



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

JANUARY 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

Mark Zitz

Secretary

Judy Barthel

Membership Board

President

Ginsey Bates

Vice President

Treasurer

Eileen Blyskal

Secretary

Marie McGinn

Sunshine

Janice Bosarge

Member at Large

Pearl Beale

Board of Directors

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

Program Volunteers

Blood Pressure

Midge Berfield, RN

Program Instructors

Yoga

Gale Jones

Strength Building

Training by Liz

Line Dancing

Rick Wilson

A.B. C. Class

Training by Liz

Zumba Gold

Elisa Cordero

Tai Chi/Qi Gong

Susan Townsend

Evening Yoga

Kathleen Corcoran

Arthritis Exercise

Linda Adams

Center Staff

Executive Director

Natalie Kaplan

Assist. Director

Eileen Blyskal

Outreach/Activities Coordinator

Jo Ann Koon

Transportation

Susan Marinelli

Russ Paternostro

Tom Strawbridge

Nutrition Site Manager

Anna Yardley

Receptionist

Glory Rolfe

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.



Reminder about Membership Dues

As I've written in prior newsletters, starting January 1 our senior center will be charging a \$20 annual membership fee for all senior center members. This is a crucial step for us to raise revenue, so we can hopefully avoid cuts to programs and services. This amount is on par with what other centers are charging. You will notice different prices for trips, exercise classes, and other programs listed in the newsletter, so membership will have its privileges. Someone else can pay your dues for you, so if you have friends or neighbors who want to buy you a present, you can suggest the gift of membership. Gift certificates are available.

You can pay by mail (put to my attention) or in person at the center. If you pay by mail, a membership card will be sent back to you for your use, as proof of paid membership.

If anyone wishes to remain a member but cannot afford the \$20, please come see me. We've had several people offer to "sponsor" someone who may not be able to afford the dues.

I appreciate your understanding of why we are making the changes we've needed to make. Cuts will be a last resort and we are hoping to avoid them by raising revenue.

As a reminder, 2018 is an election year and it is not too early to call your state legislators and ask them to restore Grant in Aid funding for next year. Contact from constituents has a great impact. I know many of you made calls in late June when we found out the cuts may be coming. This year, we are trying to mobilize people earlier and call before they start the budget process. If you have questions about who your legislator is or what to say, please come see me.

Thank you!

Natalie

**NEW CASTLE SENIOR CENTER
JANUARY
WEEKLY ACTIVITIES**

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

JANUARY MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CENTER CLOSED NEW YEAR'S DAY		10:00 Pinochle 10:00 Chair Yoga	9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	9:30 Brain Booster
8	9	10	11	12
10:00 Adult Coloring 12:45 Members Meeting	12:30 Pokeno	10:00 Care Wear 10:00 Blood work-lab	9:30 Foot Care Clinic 12:30 Shop Rite	12:00 Entertainment: Hahn Family
15	16	17	18	19
CENTER CLOSED MARTIN LUTHER KING JR. DAY		9:30 Goodwill & Wegmans	9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Food Lion	12:30 New Castle Farmer's Market
22	23	24	25	26
11:00 Book Club	12:30 Food Distribution	10:00 Presentation: "Long Term Care" 11:00 Lunch out: Hollywood Grill	9:00 Stand by Me 9:30 Foot Care Clinic 12:30 Shop Rite 4:00 Movie Club	12:30 Dollar Store
29	30	31		
10:00 DJ Ike 12:15 Birthday Celeb 12:30 Brain Boosters		10:00 Reminisce Group		For snow closings WDEL 1150 am or www.wdel.com

January Happenings!

Jan. 3-Pinochle: 10:00 This is a new group we are starting, based on interest we've had from a number of people. At the first session, the group will decide how often they want to meet and play.

Jan. 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.

Jan. 5 (9:30), 29 (12:30)-Brain Boosters: Join Eileen for a fun activity to help boost your brain.

Jan. 8-Adult Coloring: 10:00 Let your stress and cares melt away as we color with friends.

Jan. 8-Members Meeting: 12:45 This is a special meeting in order to elect new officers to the Membership Board. New leadership is needed! If you would like to run for office or nominate someone else, please bring those names with you to the meeting (if you are nominating someone else, they must have agreed to run).

Jan. 9-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.

Jan. 11, 25-Foot Care Clinic: 9:30 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.

Jan. 12-Entertainment: The Hahn Family: 12:00 Come enjoy show tunes, classical music and music trivia.

Jan. 18-Blood Pressure Screenings: 10:00 Midge Berfield, RN will be here to do free blood pressure screenings.

Jan. 22-Book Club: 11:00 Looking forward to your thoughts on the delightful book, The Storied Life of A.J. Fikry, by Gabrielle Zevin.

Jan. 24- Presentation: 10:00 *Thomas Woodside of Banker's Life* will be speaking to us about the topic of "Long-Term Care".

Jan. 29-DJ Ike: 10:00 Join us for some lively music with our favorite DJ.

Jan. 31-Reminisce Group: 10:00 "Life Goes On, Whatever the Weather". Join us for a friendly discussion about how the weather may define your mood.

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.

Jan. 4- Pot Luck Dinner: 5:00 Bring something you might serve on New Year's Day to share, and enjoy an evening of good food, friends and New Year's Party Games.

Jan. 25-Movie Night: 4:00 "Little Miss Sunshine" Starring Alan Arkin and Abigail Breslin, this adventure/comedy is about a family determined to get their young daughter into the finals of a beauty pageant as they take a cross-country trip in their VW bus. It illustrates the unique relationship between a girl and her grandfather.

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

Jan. 17-Goodwill/Wegmans: Cost-\$4.00 for bus

Jan. 19- New Castle Farmer's Market: Cost-free for bus

Jan. 24-Lunch out: Hollywood Grill: Cost-\$3 for bus

Jan. 26-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 6-April 17, 2018, from 9:00-12:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

Mammograms-March 28: 9:30 Join us as we go to the Helen Graham Breast Center for our yearly mammograms. See Eileen for more info.

AARP Driver Safety Basic Class: March 28: 9:00-3:00. Cost-\$15 AARP members, \$20-non members

AARP Driver Safety Refresher Class: April 18: 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

Fundraisers

Twelve Days of Christmas Raffle-Thank you to everyone who helped make this a success! A list of winners is posted at the center.

Annual Appeal- Thank you to everyone who donated to our Annual Appeal. We appreciate your support!

United Way Campaign-Did you know that you can designate the New Castle Senior Center as the recipient of your United Way donation? **The senior center's designation number is 9560.**

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.

March 7-**Philadelphia Flower Show:** 8:45-5:00. Cost-\$72 for paid senior center members, \$82 for non-members. Price includes show admission, bus and driver's tip. ***Deadline to sign up is March 1.***

April 18-**New Hope, PA:** 9:30-5:00. Cost-\$39 for paid senior center members, \$49 for non-members. Price includes bus and driver's tip.

May 16-**Toby's Dinner Theater: "Newsies":** 9:00-5:00. Cost-\$110 for paid senior center members, \$120 for non-members. Price includes show, lunch, gratuity, bus and driver's tip. Alcoholic drinks are not included. ***Deadline to sign up is April 13.***

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.

CENTER PROGRAMS

All daytime exercises classes with an instructor, unless otherwise noted, are \$1.00.

****As of February 1, the price will be \$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.

\$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!

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.**

January Outreach

“May the joy that you give to others be the joy that comes back to you.” Unknown

Jan. 1 New You – Start the new year with 3 ways to freshen up your life: **1.)** Start drinking herbal tea for mental sharpness. **2.)** Begin each day with stretches. **3.)** Make a list of reasons to be grateful.

Jan. 9 National Law Enforcement Appreciation Day – Bake cookies and take to your local Police Dept.

Jan. 15 Martin Luther King Jr.’s Birth Anniversary – Thousands across the country take this day to give back to their communities.

Jan. 24 National Compliment Day – “It is easier to catch a fly with honey than with vinegar” says the proverb.

Jan. 29 National Puzzle Day – Work on a crossword or jigsaw puzzle today by yourself or with a friend.

Protecting What’s Yours (\$tand By Me – Over 50 Program)

It’s your money. Ask questions.

It’s hard to ask about financial planning or products.

- Don’t be intimidated. If you want to work with a financial advisor, interview a few before choosing one. Before you sign anything or give personal or financial information about yourself to an advisor, ask questions: Are you licensed? How do you get paid? Are you working in my best interest?

It’s your information. Protect it.

- Never give out personal information, such as account numbers, over the phone or online unless you know the company or initiated the call. Telephone and online scams are common and constantly changing, so you must be proactive and protect yourself. It’s hard to believe it’s a scam when you get a call from someone far away who needs help. But it usually is.

It’s your retirement savings. Plan ahead.

We are living longer, so we have to be smarter about our finances as we retire.

- Learn the rules for social security benefits. How much will you get, and what tax will you pay? Factors including the age you retire, your other income sources, and a spouse’s death can change the answers to these questions.

It’s your house. Keep it.

By some estimates, older Americans hold 3.3 trillion in home equity. Your home may be the most valuable asset you have. Unfortunately, many people are thinking up scams to take that away from you.

- Before you do anything that would put your home on the line, make sure you understand what you are doing and can explain it to a friend using your own words.
- Be careful when considering a reverse mortgage. There are many factors to consider – your age, your financial needs and goals, and how long you expect to stay in the house. Even if it makes sense for you to take out the loan, learn about all the fees, and compare interest rates before you sign.

It’s your money. You can say no.

Scammers target polite people because they have a harder time saying no.

- If you feel pressured to make a decision, chances are you are being pressured.
- It may be hard, especially if it is a friend or relative, but just saying “No, I am not interested,” may save you from being scammed.
- You don’t have to stay on the line if you feel uncomfortable. Tell them you’re going to hang up, and then DO IT.

January Brainteasers

December Brainteaser Answers

It's Charming All the answers in this word game begin with the letters CH.

1. A fowl meal - **Chicken**
2. George Washington's favorite pie - **Cherry**
3. This begins at home - **Charity**
4. It's open every Sunday - **Church**
5. Offspring - **Children**
6. Miserly - **Cheap**
7. Swiss or Jack - **Cheese**
8. The fastest mammal on earth - **Cheetah**

REPLACE THE SWAMP Fix the mistakes in these titles by replacing the word swamp with the correct geographical feature.

1. "The Bridge Over the **SWAMP** Kwai" by P. Boulle **River**
2. "Go Tell it on the **SWAMP**" by J. Baldwin **Mountain**
3. "Treasure **SWAMP**" by R. L. Stevenson **Island**
4. "20,000 Leagues Under the **SWAMP**" by J. Verne **Sea**
5. "Little House on the **SWAMP**" by L. I. Wilder **Prairie**
6. "On Golden **SWAMP**" by E. Thompson **Pond**
7. "How Green Was My **SWAMP**" by R. Llewellyn **Valley**
8. "The Old Man and the **SWAMP**" by E. Hemingway **Sea**

WHAT'S THE MISSING NUMBER?? Fill in the missing number from this list of sayings and titles.

1. **12** *Angry Men*
2. **13** original colonies
3. **3** bean salad
4. The **10** Commandments
5. *The **3** Musketeers*
6. **50** states in the U.S.
7. "**99** bottles of beer on the wall"
8. "**50** Ways to Leave Your Lover"
9. **365** days in a year

clerk's conundrum... If yesterday had been Wednesday's tomorrow and tomorrow is Sunday's yesterday, what day would today be? **Today would be Friday**

Delaware Trivia - History

1. The DuPont Company powder mill was built on the Brandywine in 1802 by a French immigrant? **E. I. du Pont**
2. What 2 ships from Sweden brought the first settlers to what is now Wilmington? **Kalmar Nyckel & Fogel Grip**
3. Who was Wilmington's first African-American mayor? **Dr. James H. Sills, Jr.**

January Brainteasers

JUST JS All the answers in this word definition game begin with the letter J.

1. A carpenter's tool...or a kind of puzzle.
2. An old, barely operable, car: a clunker.
3. If you were a native, you'd call this country *Nippon*.
4. A large meeting or rally; term commonly used for a gathering of Boy Scouts.
5. Duke Ellington, Count Basie & Louis Armstrong were early musicians of this genre.

What do they have in common? Each question contains a list of several items. What do they have in common?

1. Paper, rag, and kewpie.
2. Barney, Socks, Millie, and Checkers.
3. Jig, Twist, and Tango.
4. A monarch, Miss America, and a broken tooth.
5. Malibu, Bel Air, and Corvette.

I. Q. Challenges

* An electric train runs at 60 mph heading south toward a wind blowing at 30 mph. What is the direction of the smoke from the train?

* If Albert's peacock jumps over the fence onto Edward's property and lays an egg there, whose egg is it?

* What can you have in an empty pocket? (Apart from air, of course.)

January in History

1945 Officials added this chemical to the drinking water in Grand Rapids, Mich. in an experiment to improve dental health.

1981 Fifty-two hostages were released after being held 444 days in this country.



City Fare Menu January 2018



Monday

Tuesday

Wednesday

Thursday

Friday

<p>CENTER CLOSED</p> 	<p>1/2 Roast Pork w. Gravy Baked Sweet Potato Green Beans Fruit Cocktail Ultimate Grain Bread</p>	<p>1/3 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Apple Waffle Cookie</p>	<p>1/4 Turkey Burger with Swiss Cheese, BBQ sauce, Pineapple Slice on a Whole Wheat Bun Orange Roasted Potato Wedges</p>	<p>1/5 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Chocolate Pudding</p>
<p>1/8 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread</p>	<p>1/9 Ham & Swiss on a Club Roll Lettuce, Tomato & Onion Cream of Broccoli Soup Orange Crackers</p>	<p>1/10 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread</p>	<p>1/11 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt</p>	<p>1/12 Salisbury Steak w. Gravy Mashed Potatoes Spinach Pineapple Tidbits Cornbread Loaf</p>
<p>1/15 CENTER CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>**1/16** Chicken Cordon Bleu Mashed Potatoes W. Gravy Broccoli Cuts Cherry Graham Tart w. Whipped Cream</p>	<p>1/17 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple Ultimate Grain Bread Cranberry Sauce</p>	<p>1/18 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit</p>	<p>1/19 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>
<p>1/22 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cornbread Loaf</p>	<p>1/23 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</p>	<p>1/24 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail Wheat Dinner Roll Tartar Sauce</p>	<p>1/25 Turkey & Swiss on Club Roll with Lettuce, Tomato & Onion Cream of Potato Soup with Bacon with Crackers Diced Peaches</p>	<p>1/26 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread</p>
<p>1/29 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>1/30 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Bread</p>	<p>1/31 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Wheat Dinner Roll Applesauce Sour Cream</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 January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
CENTER CLOSED NEW YEAR'S DAY	1/2 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	1/3 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	1/4 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	1/5 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
1/8 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	1/9 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	1/10 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	1/11 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	1/12 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
1/15 CENTER CLOSED MARTIN LUTHER KING JR. DAY	1/16 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	1/17 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	1/18 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	1/19 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
1/22 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	1/23 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	1/24 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	1/25 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	1/26 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
1/29 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	1/30 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	1/31 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.

The Writing Game

ADAPT	GRAMMAR	RESEARCH	TALENT
AGENT	MYSTERY	ROMANCE	THEME
AUTHOR	NOVEL	SCENES	THOUGHT
CHAPTER	PAGE	SCRIPT	WRITE
CREATIVE	PLAY	SENTENCE	
CRITIC	PLOT	SERIAL	
EDITOR	POETRY	START	
ESSAY	PRINT	STORY	
EXCERPT	PROSE	STYLE	

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