



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

SEPTEMBER 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.

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Mission Statement-to serve older adults with programs to enhance their health,  
happiness and independence within the community.

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## Senior Center Executive Board

Board President  
Kim Wipf

Vice-President  
Tish Gallagher

Treasurer  
Candi Knotts

Secretary  
Judy Barthel

## Board of Directors

Marianne Caven  
Sally Denton  
Dee Duszak  
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 Community Health Fair

**Date: Monday, Sept. 17, 2018**

**Time: 10:00 AM – 12:00 PM**

**Screenings & Services:**

- \* Flu Shots (Bring Ins. Info)
- \* Wound Care
- \* Blood Pressure
- \* Stroke Program
- \* Medicare Assistance

**Valuable Information:**

- \* Memory
- \* Health Insurance
- \* Home Health Care
- \* Rehabilitation Services
- \* Helen F. Graham Breast Center

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## UPCOMING VOLUNTEER OPPORTUNITIES

If you are interested in any of these opportunities, contact Mike Pullan, Assistant Director, at 302-326-4209 or email at [mpullan@newcastleseniorcenter.com](mailto:mpullan@newcastleseniorcenter.com)

### **Sat., September 22, 2018 – Senior Center Parking Lot for Art on the Green**

time slots: 8am – 11:30am and 11:30am – 3pm need at least 4 people per shift

Duties: ask for a donation to the center, show people where to park

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### **Sat., October 20, 2018 – New Castle Senior Center Annual Bazaar**

#### **Thursday, October 18 @ 3pm**

Help set up tables, move all items into the river room/activity room, etc.

#### **Friday, October 19 @ 9am:**

Help set up book/ treasure chest/craft areas

#### **Saturday, October 20**

Sell tickets: 3 Areas: Quilt raffle - Tomboli - 50/50: 2 shifts: 9am -12pm or 12pm - 3pm

Bake Table: help price and sell items: 2 shifts: 9am – 12 pm or 12 pm- 3pm

Book/Treasure Chest/Craft areas: assist buyers with their purchases: 2 shifts: 9am-12pm or 12pm -3pm

Kitchen: take food orders and money: 2 shifts: 9am-12pm or 12pm-3pm

Clean up at 3pm: move chairs and tables, box up leftover items, etc.

# September is National Senior Center Month

Our senior center has a wide variety of offerings. Are you aware of them all?

Want to get in better shape and be healthier? Join one of our many exercise classes!

Mondays-Chair Yoga

Tuesdays-Strength Building

Wednesdays-Line dancing and Agility/Balance/Coordination (ABC)

Thursdays-Zumba, Tai Chai, Yoga

Friday-Beginner's/Arthritis Exercise

**This month we encourage you to try a class for free: Sept 4-Strength Building, Sept 12-ABC class, Sept 20- Zumba, Sept 28-Beginner's/Arthritis Exercise**

**We also have free blood pressure screenings on the 3<sup>rd</sup> Thursday of the month.**

Like to play games? We have a lot to choose from!

Mondays & Fridays-Mah Jongg

Tuesdays & Fridays-Bingo

Thursdays-Bridge

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays-Pinochle

2<sup>nd</sup> Tuesday-Pokeno

Plus, Wii games, Shuffleboard Table and Pool Tables

**Join us on Sept. 12 at 10:00 am for a shuffleboard tournament and Sept. 24 at 10:00 am for a morning of "learn to play pool".**

Like live music? We have entertainment each month.

On **September 28**, Rebecca Campbell will be here to entertain us. And root beer floats!

Interested in a discussion group?

Each month we have a reminisce group, a book club, a movie club, and this month we are starting a new discussion group "**Old is Not Easy**" on **September 20 at 5:00**. We also have a weekly bible study group on Thursdays and have a second bible study group that will start on Sept. 14 at 1:00.

Do you like trips?

We have a charter bus trip, small bus trip and trip to a restaurant for lunch out each month.

Also this month we have a community health fair on September 17.

More information about all of these offerings can be found throughout the newsletter.

**NEW CASTLE SENIOR CENTER  
SEPTEMBER  
WEEKLY ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00-3:00 Billiards 9:00 Pool Exercise 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 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 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 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

**SEPTEMBER MONTHLY ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>CENTER CLOSED LABOR DAY</b>		9:30 DE Art Museum 10:00 Pinochle 10:00 Chair Yoga 10:00 Presentation: Home Instead	<b>CENTER CLOSED PRIMARY ELECTION</b>	11:30 Brain Boosters
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 Reminisce Group 11:30 Portofino's	12:30 Pokeno	9:30 Rainbow Dinner Theater 10:00 Care Wear 10:00 Shuffleboard Tournament	9:00 Bank & PO 10:00 Craft-Wreaths 12:30 Shop Rite 5:00 Potluck Dinner and Speaker	12:30 New Castle Farmer's Market 1:00 Covenant Bible Study
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00-12:00 Health Fair	9:00-1:00 AARP Driver Safety Refresher Class	10:00 Pinochle 10:00 Blood Work 10:00 Presentation: Cap-Tel phone 10:30 Book Club	10:00 Blood Pressure Screenings 12:30 Food Lion 5:00 Old is Not Easy Discussion Group	12:30 Dollar Store 1:00 Covenant Bible Study
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 Adult Coloring 10:00 Learn to Play Pool  12:15 Birthday Celeb 12:30 Brain Boosters	12:30 Food Distribution	8:00 Rehoboth Beach  1:00 Bazaar Planning Meeting	9:00 Stand by Me 9:00 Bank & PO  12:30 Shop Rite  4:00 Movie Club	12:00-1:00 Rebecca Campbell entertainment Root Beer Floats 1:00 Covenant Bible Study

## September Happenings!

**Sept. 5-DE Museum of Art: 9:30-2:00** “Wilmington 1968” is a trio of exhibits: large scale retrospective prints in “Black Survival Guide, or How to Live Through a Police Riot”; “Memories of the Southern Civil Rights Movement” by photojournalist Danny Lyon; and “The Montgomery Bus Boycott”-drawings by Harvey Dinnerstien and Burton Silverman. Cost-\$13 members/\$15 non-members. Lunch on your own at the museum café.

**Sept 5, 19-Pinocle: 10:00** Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month to play pinocle.

**Sept 5-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.

**Sept. 5-Presentation: 10:00** Lisa Shields from Home Instead will be here to discuss the goal of in-home care and companionship in support of aging in place.

**Sept. 7, 24-Brain Boosters** Join us for a fun activity to help boost your brain.

**Sept. 10-Reminiscence Group: 10:00** “Thinking Back On Youth” Do remember being a youngster? Join us as we discuss nicknames, getting away with pranks, first big crush, dating, learning to drive, etc.

**Sept. 11-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.

**Sept. 12-Rainbow Dinner Theater: “Love, Lies and the Lottery”:** See “2018 charter bus trips” for more info.

**Sept. 12-Shuffleboard Tournament: 10:00** All are welcome to join in this shuffleboard tournament-no prior experience necessary. Come and have some fun!

**Sept. 13-Craft-Wreaths: 10:00** Join in the fun and create a one-of-a-kind Fall Wreath. Penny Chew, a new member, will be teaching the class. The cost is \$8 and the deadline for signing up is September 4<sup>th</sup>.

**Sept. 14, 21, 28- Bible Study: 1:00** All are welcome to this non-denominational Bible study, called “Covenant” and led by Pastor Scott Maxwell. It will be held every Friday afternoon starting Sept 14. *\*This new group is in addition to, not instead of, the existing bible study we have that meets on Thursday afternoons.*

**Sept. 17-Health & Community Services Fair: 10:00-12:00** Join us for our 3<sup>rd</sup> annual fair. See flyer in this newsletter for more information. Walgreens will be here for our annual flu shot clinic.

**Sept. 18-AARP Driver Safety Refresher Class: 9:00-1:00** This class is required every three years for those who have taken the basic course. Cost-\$15 AARP members, \$20 non-members. ***You must sign up in advance.***

**Sept. 19-Presentation: 10:00** Marcella Little from Sprint will be here to see if anyone could benefit from the free Cap-Tel phone and its different services.

**Sept. 19-Book Club: 10:30** We will be discussing “Before We Were Yours” by Lisa Wingate.

**Sept. 20-Blood Pressure Screenings: 10:00** Midge Berfield, RN will be here to do free BP screenings.

**Sept. 24-Adult Coloring: 10:00** Let your stress and cares melt away as we color with friends.

**Sept. 24-Learn to Play Pool: 10:00** Have you seen our pool tables and wish you knew how to play? Now is your chance to learn!

**Sept. 28-Entertainment: 12:00-1:00** We welcome back Rebecca Campbell to play some delightful oldies like Patsy Cline and Sam Cooke. We will also be serving root beer floats as an added afternoon treat.

### **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.**

**Sept. 13-Potluck Dinner: 5:00** Along with a dinner of any **Soups, Salads and Desserts** you want to bring, we have a special speaker discussing “**Lenape Life - From an Archeological Perspective**”. Our speaker, Maureen Zieber, of the Iron Hill Science Center, will have artifacts and other items to show as she speaks about the way of life of the Lenape people who lived here and produced them.

**Sept. 20-“Old is Not Easy”:** 5:00 This new discussion group will be meeting the 3<sup>rd</sup> Thursday of each month to munch on snacks and talk about whatever is on your mind regarding the “joys” of aging.

**Sept. 27-Movie Night: 4:00** “**Loving**” Loving is a 2016 British-American biographical film which tells the story of Richard and Mildred Loving, the plaintiffs in the 1967 U.S. Supreme Court decision Loving v. Virginia, which invalidated state laws prohibiting interracial marriage

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

**Sept. 5-DE Art Museum:** Cost-\$13 members/\$15 non-members. See happenings page for more info.

**Sept. 10-Lunch Out: Portofino's:** Cost-free for bus

**Sept. 14- New Castle Farmer's Market:** Cost-free for bus

**Sept. 21-Dollar Store:** Cost-free for bus

**Sept. 26-Trip to Rehoboth Beach: 8:00-4:00** Cost-\$15 members/\$20 non-members for the bus. *There will be no regular bus transportation this day.*

**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.**

**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!**

# Fundraisers

**Harvest Bazaar**-Saturday, October 20: 9:00 am-3:00 pm

**10 week club**-The winners for the Summer 10 week club thus far are:

Week 4-NCSC, Lois Barth, Edward Travers

Week 5-John Viscovich, Rosemary Neville, Michael Hemphill

Week 6-Lenore Nicholson, Betty Smith, Al Richmond

Week 7-Rylee Maloney, Kathy Gauthier, Janice Henshaw

**HARVEST BAZAAR-OCTOBER 20, 2018**

**We will be accepting donations for the following tables from August 1-October 5.**

**The Treasure Chest**- Items should be things that you could use but don't and are in good condition. Suggested new and old items: knick-knacks, collectibles, jewelry, unneeded gifts, decorative items, household items, kitchen items, pictures. We will not accept any clothing (including shoes and hats) or electronics (tvs, stereos, vcrs, etc.) Please note, any items donated that are valued under \$1 or deemed unsellable will not be displayed.

**Made for You**-We would like donations of handmade crafts, crocheted or knitted items (especially sweaters for all ages) or any other handmade specialty you may have. New or gently used sewing/craft supplies will also be accepted. **We are not able to accept fabric material at this time.**

**Reader's Corner**-We are looking for used books in good condition. Large print books are always needed. Coffee table books are especially welcome.

**Granny's Cupboard**-Bakers are needed! If you are able to bake for us, please call Mike at the center to sign up.

**Volunteers are needed to help set up on October 19 and to help out the day of the bazaar, October 20.**

**If you are able to volunteer, please contact Mike.**

## 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.**



## September Brainteasers

### August Brainteaser Answers

**It's A Kick** All of the answers in the quiz begin with the letter K.

1. To abduct a person for ransom. **Kidnap**
2. Six-foot tall Australian marsupial. **Kangaroo**
3. A smack or a peck. **Kiss**
4. Menswear, Scottish style. **Kilt**
5. A barrel for doling out beer. **Keg**
6. A type of long, brown seaweed. **Kelp**
7. One seed of corn. **Kernel**
8. Jewish dietary laws. **Kosher**

**HOMONYMS** are two or more words pronounced the same way, but have different meanings and/or spellings. Definitions are supplied, you provide the homonyms.

1. Consumed; or seven plus one. **Ate / Eight**
2. A fragrance; or a penny. **Scent / Cent**
3. A blossom; or a basic baking ingredient. **Flower / Flour**
4. Plant seeds; or use a needle and thread. **Sow / Sew**
5. Top of a mountain; or a quick, furtive glance. **Peak / Peek**

**The Gambler** Wild Bill had three hands of Poker in the Saloon, each time losing three-quarters of his money. He was left with \$1.50. How much had he lost in total? **\$94.50** Working backwards, \$1.50 is a quarter of 6, 6 is a quarter of 24 and 24 is a quarter of 96, which was the total number started with.

### **DELAWARE TRIVIA**

- Legend says Pea Patch Island got its name when it was formed by what? **A ship wrecked cargo of peas**
- In what year did marine archeologists raise the sunken eighteenth-century ship HMS *De Braak*? **1986**
- What two houses comprise the Delaware General Assembly? **Senate & House of Representatives**

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## September Brainteasers

**HIDDEN ANIMALS** Identify animals that are hidden in the words that complete this list.

1. Wh \_ \_ \_ barrow – A cart for moving loads.
2. Video \_ \_ \_ \_ - Medium for recording visual images.
3. \_ \_ \_ \_ \_ radish – Pungent root used as a condiment.
4. Kn \_ \_ \_ edge – The facts, information and skills a person possesses.
5. \_ \_ \_ astrophe – A disaster.

**PRESIDENTIAL NICKNAMES** Can you identify these U.S. presidents by their nicknames?

- |                         |                        |                |
|-------------------------|------------------------|----------------|
| 1. Bubba                | 4. Give 'Em Hell Harry | 7. Silent Cal  |
| 2. Dubya                | 5. The Rail Splitter   | 8. Barry       |
| 3. The Teflon President | 6. Ike                 | 9. Tricky Dick |

**Swimming Pool Fun** A pipe can fill a swimming pool in three hours. A second pipe can fill the pool in two hours. If both pipes are turned on at the same time, how long will it take them to fill the pool?

### **SEPTEMBER IN HISTORY**

**1901** Following the assassination of this president, Theodore Roosevelt was sworn in as the 26<sup>th</sup> president of the United States.



# City Fare Menu September 2018





Monday

Tuesday

Wednesday


Thursday

Friday

<p>9/3 <b>CENTER CLOSED</b></p> 	<p>9/4 Chicken Salad Platter Lettuce &amp; Tomato Cream of Broccoli Soup Ambrosia Whole Grain Saltines</p>	<p>9/5 Seafood Alfredo over Penne Pasta Italian Green Beans Fruit Cocktail Split Top Dinner Roll</p>	<p>9/6 <b>CENTER CLOSED</b> <b>PRIMARY ELECTION</b></p>	<p>9/7 Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange</p>
<p>9/10 Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread</p>	<p>9/11 Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato &amp; Onion Beef Barley Mushroom Soup Blueberry Muffin Diced Peaches Yogurt Crackers</p>	<p>9/12 Pot Roast in Au Jus Roasted Baby Bakers Cooked Cabbage Pineapple Tidbits Giant Graham Fish</p>	<p>9/13 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie</p>	<p>9/14 Tuna Salad on Kaiser Roll Lettuce &amp; Tomato Tomato Vegetable Soup Orangecicle Parfait Crackers</p>
<p>9/17 Meatloaf with Gravy Corn Nuggets Spinach Pineapple Tidbits</p>	<p><b>**9/18**</b> Chicken Cordon Bleu Mashed Potatoes with Gravy Broccoli Cuts Cherry Graham Tart with Whipped Cream</p>	<p>9/19 Stuffed Pepper in Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread Fresh Plum or Apple</p>	<p>9/20 Crab Cake on Brioche Bun Stewed Tomatoes Corn Fruit Cocktail Tartar Sauce</p>	<p>9/21 Herb Baked Chicken Mashed Potatoes Brussels Sprouts Sliced Banana in Orange Juice Strawberry Waffle Cookie</p>
<p>9/24 Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato &amp; Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>	<p>9/25 BBQ Chicken Red Skin Potato Salad w. Egg Baked Beans Diced Peaches Strawberry Waffle Cookie</p>	<p>9/26 Flounder w Lemon &amp; Parsley Sauce Macaroni &amp; Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p> 	<p>9/27 Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Banana- Yogurt Sundae</p>	<p>9/28 Turkey &amp; Mozzarella on Ciabatta Bread with Balsamic Dressing, Lettuce &amp; Tomato Potato Soup w. Bacon Chocolate Fudge Pudding Crackers</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 Bag Supper Menu September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
9/3 <b>CENTER CLOSED</b> 	9/4 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	9/5 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	9/6 <b>CENTER CLOSED</b> <b>PRIMARY ELECTION</b>	9/7 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding
9/10 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	9/11 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	9/12 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	9/13 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	9/14 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
9/17 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	9/18 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	9/19 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	9/20 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	9/21 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
9/24 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	9/25 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	9/26 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	9/27 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	9/28 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt 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 \$5.00
- Meals available by reservation. Call your Senior Center to reserve your bag supper.



# THE CITY THAT NEVER SLEEPS



A myriad of songs have been written about it and it has been the backdrop for countless films and books, inspiring tourists and dreamers to visit "the city that never sleeps" every year. Of the many landmarks in the city that are well known internationally, the best known is Times Square, the hub of the Broadway theater district and one of the world's busiest pedestrian intersections. Other famous sights include Central Park, the Lincoln Center, and Harlem's Apollo Theater.

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

APOLLO THEATER  
 BLOOMINGDALE'S  
 BRIGHTON BEACH  
 BROADWAY  
 BRONX ZOO  
 BROOKLYN BRIDGE  
 CARNEGIE HALL

CENTRAL PARK  
 CONEY ISLAND  
 ELLIS ISLAND  
 FREEDOM TOWER  
 HARLEM  
 LENOX LOUNGE  
 LINCOLN CENTER

MUSEUM MILE  
 PROSPECT PARK  
 SOHO  
 THE BOWERY  
 TIMES SQUARE  
 TRIBECA  
 YANKEE STADIUM