apply for disability using the standard Social Security or Supplemental Security Income (SSI) application. Once we identify you as having a Compassionate Allowance condition, we'll expedite your disability application.

Social Security establishes Compassionate Allowance conditions using information received at public outreach hearings, from the Social Security and Disability Determination Services communities, from medical and scientific experts, and from data based on our research. For more information about Compassionate Allowances, including the list of eligible conditions, visit www.socialsecurity.gov/compassionateallowances to apply for benefits.

Tai Chi vs. Psychotherapy for Better Sleep New York Times/ Nicholas Bakalar

Poor sleep is associated with increased inflammation, which may contribute to heart disease and a variety of other ailments. A new study has shown that cognitive behavioral therapy and tai chi, the Chinese exercise technique, may reduce both insomnia and inflammation.

Researchers studied 123 people with insomnia who were over age 55. They were randomized to one of three groups. The first received two hours a week of cognitive behavior therapy over four months, the second the same amount of tai chi practice, and the third, a control group, a four month educational program about sleep hygiene, aging and insomnia.

At one year after treatment, compared with the control group, those on cognitive behavioral therapy and tai chi had reduced blood levels of C-reactive protein and reduced production of pro-inflammatory cytokines, both indicators of inflammation.

Using blood samples, the researchers also found that both the treatment groups had lower expression of genes related to inflammation and increased expression of genes related to antibody response compared with the control group.

Tai chi and cognitive therapy are used to treat insomnia because, unlike medication, they produce no unwanted side effects. With the improvement in insomnia, there is a reversal of inflammation at the systemic level and the genetic level. This is a good thing, because inflammation contributes to cardiovascular disease, depression and cancer. Another excellent benefit to Tai chi is improvement in balance

Senior Humor in Why I Like Retirement...

Question: How many days in a week?

Answer: 6 Saturdays and 1 Sunday

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.



City Fare Menu November 2018



Monday

Tuesday

Wednesday


Thursday

Friday

			11/1 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	11/2 Salisbury Steak w. Gravy Mashed Potatoes Spinach Pineapple Tidbits Cornbread Loaf
11/5 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce	11/6 CENTER CLOSED ELECTION DAY	11/7 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread	11/8 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup w. Bacon Crackers	11/9 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
11/12 CENTER CLOSED VETERANS DAY	11/13 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	**11/14** Roast Turkey with Gravy Bread Stuffing Sweet Potatoes Green Bean Almondine Cranberry Sauce Dinner Roll Pumpkin Pie w. Whipped Cream	11/15 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers	11/16 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish
11/19 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	11/20 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread	11/21 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream	11/22 CENTER CLOSED 	11/23 CENTER CLOSED
11/26 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	11/27 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding	11/28 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Dinner Roll 	11/29 Chili with Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	11/30 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is \$2.25. People under age 60 must pay \$5.25

City Fare Bag Supper Menu November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			11/1 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	11/2 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
11/5 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	11/6 CENTER CLOSED ELECTION DAY	11/7 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	11/8 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	11/9 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
11/12 CENTER CLOSED VETERANS DAY	11/13 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	11/14 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/15 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	11/16 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup
11/19 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	11/20 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/21 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	11/22 CENTER CLOSED 	11/23 CLOSED
11/26 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/27 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	11/28 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	11/29 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	11/30 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.

THANKSGIVING

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

Acorn

Dessert

Gratitude

Stuffing

Bake

Drumstick

Gravy

Thanks

Centerpiece

Family

Leftovers

Thursday

Cornucopia

Friends

Meal

Tradition

Cranberries

Gobble

Pumpkin

Turkey