



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

MARCH 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.

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
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

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

302-327-7630

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

NEW CASTLE SENIOR CENTER

MARCH

WEEKLY ACTIVITIES

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

MARCH MONTHLY ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | | | 1 |
| For snow closings WDEL 1150 am or www.wdel.com | | Don't forget our St. Patrick's Day fundraiser on March 2nd! | | 11:30 Brain Boosters |
| 4 | 5 | 6 | 7 | 8 |
| 9:15 Breakfast Out: Cracker Barrel 10:00 Adult Coloring | 9:00-1:00 AARP Tax Aide | 9:30-11:00 AARP Foundation Finances 10:00 Pinochle 10:00 Nutrition Ed: "Sugar Facts" 1:30 YMCA Diabetes | 9:00 Bank & PO 12:30 Shop Rite 5:00 Pot Luck Dinner | 12:30 New Castle Farmer's Market |
| 11 | 12 | 13 | 14 | 15 |
| 9:30 Scavenger Hunt 10:30 Book Club | 9:00-1:00 AARP Tax Aide 12:30 Pokeno | 9:30-11:00 AARP Foundation Finances 10:00 Chair Yoga 10:00 Care Wear 10:00 Goodwill Fire Co.: "Fire Safety" | 9:30 Massage Program 12:30 Food Lion | 9:15 McAleer Irish Dancers 11:30 Irish Trivia |
| 18 | 19 | 20 | 21 | 22 |
| 10:00 Highmark DE: "Hypertension" | 9:00-1:00 AARP Tax Aide | 9:30-11:00 AARP Foundation Finances 10:00 Pinochle 10:00 Blood Work 10:00 Div Public Health: Stress Mgmt 11:00 Lunch out: McGlynns | 9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Shop Rite 3:30 "Old is Not Easy" | 12:30 Dollar Store |
| 25 | 26 | 27 | 28 | 29 |
| 10:00 Reminisce Group 12:15 Birthday Celeb 12:30 Brain Boosters | 9:00-1:00 AARP Tax Aide 12:30 Food Distribution | 9:00-3:00 AARP Driver Safety Basic Course 10:00 Div. Public Health: Anger Mgmt | 9:00 Stand by Me 12:30 Food Lion 4:00 Movie Club | 12:00-1:00 Entertainment: Imagine |

March Happenings!

March 1, 25-Brain Boosters Join us for a fun activity to help boost your brain.

March 4-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

March 5, 12, 19, 26-AARP Tax Aide: 9:00-1:00 The Tax Aide Counselors will be here every Tuesday from February 5-April 9, 2019, from 9:00-1:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

March 6, 13, 20-AARP Foundation Finances: 9:30-11:00 This FREE three week program is designed to help you build on good financial habits and understand what changes you can make to improve your financial situation. We will discuss: budgeting, how credit use impacts your scores, how to recognize scams, etc. ***You must sign up in advance-see Mike.***

March 6, 20-Pinochle: 10:00 Join us on the 1st and 3rd Wednesday of the month to play pinochle.

March 6-Nutrition Ed: “Sugar Facts”: 10:00 Nutritionist Lauren Ronquillo will give important information about sugar in our diets.

March 11-Scavenger Hunt: 9:30 Enjoy a scavenger hunt at the center! We have a list of items for you to find, in and around the center. The first 3 members to hand in a correct list will win a prize.

March 11-Book Club: 10:30 Prayers For Sale, by Sandra Dallas, a powerful novel about an unlikely friendship between an older woman and a younger woman surviving life in a rugged Colorado mining town in the 1930’s.

March 12-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.

March 13-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. ***Please note, this class will be the second Wednesday of the month for March.***

March 13-Goodwill Fire Company: 10:00 Joe Mullen will speak to us about fire safety and prevention in your home. He will also be giving away free pot holders and smoke detectors.

March 14-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, according to the person’s needs...no lotions, no undressing. Cost- \$20.00 for 30 minutes. See sign-up sheet at front desk.

March 15-McAleer Irish Dancers: 9:15 We welcome back the students from the McAleer School of Irish Dance. This is a performance you don’t want to miss. We will also have some **Irish trivia at 11:30**, after bingo.

March 18-Highmark Delaware: 10:00 Yvette Wright will speak to us about “Hypertension”...how to avoid it and how to care for yourself if you have it.

March 20-Division of Public Health: 10:00 Gail Weinberg will begin the **first** of a two-part series on mental health, focusing today on “Stress Management”.

March 21-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free BP screenings.

March 25-Reminisce Group: 10:00 March is Women’s History Month and many of you have lived during momentous events of women breaking through stereotypes and barriers. Let’s discuss these milestones for women in American history.

March 27-AARP Driver Safety Basic Course: 9:00-3:00 Take this class and save money on your insurance! Cost-\$15 AARP members, \$20-non members. ***You must sign up in advance-see Mike.***

March 27-Division of Public Health: 10:00 Gail Weinberg brings the second part of the series on mental health with “Anger Management”.

March 29-Entertainment: 12:00 Don’t miss “Imagine”! They cover all the best in music: Classic Rock, Contemporary, Country, Motown, Jazz, Blues, Oldies and Big Band – something for everyone!

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.

March 7-Potluck Dinner: 5:00 “St. Patrick’s Day Theme” Bring an Irish dish for dinner or dessert.

March 21-“Old is Not Easy”: 3:30 Join the discussions about the” joys” of aging.

March 28-Movie Night: 4:00 “Nights in Rodanthe” is a romantic film starring Richard Gere and Diane Keaton. While tending to her friend’s inn, a woman has a chance meeting with the only guest, and it leads to love.

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

March 4-Breakfast out: Cracker Barrel Cost-\$3/members; \$6/non-members

March 8- New Castle Farmer's Market: Cost-free for bus

March 20-Lunch out: McGlynns: Cost-\$3/members; \$6/non-members

March 22-Dollar Store: Cost-free for bus

SAVE THE DATE

You must sign up in advance for all of these programs

AARP Tax Aide-The Tax Aide Counselors will be here every Tuesday from February 5-April 9, 2019, from 9:00-1:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

AARP Driver Safety Refresher Class: April 17: 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

Mammograms: April 3: 9:30 Join us as we go to the Helen Graham Breast Center for our yearly mammograms.

Fundraisers

St. Patrick's Day Dance: Saturday, March 2. 7:00-10:00 pm. Join us for our seventh annual St. Patrick's Day celebration, featuring traditional music by the acclaimed Irish music group **Seven Rings**. Bring your own food. A cash bar will be available; no outside beverages allowed. \$20 in advance, \$25 at the door. See Natalie for tickets. *Sponsored by TransPlus, the New Castle Weekly and Sally Denton/Bill Boyle.*

10 week club-The next 10 week club drawing will begin on Friday, March 22, and run through May 24. Tickets will be mailed out towards the end of February, and will also be available at the center. Your donation of \$10 per ticket allows you to participate. You do not need to be a member to play, and you do not need to be present to win.

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.

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.

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.

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.**

March Outreach

"The March wind roars like a lion in the sky, and makes us shiver as he passes by.
When winds are soft, and the days are warm and clear, just like a gentle lamb, then spring is here." Author Unknown

March is... National Women's History Month, National Color Therapy Month and Irish American Month

March 2 - Women's History Month – If you're a woman, when did you get your driver's license? Who taught you to drive? Did you own your own business? Did you open your own bank account? When younger, which types of jobs were primarily held by women? What's the biggest change you see in gender roles today?

March 4 – National Color Therapy Month – Coloring has therapeutic potential to reduce anxiety, create focus and bring more mindfulness.

March 17 – St. Patrick's Day – This day is celebrated as a public and religious holiday to honor Patrick (c. 386-461), a 5th century Christian missionary to Ireland, who died on March 17th. It has become a day in America in which Irish and non-Irish alike, celebrate Irish culture with parades, parties and "wearing of the green".

Unclaimed Property (Stand by Me 50+ Program)

Do you have unclaimed property waiting for you? You may have hidden money you didn't even know about! What is unclaimed property? A wide range of reportable property includes but is not limited to:

- Dormant checking and savings accounts
- Uncashed money orders or cashiers' checks
- Unclaimed insurance benefits
- Mineral royalty payments
- Safe depository contents
- Unused gift certificates
- Dividends, stocks, or bonds
- Utility deposits or refunds

Check the following website to see if you have unclaimed property:

<https://delaware.findyourunclaimedproperty.com/>

Follow the directions on the website to claim your property or call a Financial Coach to assist you. Financial coaches provide free financial coaching and benefits screening and access. For more information call 302-651-3401 and 302-651-3427 in New Castle County, and 392-415-1542 in Kent and Sussex County.

Living the Good Long Life A Practical Guide to Caring for Yourself and Others (by Martha Stewart)

Martha's rules for successful aging include:

- **Healthful Eating:** Stock a healthy pantry so you can conveniently meet your dietary essentials.
- **Healthy Fitness:** Stand strong on your feet by increasing your balance, endurance and flexibility.
- **Healthy Brain:** Stimulate new mental activity to prevent memory loss.
- **Healthy Outlook:** Maintain a sense of daily purpose by strengthening social connections.
- **Healthy Living Every Day:** Medicate wisely while paying attention to aches and pains.
- **Healthy Looks:** Take care of your skin and match your makeup to your age.
- **Healthy Home:** Create spaces that reflect how you want to live.

March Brainteasers

February Brainteaser Answers

X, Y, OR Z All of the answers in this word definition game begin with an X, Y, or Z.

1. Striped equine animal **Zebra**
2. Often a child's first musical instrument **Xylophone**
3. A large pleasure boat **Yacht**
4. Promotes fermentation and makes bread rise **Yeast**
5. Photocopy brand **Xerox**
6. Greatest height, or TV manufacturer **Zenith**
7. Domesticated ox of Tibet **Yak**
8. Absolutely nothing **Zero**

What's your movie song IQ? Some of the world's greatest hits come from songs written for or used in movies. Given a sampling of the lyrics, can you identify the movie from its famous song?

1. "You must remember this, a kiss is just a kiss..." **Casablanca, (1942), "As Time Goes By"**
2. "And here's to you, Mrs. Robinson..." **The Graduate, (1967), "Mrs. Robinson"**
3. "The hills are alive..." **The Sound of Music, (1965) "The Sound of Music"**
4. "Raindrops keep fallin' on my head..." **Butch Cassidy and the Sundance Kid, (1969) "Raindrops..."**
5. "I like to be in America..." **West Side Story, (1961), "America"**
6. "Supercalifragilisticexpialidocious!" **Mary Poppins, (1964), "Supercalifragilisticexpialidocious"**

Gallons of Water?? You have a 3 gallon jug and a 5 gallon jug. You need to measure out **exactly 7** gallons of water. How can you do it? **Fill the 5 gal. jug, pour it into the 3 gal. jug until full, leaving 2 gallons in the 5 gal jug. Now pour the 3 gal jug out. Pour the remaining 2 gallons from the 5 gal. jug into the empty 3 gal. jug. Now fill the 5 gal. jug from the faucet. You now have exactly 7 gallons.**

1939 Trivia This movie debuted on December 15, 1939, with a 3 day premiere festival in Atlanta, GA.

Gone With the Wind

March Brainteasers

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
2. Mother, father, parent, stand
3. Sick, work, land, room
4. Land, berg, box, breaker
5. Hammer, ass, knife, pot
6. Bow, coat, drop, forest
7. Proof, melon, fall, color
8. Cushion, stripe, wheel, point, ball

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)
2. Ob__d (Did as you were told)
3. Ghet__s (City areas that are poor)
4. Th____ss (Unappreciative, ungrateful)
5. C__munk (Small rodent)
6. P__l (An oyster's offering)
7. Diag____d (Identified as an illness)
8. Hor__le (Awful)

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.
2. Add the number of innings in a standard baseball game to the number of sides in a triangle.
3. Add the year that J.F. Kennedy was assassinated to the number of years in two decades.

DELAWARE TRIVIA What Church, the focus of Polish life in Wilm., holds an annual festival?

Delaware Medicare Assistance Bureau (DMAB) (Trinidad Navarro, Ins. Commissioner)

Important Update – New Medicare Card Mailing Completed

The Centers for Medicare & Medicaid Services (CMS), has now finished mailing new Medicare cards to people with Medicare across all mailing waves. To ensure that people have access to their new number before the transition period ends, providers can now individually look up all Medicare Beneficiary Identifiers (MBIs), if they have access to their Medicare Administrative Contractor's (MAC) secure provider's portal. Likewise, people with Medicare can access their new Medicare number or print an official card within their secure MyMedicare.gov account.

If someone with Medicare says they didn't get a card:

- Look around the house for old or unopened mail. CMS mailed new Medicare cards in a plain white envelope from the Department of Health and Human Services.
- Sign into MyMedicare.gov to get their new number or print an official card. They'll need to create an official account, if they don't already have one.
- Call 1-800-MEDICARE (1-800-633-4227) where they can verify their identity, check their address and help them get their new card.
- Ask their health provider, who may be able to securely look up new numbers at the point-of-service.
- Continue to use their current card to get health care services until they get their new card. They can use their old card until January 1, 2020.

Medicare patients are using their new cards in doctors' offices and other health care facilities. For the week ending January 11, 2019, more than half (58%) of total claims health care providers submitted to CMS use the new MBI, showing that many providers are already successfully submitting claims with the MBI. While providers and suppliers can continue using the former Social Security number-based Health Insurance Claim Number (HICN) during the transition period, CMS encourages using the new MBI for all Medicare transactions.

Delaware Prescription Program (DPAP)

The Delaware Prescription Assistance Program (DPAP) is a financial assistance program designed to help Medicare beneficiaries with the cost of prescription drugs. The program will pay up to \$3,000 per person each benefit year. Co-pays are 25%, or a minimum of \$5.00. Payment of Medicare Part D premium minus any applicable Low-Income Subsidy.

Who is eligible:

- Must be a Delaware resident.
- Must be at least 65 years of age or, if under age 65 receiving Social Security Disability.
- Financially, the individual must have income below 200% of the Federal Poverty Level or have prescription costs that are at least 40% of the applicants annual income.
- Applicants who have Medicare A and/ or Part B must be enrolled in a Medicare Part D Prescription Drug plan.
- Applicants must apply for "Extra Help" (Low-Income Subsidy – LIS) with Social Security and provide a copy of the letter showing proof of approval.

DMAB can assist with application process. Please call 302-674-7364 for application assistance.



City Fare Menu March 2019






Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|--|---|---|--|---|
| | | | | 3/1 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish |
| 3/4 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit | 3/5 Chicken Gumbo Creole Style Beans Tropical Fruit Salad Wheat Roll Mardi Gras Cupcake  | 3/6 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream | 3/7 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce | 3/8 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae |
| 3/11 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie | 3/12 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread | 3/13 Ham & Cabbage Baked Potato Wheat Roll Cupcake Sour Cream  | 3/14 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream | 3/15 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding |
| 3/18 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread | 3/19 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread | 3/20 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt | 3/21 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers | 3/22 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice |
| 3/25 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread | 3/26 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread | 3/27 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread  | 3/28 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup w. Bacon Crackers | 3/29 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce |

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

City Fare Bag Supper Menu March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | | | | 3/1 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup |
| 3/4 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt | 3/5 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard | 3/6 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise | 3/7 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana | 3/8 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise |
| 3/11 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding | 3/12 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt | 3/13 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard | 3/14 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana | 3/15 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise |
| 3/18 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup | 3/19 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt | 3/20 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana | 3/21 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard | 3/22 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise |
| 3/25 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard | 3/26 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise | 3/27 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding | 3/28 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt | 3/29 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.

March Word Search

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

Basketball

Green

Leprechaun

Saint Patrick

Daffodils

Holidays

Lion

Shamrock

Dancers

Ides

March Madness

Spring

Equinox

Irish

Mardi Gras

Windy

Full Moon

Lamb

Rain

Women's History