



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

APRIL 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.**

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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**

Marianne Caven  
Sally Denton  
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  
Jo Ann Koon

Transportation  
Susan Marinelli  
Russ Paternostro  
Tom Strawbridge

Receptionist  
Glory Rolfe

Nutrition Site Manager  
Anna Yardley

**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  
302-327-7630

**The medical office will be reopening in early April  
2019!**

*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

## APRIL

### 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

### APRIL MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00 Adult Coloring	9:00-1:00 AARP Tax Aide	9:30 Mammograms 10:00 AmeriHealth 10:00 Pinochle 10:00 Chair Yoga 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO  12:30 Shop Rite 5:00 Pot Luck Dinner with Speaker	11:30 Brain Boosters 12:30 New Castle Farmer's Market
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Reminisce Group	9:00-1:00 AARP Tax Aide  12:30 Pokeno	10:00 Care Wear 10:00 Presentation: Genetic Screenings 11:00 Lunch out: Smiley's Diner	9:30 Massage Program  12:30 Food Lion	12:00 Gunning Bedford Jazz Band
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:30 Book Club		9:00-1:00 AARP Driver Safety Refresher Class <b>9:30 Skippack, PA</b> 10:00 Pinochle 10:00 Blood Work	9:00 Bank & PO 10:00 Blood Pressure Screenings  12:30 Shop Rite  3:30 Old is Not Easy	<b>CENTER CLOSED</b>  <b>GOOD FRIDAY</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 Giant Food Store Nutritionist: 6 Steps to Better Health	12:30 Food Distribution	9:30 Trip to Chesapeake City	9:00 Stand by Me  12:30 Food Lion  4:00 Movie Club	12:00 Entertainment: Craig Satchell
<b>29</b>	<b>30</b>			<b>29</b>
10:00 Bathfitters: More About Safety  12:15 Birthday Celeb 12:30 Brain Boosters				<b>For snow closings</b>  WDEL 1150 am or <a href="http://www.wdel.com">www.wdel.com</a>

## April Happenings!

**April 1-Adult Coloring: 10:00** Let your stress and cares melt away as we color with friends.

**April 5, 29-Brain Boosters** Join us for a fun activity to help boost your brain.

**April 2, 9-AARP Tax Aide: 9:00-1:00** This is a free income tax preparation for those with **basic** tax returns. *All of our appointments are filled; Waiting list only*

**April 3-Mammograms: 9:30** Join us as we go to the Helen Graham Breast Center for our yearly mammograms. Sign up with Mike.

**April 3-AmeriHealth Caritas: 10:00** Joy Harrison will be speaking about this national leader in healthcare insurance solutions for low-income and chronically ill patients.

**April 3, 17-Pinochle: 10:00** Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month to play pinochle.

**April 3-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 8-Reminisce Group: 10:00** “Childhood Memories” What are some things you’ve never forgotten from your childhood? Did you ever treat a pet like a human? Do you recall an incident where your parents had to discipline you? Did you have a sibling who “tattled” on you?

**April 9-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.

**April 10-Genetic Screenings: 10:00** Edie Chewning will be speaking to us about Genetic Screening, and how it can be helpful information in the prevention of some diseases.

**April 11-Massage Program: 9:30** Lisa Harzberger, a licensed massage technician, will be here to offer soft tissue massages for seniors and reflexology on hands and feet. Cost- \$20.00 for 30 minutes.

**April 12-Entertainment: 12:00 Gunning Bedford Jazz Band**, under the leadership of Mike Brelick, will be performing for us.

**April 15-Book Club: 10:30** We’ll be discussing The Longest Ride, by Nicholas Sparks. Two couples who have little in common and who are separated by years and experience will have their lives converge with the unexpected reminder that even the most difficult decisions can yield extraordinary journeys.

**April 17-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. *Waiting list only*

**April 17-Skippack, PA: 9:30-5:00.** Cost \$38/members; \$48/non-members. Price includes bus and driver’s tip. Day is on your own. Skippack is a classic American small town with a vibrant selections of shops and restaurants, all of which are locally owned and operated.

**April 18-Blood Pressure Screenings: 10:00** Midge Berfield, RN will be here to do free BP screenings.

**April 22-Nutritionist: 10:00** From Giant Food Store, Emily Craft will be speaking on “6 Steps to Better Health”.

**April 26-Entertainment: 12:00 Craig Satchell** will be here playing piano and singing popular songs and jazz.

**April 29-Bathfitters: 10:00** Veronica Carroll will be here to share “More About Safety”.

**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 4-Potluck Dinner: 5:00** Come celebrate Spring! Bring any dish or dessert that reminds you of spring and we will enjoy an evening of good food, music, games and a special speaker. Lindsey Thompson, from the Food Bank will talk with us about shopping nutritionally on a budget.

**April 18-“Old is Not Easy”: 3:30** Join the discussions about the” joys” of aging.

**April 25-Movie Night: 4:00** “Crazy Rich Asians” is a recently released, award winning romantic comedy.

## More April Happenings

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

- **April 5- New Castle Farmer's Market:** Cost-free for bus
- **April 10-Lunch out: Smiley's Diner:** Cost-\$2/members; \$4/non-members
- **April 24-Cheseapeake City:** Cost-\$4 members/\$8 non-members

## Fundraisers

**10 week club**-The next 10 week club will begin on Friday, March 22, and run through May 24. 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.*

### 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.**

April 17-**Skippack, PA:** 9:30-5:00. Cost \$38/members; \$48/non-members. Price includes bus and driver's tip. Day is on your own. Skippack is a classic American small town in Montgomery County, PA with a vibrant selections of shops and restaurants, all of which are locally owned and operated.

May 15-**Turkey Hill Experience:** 8:30-5:00. Cost-\$65/members; \$75/non-members. Price includes the Taste Lab (create your own ice cream flavor), Tea Discovery Lab (taste teas from around the world), self-guided interactive tour, box lunch, bus and driver's tip. **Deadline to sign up is April 26.**

June 12-**Rainbow Dinner Theater: "Divorce, Southern Style":** 9:30-5:00. Cost-\$95/members; \$105/non-members. Price includes show, lunch, gratuity, bus and driver's tip. **Deadline to sign up is May 24.**

July 17-**Lititz, PA:** 9:30-5:00. Cost-\$38/members; \$48/non-members. Price includes bus and driver's tip. 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 21-**Atlantic City:** 8:30-5:30. Cost-\$30/members; \$40/non-members. Price includes bus and driver's tip. We will find out what deal the casino is offering as the trip gets closer.

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.**

**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.

**\$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.**

## **April Outreach**

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

**April is...** National Humor Month, Animal Cruelty Prevention Month, Garden Month

**April 3 – National Humor** – Focus on the joy and healing power of laughter.

**April 7 – First Modern Olympics** – They were held in Athens, Greece, April 6-15, 1896.

**April 27 – Arbor Day** – Arbor is the Latin word for tree, and Arbor Day is a day to celebrate and care for trees.

### **Spring Into Action!** (Vital! Magazine)

Exercising benefits everyone, no matter your age. Along with improving mental wellness, exercise improves overall health as well as specific conditions like high blood pressure, heart disease, and diabetes. Exercise may even ease some of the symptoms and possibly delay the long-term effects of chronic health conditions. The National Institute on Aging suggests that daily exercise is imperative for long-term health. Incorporate the following types of exercising into your daily routine to keep you feeling like a spring chicken.

#### **Stretching**

Regularly stretching your muscles leads to increased flexibility and helps to maintain the freedom of movement needed to enjoy the activities we enjoy most. Stretching is also a great way to warm up before or cool down after more strenuous activity.

#### **Balance Exercises**

Each year, more than one-third of people age 65 or older fall. Falls and fall-related injuries, such as hip fracture, can have serious impact on an older person's life. If you fall, it could limit your abilities or make it impossible to live independently. Balance exercises, along with certain strength exercises, can help prevent falls by improving your ability to control and maintain your body's position, whether you are moving or still.

#### **Strength Exercises**

Exercises that build muscle strength can also help rev up your metabolism and keep blood sugar levels in check. Whether you choose to use free weights, machines, or body weight exercises (like push-ups or squats) make sure you learn the proper way to perform the movements in order not to strain your muscles, ligaments and joints.

#### **Cardiovascular Exercises**

Improve your heart health with activities that increase your heart rate and breathing for an extended period of time (examples are walking, jogging, swimming, raking, sweeping, dancing and playing tennis). Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time, if you need to. Then try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. If you do less than 10 minutes at a time it will not give you the desired heart and lung benefits.

#### **Chair Workouts**

For many people who suffer from joint issues or chronic conditions that prevent them from being able to participate in other forms of exercise, chair workouts may be the answer. Chair workouts simply modify strength, balance and cardio workouts to meet participants' particular needs.

**The Power of Positivity** – *“I am still determined to be cheerful and happy, in whatever situation I may be; for I have learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.” - Martha Washington (1732 – 1802)*

## April Brainteasers

### March Brainteaser Answers

**Double Trouble** Compound words are made up of smaller words such as *hayloft* or *watchtower*. The second half of some compound words are given, you must identify the word that goes before each of them that will make a compound word. For example: *weed, coast and sick* all become compound when used with *sea*.

1. Hound, thirsty, stream BLOOD
2. Mother, father, parent, stand GRAND
3. Sick, work, land, room HOME
4. Land, berg, box, breaker ICE
5. Hammer, ass, knife, pot JACK
6. Bow, coat, drop, forest RAIN
7. Proof, melon, fall, color WATER
8. Cushion, stripe, wheel, point, ball PIN

**Hidden ANATOMY** Identify the body parts that complete the words in this list. For example, the body part that completes “te\_\_ \_raph” is *leg*.

1. H\_\_ \_ony (Notes sung together) HARMONY
2. Ob\_\_ \_d (Did as you were told) OBEYED
3. Ghet\_\_ \_s (City areas that are poor) GHETTOS
4. Th\_\_ \_ss (Unappreciative, ungrateful) THANKLESS
5. C\_\_ \_munk (Small rodent) CHIPMUNK
6. P\_\_ \_l (An oyster’s offering) PEARL
7. Diag\_\_ \_d (Seen as ill) DIAGNOSED
8. Hor\_\_ \_le (Awful) HORRIBLE

**ADD IT UP** This game involves simple addition, but you have to figure out which numbers to add up.

1. Add the number of dimes in a dollar to the age when a child becomes a teenager.  $10 + 13 = 23$
2. Add the number of innings in a standard baseball game to the number of sides in a triangle.  $9 + 3 = 12$
3. Add the year that Kennedy was assassinated to the number of years in two decades.  $1963 + 20 = 1983$

**DEL. TRIVIA** What Church, the focus of Polish life in Wilmington, holds an annual festival? St. Hedwig’s  
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## April Brainteasers

**NAME MERGE** Given a clue for two famous people, what name do they share. (ex: Jesse James Cagney)

1. Star of TV’s *Make Room for Daddy*; and the inventor of the lightbulb.
2. Comic who insisted he was 39 years old for about 40 years; bandleader dubbed “King of Swing”.
3. Colonial captain whose name is synonymous with the word traitor; actor and former gov. of California.
4. Rugged actor nicknamed “The Duke”; and legendary hockey player called “The Great One”.
5. British star of “My Fair Lady” and “Dr. Dolittle”; and American actor who played Indiana Jones.

**Sheesh** All of the answers in this word definition game either begin or end with the letters SH.

1. This tool helps you put loafers on.
2. A delicious crustacean.
3. You might play this game on the deck of a cruise ship.
4. A meat and vegetable stew, Hungarian style.
5. A county is called this in Louisiana.
6. Pilfering small items from a store.

**How Old Is He??** Jack O’ Flynn was asked how old he was. “In two years I’ll be twice as old as I was six years ago.” How old is Jack?

**April in History** 753 B.C. According to legend, these twin brothers founded the city of Rome.



## Social Security Questions & Answers

**Question:** I want to estimate my retirement benefit at several different ages. Is there a way to do that?

**Answer:** Use our *Retirement Estimator* at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) to get an instant, personalized retirement benefit estimate based on current law and your earnings record. The *Retirement Estimator*. Which also is available in Spanish, lets you create additional “what if” retirement scenarios based on different income levels and “stop work” ages.

**Question:** I plan to retire soon. When are Social Security benefits paid?

**Answer:** Social Security benefits are paid each month. Generally, new retirees receive their benefits on either the second, third or fourth Wednesday of each month, depending on the day in the month the retiree was born. If you receive benefits as a spouse, your benefit payment date will be determined by your spouse’s birth date. For a calendar showing actual payment dates, see the *Schedule of Social Security Benefit Payments* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Question:** I get Social Security because of a disability. How often will my case be reviewed to determine if I’m still eligible?

**Answer:** How often your medical condition is reviewed depends on how severe it is and the likelihood it will improve. Your award notice tells you when you can expect your first review using the following terminology:

- **Medical improvement expected** – if your condition is expected to improve within a specific time, your first review will be 6 to 18 months after you started getting disability benefits.
- **Medical improvements possible** – If improvement in your medical condition is possible, your case will be reviewed about every three years.
- **Medical improvement not expected** – If your medical condition is unlikely to improve, your case will be reviewed about once every 5 to 7 years.

## How to Survive the Doctor’s Needle

If you are among the roughly 10 % of people who fear a loaded syringe, heed these tips:

- **Fess Up.** Tell your doctor how needles make you feel; she might have you lie down to avert wooziness.
- **Visit your happy place.** Close your eyes, breathe deeply, and listen to your favorite song on noise-cancelling headphones.
- **Chew the fear away.** A piece of gum or candy provides a sweet distraction from the doc.
- **Skip the coffee.** Caffeine can make you anxious for up to six hours before your procedure.
- **Request a security blanket.** According to Mark Burhenne, DDS, wearing a weighted blanket like the ones used during X-rays can make you feel safer in the chair. It pairs nicely with a therapy dog – a cuddly service that more and more practices are offering.

## Foods You’re Tossing Too Soon

**Eggs** – Refrigerated, uncooked eggs stay fresh for up to 3 weeks after the “sell by” date.

**Peppers** - Green peppers stay fresh in the refrigerator about 2-3 weeks.

**Deli Meats** - Unopened, pre-packaged deli meats last about 2-3 weeks from the time you buy them.

**Carrots** – They have a low respiration rate and so stay fresh for 2-3 weeks in crisper drawer.

**Citrus Fruits** – Thick skin protects them from spoiling for 2 – 6 weeks.



Monday

Tuesday

Wednesday

Thursday



Friday

# City Fare Menu April 2019

<p>4/1 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit</p>	<p>4/2 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce</p>	<p>4/3 Hamburger With Cheddar Cheese on a Hamburger Bun With Lettuce &amp; Tomato Diced Pears Minestrone Soup Crackers</p>	<p>4/4 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish</p>	<p>4/5 Salmon w Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding Sour Cream</p>
<p>4/8 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>4/9 Fire Braised Chicken Stew Mixed Salad with Onion &amp; Tomato Peach Cobbler Ultimate Grain Honey Bread</p>	<p>4/10 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream</p>	<p>4/11 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>4/12 Seasoned Flounder Macaroni &amp; Cheese Stewed Tomatoes Banana Yogurt Sundae</p>
<p>4/15 Broccoli Stuffed Chicken with Gravy Peas &amp; Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie</p>	<p><b>**4/16**</b> <i>Special</i> Ham with Pineapple Sauce Baked Sweet Potato Asparagus Spears Wheat Dinner Roll Coconut Cream Pie</p>	<p>4/17 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream</p>	<p>4/18 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread</p>	<p>4/19 <b>CENTER CLOSED</b> <b>GOOD FRIDAY</b></p>
<p>4/22 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread</p> <p><i>EarthDay</i></p>	<p>4/23 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion &amp; Tomato Applesauce Ultimate Grain Bread</p>	<p>4/24 Chicken &amp; Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt</p> 	<p>4/25 Ham &amp; Swiss on Club Roll Lettuce, Tomato &amp; Onion Orange Cream of Broccoli Soup Crackers</p>	<p>4/26 Salisbury Steak w. Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf</p>
<p>4/29 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce</p>	<p>4/30 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</p>	<p>5/1 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread</p>	<p>5/2 Turkey &amp; Swiss on Club Roll with Lettuce, Tomato &amp; Onion Diced Peaches Cream of Potato Soup with Bacon &amp; Crackers</p>	<p>5/3 Beef Burgundy over Egg Noodles Key West Veggies Orange 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 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4/1 Turkey & Swiss on White Wheat Bread with Lettuce, Tomato & Mayonnaise Red Skin Potato Salad Mixed Fruit Cup Yogurt	4/2 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	4/3 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	4/4 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	4/5 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
4/8 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	4/9 Turkey & Swiss on White Wheat Bread with Lettuce, Tomato & Mayonnaise Red Skin Potato Salad Mixed Fruit Cup Yogurt	4/10 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	4/11 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	4/12 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard
4/15 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	4/16 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	4/17 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	4/18 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	4/19  <b>CENTER CLOSED</b>  <b>GOOD FRIDAY</b>
4/22 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	4/23 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	4/24 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	4/25 Turkey & Swiss on White Wheat Bread with Lettuce, Tomato & Mayonnaise Red Skin Potato Salad Mixed Fruit Cup Yogurt	4/26 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard
4/29 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	4/30 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	5/1 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	5/2 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	5/3 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise

- 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.

# Earth Day

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

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Clean

Environment

Plants

Reuse

Climate

Litter

Pollution

Solar

Compost

Nature

Preserve

Trees

Earth

Ocean

Recycle

Water

Ecology

Planet

Reduce

World