



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

MAY 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

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

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Mike Pullan

Outreach/Activities Coordinator

Jo Ann Koon

Transportation
Susan Marinelli
Russ Paternostro
Tom Strawbridge

Nutrition Site Manager
Anna Yardley

Receptionist
Glory Rolfe

Program Volunteers

Blood Pressure

Midge Berfield, RN

Program Instructors

Yoga
Strength Building
Line Dancing
A.B. C. Class
Zumba Gold
Tai Chi/Qi Gong
Evening Yoga
Arthritis Exercise

Gale Jones
Training by Liz
Rick Wilson
Training by Liz
Elisa Cordero
Susan Townsend
Kathleen Corcoran
Linda Adams

Family Medicine Center at the New Castle Senior Center

Annie Ingram, MSN, APRN, NP-C
302-327-7630

*New Castle Senior Center welcomes everyone
over 50 years of age regardless of race, religion, sex
ethnic origin or handicap. All members attending the
Center must be able to take care of their personal needs
and make appropriate independent decisions as they
participate in the activities of the day.*

NEW CASTLE SENIOR CENTER

MAY

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 9:00 Pool Exercise 9:15 Park Walk 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 12:00 Lunch 1:00 Strength Building/Exercise	9-3:00 Billiards 9:15 Park Walk 10:30 Knit/ Crochet 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 10:00 Crafty Seniors 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 9:15 Park Walk 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

MAY MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		10:00 Pinochle 10:00 Chair Yoga 10:00 Adult Coloring	9:00 Bank & PO 12:30 Shop Rite 5:00 Pot Luck Dinner	11:30 Brain Boosters
7	8	9	10	11
10:00 Matter of Bal. 10:00 Mah Jongg Lessons 10:00 Resources for Rx drugs & Medicare Info	12:30 Pokeno	10:00 Care Wear 10:00 Home Modifications	12:30 Food Lion	11:30 "Moments for Mother's Day"
14	15	16	17	18
9:30 C&D Senior Center: bingo/lunch 10:00 Matter of Balance 10:00 Mah Jongg Lessons	9:00-3:00 AARP Driver Safety Basic Class	10:00 Blood work 10:00 Pinochle	9:00 Bank & PO 9:45 Foot Care Clinic 10:00 Blood Pressure Screenings 12:30 Shop Rite	12:30 New Castle Farmer's Market
21	22	23	24	25
10:00 Mah Jongg Lessons 11:00 Book Club 12:15 Birthday Celeb 12:30 Brain Boosters	12:30 Food Distribution	9:30 Rockwood Museum and Gardens 10:00 Reminisce Grp 1:30 YMCA Diabetes Prevention Program	9:00 Stand by Me 12:30 Food Lion 4:00 Movie Club	12:30 Dollar Store
28	29	30	31	
CENTER CLOSED MEMORIAL DAY		10:00 Hypertension 10:45 Lunch out-Woodys 1:30 YMCA Diabetes Prevention Program	12:30 Shop Rite	

May Happenings!

May 2, 16-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

May 2-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.

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

May 4, 21-Brain Boosters Join us for a fun activity to help boost your brain.

May 7, 14-Matter of Balance: 10:00 This class is now full.

May 7, 14, 21-Mah Jongg Lessons: 10:00 Interested in learning to play mah jongg? This is your chance to take lessons. Space is limited, so sign up with Glory.

May 7-Presentation: Resources for Rx Drugs and Information about Medicare: 10:00 Yolanda Mohammed from United Healthcare will be here for this presentation (rescheduled from March when it was snowed out).

May 8-Pokeno: 12:30 This game is similar to bingo, but played with a deck of cards. All are welcome to join in the fun-if you've never played, come and learn! Bring your nickels.

May 9-Presentation: Home Modifications: 10:00 First State Accessibility will be talking to us about home modifications that can be made to help you stay in your home as long as possible as you age.

May 11-Moments for Mother's Day: 11:30. Let's take a moment to honor mothers with poetry and recollections.

May 14-Trip to C&D Senior Center: 9:30 Join us as we visit our friends at C&D to play bingo and have lunch. Sign up in advance and let us know if you want to order lunch.

May 15-AARP Driver Safety Basic Class: 9:00-3:00 Sign up with this class and save money on your insurance! Cost-\$15 AARP members, \$20-non members. Call to register. *Rescheduled from March*

May 17-Foot Care Clinic Kathleen McDuffie, RN, BScN Foot Care Specialist will be here to provide intensive foot care treating ingrown toenails, trimming, fungal, cracks, etc. The appointments are \$30.00 to be paid directly (cash or check only) to Ms. McDuffie on day of service. Contact Glory to make an appt.

May 17-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings.

May 21-Book Club: 11:00 We will be discussing *The Elegance of the Hedgehog*, by Muriel Barbery. Published first in France, this charming book has been said to have among other ingredients: intelligent humor, fine sentiments, and one of the most exhilarating and extraordinary novels in recent years.

May 23-Rockwood Museum and Gardens: 9:30 Enjoy the gardens in bloom and the Mansion. There is a special exhibit with an excellent collection of furnishings, clothing and photographs from the 1880's through the 1920's, with guides in period dress to tell the tales of the families' wealthy lifestyle, ancestors and servants. Cost-\$13 member/\$15 non-member for bus and admission. We will stop for lunch after the museum.

May 23-Reminisce Group: 10:00 "First Job" Can you remember your first paying job? Your first boss? Was it a positive experience? All are welcome to join in this fun discussion group.

May 23, 30-YMCA Diabetes Prevention Program: 1:30 This is a 12 month evidence based program designed to help those at risk of developing type 2 diabetes adopt and maintain healthy lifestyles. **You may be eligible to participate in this class with no out of pocket expenses.** Call the YMCA at 302-572-9622 to learn more and register.

May 30-Presentation: Hypertension: 10:00 Shelly Frank from Highmark Insurance will be here to discuss "Hypertension", the causes and control of high blood pressure.

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.

May 2-Pot Luck Dinner: 5:00 'Cinco de Mayo'. Bring your favorite Mexican dish or dessert to celebrate!

May 24-Movie Night: 4:00 "The Devil Wears Prada". Meryl Streep and Anne Hathaway star in this drama about a giant in the fashion magazine business and a recent college grad hoping to get some work experience.

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

May 14-Trip to C& D Senior Center: Sign up with Mike and let us know if you want to order lunch; bus is free

May 18- New Castle Farmer's Market: Cost-free for bus

May 23-Rockwood Museum and Gardens: Cost-\$13/members; \$15/non-members includes bus and admission; We will stop for lunch after the museum.

May 25-Dollar Store: Cost-free for bus

May 30-Lunch out: Woody's: Cost-\$6/members; \$8/non-members

SAVE THE DATE

June 6-New Castle County Platinum Picnic: 9:00-1:00 This year's theme is the Senior Prom. Enjoy a hot catered lunch, dancing, trivia, vendors, giveaways, door prizes and prizes for the best dressed. Cost-\$8/members; \$10/non-members, includes bus and lunch. *We need to submit a count ahead of time, so sign up by May 23!*

June 9-Separation Day: Let us know if you are interested in walking/riding the bus in the parade.

June 21-Dining in the Street Fundraiser: 6:00-10:00 pm (rain date June 28) A unique opportunity to dine in the street of Historic New Castle and enjoy a four course dinner prepared by area restaurants. Featuring live music by the Rob Zinn Band. Tickets are \$50. For more information or to purchase tickets, go to <https://www.eventbrite.com/e/dining-in-the-street-tickets-43290384706?aff=es2>

Fundraisers

10 week club-The winners thus far are:

Week 1-Daniel Ash, Clara Mayer, Helen Latch

Week 2-Bernadette Brittingham, Maxine May, Nancy Webster

Week 3-Jim Williams, Jeff Neville, NCSC

Week 4-Carole Ann Kelly, Carolyn Thomas, June Stant

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.

June 13-**St. Michael's, MD:** 8:30-5:00. Cost-\$43 for paid senior center members, \$53 for non-members. Price includes bus and driver's tip.

July 18-**Choptank Riverboat Lunch Cruise:** 9:30-5:00. Cost-\$87 for paid senior center members, \$97 for non-members. Price includes 2 hour cruise with lunch (featuring a crab cake & fried chicken combo with vegetables, potatoes and dessert), non-alcoholic beverage, gratuity, bus and driver's tip. *Deadline to sign up is June 20.*

August 22-**Atlantic City Casino:** 8:30-5:30. Cost-\$27 for paid senior center members, \$37 for non-members. Price includes bus and driver's tip. *We will find out what deal the casino is offering as it gets closer.*

September 12-**Rainbow Dinner Theater: "Love, Lies and the Lottery":** 9:30-5:00. Cost-\$88 for paid senior center members, \$98 for non-members. Price includes show, lunch, gratuity, bus and driver's tip. Alcoholic drinks are not included. *Deadline to sign up is August 24.*

October 10-**Kitchen Kettle Village, PA:** 8:30-5:00. Cost-\$35 for paid senior center members, \$45 for non-members. Price includes bus and driver's tip.

November 7-**Dutch Apple Theater: "Sister Act":** 9:30-5:00. Cost-\$92 for paid senior center members, \$102 for non-members. Price includes show, lunch, gratuity, bus and driver's tip. Alcoholic drinks are not included. *Deadline to sign up is October 12.*

December 5-**Cape May, NJ:** 8:00-5:00. Cost-\$46 for paid senior center members, \$56 for non-members. Price includes bus and driver's tip.

Trips will be canceled two weeks in advance if there is not enough participation, so sign up early!

CENTER PROGRAMS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

May Outreach

“There is no chance, no destiny, no fate, that can hinder or control the firm resolve of a determined soul.” Ella Wheeler Wilcox

MAY

May 1 Mother Goose Day – A good day to stimulate your memory and read some Mother Goose rhymes.

May 5 Cinco de Mayo – A celebration of Mexican cultural life which dates back to the Battle of Puebla, May 5, 1862, in which French forces were defeated. A trip to a Mexican restaurant would be fun!

May 13 Mother’s Day - Try matching the name for mother with different languages: *Mum* (British), *Mutter* (German), *Mere* (French), *Madre* (Spanish), *Mor* (Swedish)...can you think of others?

May 28 Memorial Day – A day set aside to remember those who died while serving in the U.S. armed forces. It was first called “Decoration Day” because graves were decorated with flowers.

Protect Yourself From Fraud and Scams (\$Stand By Me)

Criminals and con artists use many scams to target unsuspecting people who have access to money. Consumer scams happen on the phone, through the mail, e-mail, or over the internet. They can occur in person, at home or at a business.

Here are some tips to protect yourself from scams:

- **Don’t share numbers or passwords for accounts, credit cards, or Social Security.**
- **Never pay up front for a promised prize.** It’s a scam if you are told that you must pay fees or taxes to receive a prize or other financial windfall.
- **After hearing a sales pitch, take time to compare prices.** Ask for information in writing and take time to read it carefully.
- **Too good to be true?** Ask yourself why someone is trying so hard to give you a great deal? If it sounds too good to be true, it probably is.
- **Watch out for deals that are only “good today” and that pressure you to act quickly.** Walk away from high- pressure sales tactics that don’t allow you time to read a contract or get legal advice before signing. Also, don’t fall for the sales pitch that says you need to pay immediately, for example by wiring the money or sending it by courier.
- **Put your number on the National Do Not Call Registry.** Go to www.donotcall.gov or call 1-888-382-1222.

Learn more about what to do if you or someone you know is a victim of a fraud or scam by contacting a \$Stand By Me 50+ Financial Coach.

New Castle Senior Center Has a Book Club

A Book Club is a group of people who meet regularly to discuss a book they have read and express their opinions, likes, dislikes, etc. Our senior center has a book club that meets every month. We always meet on a Monday or Wednesday, and the date is announced in the newsletter. Naturally, people who belong to book clubs are those who enjoy reading. Often, we as individuals have a favorite genre or type of book we enjoy, for example; non-fiction, mystery, historical fiction, science fiction, drama, romance, religious, travel or satire. Individually, we tend to read only our favorite types of books. Being in a book club is an opportunity to make new friends and helps you move past just reading your personal favorite genres and expand your reading tastes. We have fun getting together to discuss what we did or did not like about the particular book of the month. Each participant is welcome to make suggestions for future books for us to read. If reading, expanding your taste in books, and making new friends sounds interesting to you, we welcome you to join us!

May Brainteasers

April Brainteasers

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

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

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

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

Brainteaser A bird has a head 9 cm long. The tail is equal to the size of the head plus a half of the size of the body. The body is the size of the head plus the tail. How long is the bird? **72cm**

(The head is 9cm. The tail is $18 + 9 = 27$ cm. The body is $9 + 27 = 36$ cm. The bird is $9 + 27 + 36 = 72$ cm.)

DELAWARE TRIVIA

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

On what dates did Caesar Rodney make his famous ride to declare Delaware independent from England? **July 1st & 2nd, 1776**

May Brainteasers

Echo/Echo All the answers in this quiz have repeating sounds, such as Papa, Bye-bye, and Bora Bora.

1. Yogi Bear's companion...or a little cut or bruise to a child.
2. Popular nickname for President Kennedy's son.
3. Toy gun that shoots round projectiles.
4. Perfect vision.
5. Slang for a train, especially in Chattanooga
6. Made up of a string and two discs, this toy has been around for a thousand years.

Just one letter please We're looking for one letter answers in this game

1. Kellogg's "special" cereal
2. A kind of turn...or German submarine
3. The acceleration force astronauts experience during blastoff.
4. A very casual shirt

JUMBLED EQUATION The following equations have had their numbers jumbled. Rearrange them so they make sense. Mathematical signs stay where they are.

1. $9 \times 7 = 23$

2. $68 \times 8 = 4$

3. $2 \times 4 = 76$

May in History

1792 Twenty-four merchants met under a buttonwood tree on what is now Wall Street and formed what financial organization?

1916 The cover of *The Saturday Evening Post* featured the first of more than 300 cover illustrations by this artist.

Tips for Saving at the Super Market Reader's Digest

- **Choose the Right Cart** If you are not doing a week's worth of groceries, grab a small grocery cart. Don't grab a basket, because studies show the act of holding a basket on your arm leads to reaching for treats such as candy.
- **Shop on Wednesdays and Not on Weekends** Stores are not crowded on Wednesdays, and as a bonus, some stores honor the previous week's sales and coupons *and* the new week's sales.
- **Eat What Is In Season** Fresh produce grown locally is usually the best value. For instance, strawberries are usually cheaper in June than in May and look for broccoli, brussels sprouts, cauliflower and lettuce in March.
- **Don't Get Lost In the Maze** The dairy section, by design, is as far away from the door as possible to give shoppers a chance to buy many unplanned items. Stick to the perimeter of the store where the dairy and fresh foods are located.
- **Load Up On "Loss Leaders"** The best deals are often popular staples such as bread, cereal, soda and toilet paper. Stores are willing to lose money on them in hopes you'll buy lots of non-sale items.
- **Make Fewer Trips** Each time you hit the grocery store you spend money. Go less often and you'll save time and spend less, particularly on impulse items.
- **Go It Alone** When we shop with someone else, as much as 65% of the things we buy is unplanned.
- **Look High and Low On Shelves** The most popular and costly items are placed at eye level. In fact, manufacturers often pay a fee for optimal placement. Look to the higher and lower shelves for bargains.
- **Make a Shopping List** People who shop with a list, spend far less time in the store and make fewer impulse buys.

Is It Medicare Or Medicaid?

A lot of people have a difficult time understanding the difference between Medicare and Medicaid. Both programs begin with the letter "M". They're both health insurance programs run by the government. People often ask questions about what Medicare and Medicaid are, what services they cover, and who administers the program.

Let's start with Medicare. Medicare is the national health program for those aged 65 or older and the disabled. You pay for some Medicare expenses by paying the Medicare tax while you work. The Centers for Medicare & Medicaid Services is the agency in charge of both Medicare and Medicaid, but you sign up for Medicare A (Hospital) and Medicare B (Medical) through Social Security. You can apply for Medicare online from the convenience of your own home at the link on the website: www.socialsecurity.gov/medicare/. If you are already receiving Social Security retirement benefits when you reach age 65 or are in the 25th month of receiving disability checks, you will be enrolled automatically.

Medicare Part C (Medicare Advantage) and Part D (Prescription Drug) plans are available for purchase in the insurance marketplace. Social Security administers a program called Extra Help to help those with low income to pay for premiums, co-pays, and co-insurance costs for Part D plans. You can find out more about Extra Help at www.socialsecurity.gov/medicare/prescriptionhelp. Each year, The Centers for Medicare & Medicaid Services publishes *Medicare and You* available online at the website: www.medicare.gov/medicare-and-you/medicare-and-you.html. This is a user's manual for Medicare.

Each state runs their own Medicaid program, which provides services for older people, people with disabilities, and some families with children. There are guidelines about how much income and resources you can have to qualify. Each state has its own eligibility rules and decides which services to cover. You can learn more at www.medicaid.gov/medicaid/by-state/by-state.html. Medicare and Medicaid are two of the major insurance programs that provide healthcare to the American public.



Monday

City Fare Menu May 2018



Friday

Tuesday

Wednesday


Thursday

	<p>5/1 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit</p>	<p>5/2 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Ultimate Grain Bread Cranberry Sauce</p>	<p>5/3 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Minestrone Soup Pineapple Tidbits Crackers</p>	<p>5/4 Curry Coconut Chicken Brown Rice Capri Blend Veggies Mandarin Oranges Giant Graham Fish</p>
<p>5/7 Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>	<p>5/8 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p>	<p>5/9 Chicken & Cheese Quesadilla Corn & Black Bean Blend Salsa Applesauce</p>	<p>5/10 Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Banana-Yogurt Sundae</p>	<p>5/11 Turkey & Mozzarella on Ciabatta Bread with Balsamic Dressing, Lettuce & Tomato Potato Soup w. Bacon Chocolate Fudge Pudding Crackers</p>
<p>5/14 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Onion Apple Crisp</p>	<p>**5/15** Sweet & Sour Meatballs Egg Roll Oriental Veggies Brown Rice Mandarin Oranges Fortune Cookie</p>	<p>5/16 BBQ Chicken Red Skin Potato Salad w. Egg Baked Beans Diced Peaches Strawberry Waffle Cookie</p>	<p>5/17 Breaded Pollock Broccoli Spears Diced Red Potatoes w/ Peppers & Onion Cantaloupe or Orange Blueberry Muffin Tartar Sauce</p>	<p>5/18 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Yogurt Cranberry Sauce</p>
<p>5/21 Fire Braised Pork in Gravy over Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf</p>	<p>5/22 Chicken Salad Platter Lettuce & Tomato Cream of Broccoli Soup Ambrosia Whole Grain Saltines</p>	<p>5/23 Seafood Alfredo over Penne Pasta Italian Green Beans Fruit Cocktail Split Top Dinner Roll</p>	<p>5/24 Meatball Sub w. Mozzarella Cheese Mixed Salad with Tomato, Onion & Green Peppers Pear Halves</p>	<p>5/25 Oven Fried Chicken Rice & Beans Seasoned Greens Fresh Peach or Orange</p>
<p>Center Closed</p> 	<p>5/29 Fire Braised Chicken w. Swiss Cheese & Caramelized Onions on Ciabatta Bread Sweet Potato Puffs Tropical Fruit</p>	<p>5/30 Pot Roast in Au Jus Roasted Baby Bakers Cooked Cabbage Pineapple Tidbits Giant Graham Fish</p>	<p>5/31 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie</p>	



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

City Fare 5 Day Bag Supper Menu May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	5/1 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	5/2 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	5/3 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	5/4 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
5/7 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	5/8 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	5/9 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	5/10 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	5/11 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
5/14 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	5/15 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	5/16 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	5/17 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	5/18 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
5/21 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	5/22 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	5/23 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	5/24 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	5/25 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard
5/28 	5/29 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	5/30 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	5/31 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	

- All bag suppers contain 1% milk .
- All meals subject to change. Suggested minimum donation for persons 60+ is \$ 2.25. People under age 60 are required to pay \$5.00
- Meals available by reservation. Call your Senior Center to reserve your bag supper.

Colors

Every color listed is contained within the group of letters below. Words can be found in a straight line horizontally, vertically, or diagonally. They may read either forward or backward.

AQUA	E D A J N E E R G R K N I P	
AZURE	S R E Z C A T Y E L L O W M	
BEIGE	U B I R U B Y W H E L M T Y	
BLUE	E R U H L R O C A L I L R R	
BRONZE	R O P U P L E V U A M A U T	
CHARTREUSE	T N E L F P M P Y W E S S L	
COPPER	R Z A N T E A L P U R P L E	
CORNFLOWER	A E R Q P I R S W O S E A P	
CREAM	H O V U U E O R H S C O T N	
CYAN	C I A L S A O L I V E C E O	
ECRU	R T O G I D N I T B E I G E	
GREEN	E L T E S S U R E O R B R L	
INDIGO	A N N E I S A F F R O N A I	
JADE	M A G E N T A I P E S N Y D	
LILAC		PEAR
LIME		PINK
MAGENTA		PURPLE
MAROON		RUBY
MAUVE		RUSSET
MYRTLE		SAFFRON
OLIVE		SALMON
		SAPPHIRE
		SEPIA
		SIENNA
		SILVER
		SLATE GRAY
		TAUPE
		TEAL
		WHITE
		YELLOW