



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

JANUARY 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
Terry Gormley
Ted Joslin
Nicole Poore
Erica Suppa
Bob Thatcher

Center Staff

Executive Director
Natalie Kaplan

Assist. Director
Mike Pullan

Outreach/Activities Coordinator
Jo Ann Koon

Transportation
Susan Marinelli
Russ Paternostro
Tom Strawbridge

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
JANUARY
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

JANUARY MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CENTER CLOSED NEW YEAR'S DAY	10:00 Pinochle 10:00 Adult Coloring 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Food Lion 5:00 Pot Luck Dinner	12:00 Brain Boosters
7	8	9	10	11
10:00 DE Financial "Reverse Mortgages"	12:30 Pokeno	10:00 Care Wear 10:00 Chair Yoga 10:30 Reminisce Group 1:30 YMCA Diabetes	9:30 Massage Program 12:30 Shop Rite	No Arthritis Exercise class 12:30 New Castle Farmer's Market
14	15	16	17	18
10:00 Bayada Hospice 10:30 Book Club		10:00 Pinochle 10:00 Blood Work 10:00 Retro Fitness "Keep Moving & Feeling Good" 1:30 YMCA Diabetes	9:00 Bank & PO 10:00 Blood Pressure 12:30 Food Lion 3:30 "Old is Not Easy"	12:00-1:00 Entertainment: Bruce Thomas
21	22	23	24	25
CENTER CLOSED MARTIN LUTHER KING JR. DAY	12:30 Food Distribution	10:00 Atrium Ind. Senior Living 11:00 Lunch out: Hollywood Grill 1:30 YMCA Diabetes	9:00 Stand by Me 12:30 Shop Rite 4:00 Movie Night 6:00-9:00 Guest Bartender Night at Jessop's Tavern	12:30 Dollar Store
28	29	30	31	
10:00 Funeral Planning 12:15 Birthday Celeb 12:30 Brain Boosters		9:30 Goodwill/Wegmans 10:00 Ingleside	12:30 Food Lion	For snow closings WDEL 1150 am or www.wdel.com

January Happenings!

Just a reminder, membership dues will renew on January 1, 2019. Membership is \$20 and is good for the calendar year.

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

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

Jan. 4, 28-Brain Boosters Join us for a fun activity to help boost your brain.

Jan. 7-DE Financial: 10:00 Amy Libonte will discuss some of the advantages of a “Reverse Mortgage”.

Jan. 8-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.

Jan. 9-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. 9-Reminisce Group: 10:30 What aspects of winter do you love? What parts would you rather do without? What were your favorite activities growing up?

Jan. 10-Massage Program: 9:30 Lisa Harzberger, a licensed massage technician, is back again. She will be doing soft tissue massages for seniors and reflexology on hands and feet, according to the person’s needs...no lotions, no undressing. She will charge \$20.00 for 30 minutes. See sign-up sheet at front desk.

Jan. 14-Bayada Hospice: 10:00 Chaplain Harry Hiltner will be speaking about hospice, spiritual care, bereavement and volunteer programs available with Bayada.

Jan. 14-Book Club: 10:30 We will be discussing *Nine Perfect Strangers*, by Liane Moriarty. This is a psychological thriller that entertains, while taking a look beneath the issues of a wide cast of characters and the moving stories that lie beneath the façade of their everyday lives.

Jan. 16-Retro Fitness: 10:00 Leslie Frost will talk about the importance of “Keep Moving & Feeling Good”.

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

Jan. 18-Entertainment: 12:00 **Bruce Thomas** has performed in hundreds of venues for thousands of people. Come enjoy his singing of oldies, pop, jazz, soul, and Broadway tunes with his smooth, rich baritone voice.

Jan. 23-Atrium Independent Senior Living: 10:00 Sydney Alford will be here to tell us about the newly renovated senior community at Churchman’s Village.

Jan. 28- Bennie Smith Funeral Home 10:00 Jaqueline Johnson will be speaking about funeral advance planning and some of the prearrangement services offered to seniors.

Jan. 30-Ingleside: 10:00 Denise Aureola-Dominguez will share information about these senior-living apartments.

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. 3-Potluck Dinner: 5:00 New Year’s Celebration Do you have a favorite New Year’s dish? Bring it to share and we’ll enjoy New Year’s party games and music.

Jan. 17-“Old is Not Easy”: 3:30 Bring a light dinner and join the discussions about the” joys” of aging.

Jan. 24-Movie Night: 4:00 “Slumdog Millionaire” As 18 year-old Jamal Malik answers questions on the Indian version of the TV gameshow “Who Wants to Be a Millionaire”, flashbacks of his childhood surviving on the streets of Mumbai show how he got there.

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

January 11- New Castle Farmer’s Market: Cost-free for bus

January 23-Lunch out: Hollywood Grill: Cost-\$3/members; \$5/non-members

January 25-Dollar Store: Cost-free for bus

January 30-Goodwill/Wegmans: Cost-\$4/members; \$6/non-members

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 9:00-12:00. **This is by appointment only.** This is a free income tax preparation for those with **basic** tax returns.

AARP Driver Safety Basic Class: March 27: 9:00-3:00. Cost-\$15 AARP members, \$20-non members

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

Guest Bartender Night at Jessop's Tavern: January 24: 6:00-9:00. Come have a drink and support the center! The key to making this fundraiser a success is turnout, so bring your family and friends.

SAVE THE DATE-Annual St. Patrick's Day Dance: Saturday, March 2. 7:00-10:00 pm. Music by the acclaimed Irish music group Seven Rings. \$20 in advance/\$25 at the door. Cash bar/bring your own food.

12 Days of Christmas Raffle-Thank you to everyone who participated! 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!

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.

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!

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

“January... The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes.”

Charmaine J. Forde

5 New Year’s Resolutions for Older Adults by Bruce Rosenstein

To make meaningful New Year’s resolutions that you’ll really keep, set long-range resolutions for your *second act*. This way, you can help reach the goals that matter to you in the context of your *entire future*, not just a single year.

1. **Resolve to embrace uncertainty rather than avoid it.** Don’t assume that tomorrow will be like today. It *could*, but the future is unknown. To embrace uncertainty and support your second act, go to a book club or discussion group dedicated to learning about the future. Explore trends in business, technology, education, culture and work. Look at role models – people you know who are adept at navigating uncertainty.
2. **Resolve to seek opportunities in changing conditions.** We may not like change, but it’s natural, necessary, and something to celebrate. The most effective way to manage change successfully is to create it. See change as an opportunity, not a threat. So, rather than just reacting to change, go out and look for it. As you reflect on your second act, maximize your efforts by employing practices such as journaling and mindfulness. Interact with people in diverse groups and start reading unfamiliar newspapers, magazines, blogs and websites.
3. **Resolve to stop and reflect on your second act.** Carve out time to engage in deep, focused introspection. Reflect on how the past year has gone compared with your expectations, and make needed adjustments going forward. As you reflect on your second act, maximize your efforts by employing practices such as journaling and mindfulness.
4. **Resolve to make friends with risk.** It is risky to sit back and let the future happen to you. Accept the idea that almost everything carries some element of risk, and you can create a space for risk in your life. Your second act may involve weighing the risks in going back to (and paying for) school, learning new technologies or creating an entrepreneurial venture. At some point, though, you’ll simply need to take that first step. As the Chinese philosopher Lao Tzu said: “The journey of a thousand miles begins beneath one’s feet.”

What Your Favorite Song Says About Your Brain Reader’s Digest

In a study published in the journal *PLOS One*, 4,500 participants completed psychology-based questionnaires and rated up to 50 songs. Those who scored high on empathy preferred gentle, sad music with string instruments – think Jeff Buckley’s rendition of “Hallelujah”. Systemizers, (those who focus on rules) preferred high energy, percussive music – like the song “Enter Sandman” by Metallica.

Your Heart on a Southern Diet Reader’s Digest

Love southern food? Watch how much you eat. In a new *Circulation* study of 17,000 adults, the southern diet – rich in eggs, fried food, sugary beverages and organ meats – was linked to a 54% increase of coronary heart disease. It is common in what experts call the Stroke Belt, states such as North Carolina, Virginia and Mississippi, where stroke death rates are 10% higher than the national average.

January Brainteasers

December Brainteasers Answers

Finish the Saying Can you finish these familiar proverbs and sayings?

1. Beauty is only ...**skin deep**
2. Birds of a feather...**flock together**
3. Actions speak...**louder than words**
4. Opportunity seldom knocks...**twice**
5. Blood is...**thicker than water**
6. Dead men...**never talk**
7. Two heads are...**better than one**
8. Good fences...**make good neighbors**

Two Out of Three Two answers are required for each question in this quiz.

1. Who are two of the Three Stooges? **Larry, Moe & Curly**
2. What are two of the three things that "little girls are made of"? **sugar, spice & everything nice**
3. What are two of the three branches of the U.S. government? **Executive, Legislative, Judicial**
4. What are two of the three races that make up the famous Triple Crown of Thoroughbred horse racing? **Kentucky Derby, Preakness Stakes, Belmont Stakes**

Put The List In Order Put each list of items in the order called for in the question.

*Put this list of dog breeds in order, starting with largest to smallest:

- a. German Shepherd **2**
- b. Great Dane **1**
- c. Cocker Spaniel **4**
- d. Chihuahua **5**
- e. Collie **3**

*Put this list of continents in order of their total size starting with the largest:

- a. Antarctica **4**
- b. South America **3**
- c. Africa **1**
- d. North America **2**
- e. Europe **5**

*Put this list of television series in order of when they were first broadcast, starting with earliest:

- a. *Bonanza* **3 (1959)**
- b. *Dr. Kildare* **4 (1961)**
- c. *Jeopardy!* **5 (1964)**
- d. *What's My Line?* **1 (1950)**
- e. *Perry Mason* **2 (1957)**

December in History 1947 - John Bardeen, Walter Brattain, and Wm. Shockley ushered in the electronics age with this invention. **The transistor radio**

January Brainteasers

M & M'S All of the two-word answers in this game begin with the initials M and M.

1. A famous French mime.
2. Term used to describe a Native American healer and spiritual leader.
3. She wrote *Gone With the Wind*.
4. If you let time run over, she will surely give you a parking ticket.
5. This devoted follower of Jesus was repentant prostitute.
6. A seaman dedicated to commercial rather than military activity.

Geographical Double Entendres This is a word game combined with a trivia game in which you name the geographical place – which is also a word for something entirely different.

1. An Asian country or...ceramic tableware.
2. A New York City borough or...a group of royal ladies.
3. A South American country or...a large nut.
4. An ancient English city or...a nice long soak.
5. A city on Lake Erie or...a bison.
6. A city in Germany or...ground beef.
7. Islands off Morocco or...small bird.
8. River in South America or...online retailer.

Hard Times Flynn has fallen on hard times, ending up a homeless tramp on the streets. He collects cigarette butts and uses the tobacco to roll his own cigarettes. For every 8 cigarette butts he finds, he rolls one full cigarette for himself. He just collected 64 cigarette butts. How many cigarettes can he make?

DELAWARE TRIVIA What was Delaware's first high school for African Americans, founded in 1867?



Office of the Inspector General
SOCIAL SECURITY ADMINISTRATION

Fraud Advisory

FOR IMMEDIATE RELEASE

December 7, 2018

<https://oig.ssa.gov>

IG Warns Public About Fraudulent Phone Calls Threatening Arrest or Legal Action

The Acting Inspector General of Social Security, Gale Stallworth Stone, is urging citizens to remain vigilant of telephone impersonation schemes that exploit the Social Security Administration's (SSA) reputation and authority.

The Office of the Inspector General (OIG) continues to receive reports from across the country about fraudulent phone calls from people claiming to be from SSA. Recent reports have indicated that unknown callers are using increasingly threatening language in these calls. The callers state, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue. This is a scam; citizens should not engage with these calls or provide any personal information.

SSA employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes. However, SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information. In those cases, the call is fraudulent, and you should just hang up.




"Unfortunately, scammers will try anything to mislead and harm innocent people, including scaring them into thinking that something is wrong with their Social Security account and they might be arrested," Stone said. "I encourage everyone to remain watchful of these schemes and to alert family members and friends of their prevalence. We will continue to track these scams and warn citizens, so that they can stay several steps ahead of these thieves."

The OIG recently warned that some of these impersonation calls have "spoofed" SSA's national customer service phone number, displaying 1-800-772-1213 as the incoming number on caller ID.

The Acting Inspector General urges citizens to be extremely cautious, and to avoid providing information such as your SSN or bank account numbers to unknown persons over the phone or internet unless you are certain of who is receiving it. If you receive a suspicious call from someone alleging to be from SSA, you should report that information to the OIG at 1-800-269-0271 or online at <https://oig.ssa.gov/report>.

For more information, please visit <https://oig.ssa.gov/newsroom/scam-awareness>. For media inquiries, please contact Andrew Cannarsa, OIG's Communications Director, at (410) 965-2671.

City Fare Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1/1 CENTER CLOSED 	1/2 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Dinner Roll	1/3 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	1/4 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread
1/7 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	1/8 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	1/9 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	1/10 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers	1/11 Salisbury Steak w. Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf
1/14 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce	1/15 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	**1/16** Hot Dog on Bun Hamburger on Bun Lettuce, Tomato & Onion Baked Beans Red Skin Potato Salad Tropical Fruit 	1/17 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon Crackers	1/18 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
1/21 CENTER CLOSED MARTIN LUTHER KING JR. DAY	1/22 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	1/23 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce	1/24 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers	1/25 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish
1/28 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	1/29 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread	1/30 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream 	1/31 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	2/1 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae

- 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 January 2019

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

- 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.

New Years Day

DFNRDD JANUARYSUI CQUG
XDEWENERGCIGNICYCDBSQR
ETRADITIONMISHMMFNJB
GOFPTTKRPLPFBDBUDES G
KTVVPKNCCRYLDNNKWEPT
BIPNZBHSOBAFLOWEYRUJ
UXATRMNSBCDNAI IKIGPW
IRWEGWPTKENTXTXLTRBU
UBAITEZETSNSGUNPOYFR
DDGDRA YTWIDRCLEMDQA U
UDFOJEMAGCTIDOIAFDJG
JIUVDETRARLFXSWANQWS
QSGPNLPBTEKHI EF EQOGO
NFE GTWJ EHXNNXRLKPOZC
JAXOGFVLEEGKAADUACNI
SMDZHIDERERICVHLUBBW
TIWX TIRCI QCSQTS VWXTH
JLTS TGG LNKI ANNUALNOB
HYEJ QOSGGHEHLORWGVLB
DFG PLC CAS YLGEJOVOOJH

Annual	Diet	Friends	Promising
Black Eyed Peas	Exercise	Gatherings	Prosperous
Calendar	Family	Goals	Renewed
Celebrate	Festive	Greens	Resolution
Cornbread	First	January	Tradition