

GRAPEVINE

August 2017

Claire W. Teague Senior Center * 917 South Main Street * Great Barrington * MA 01230

Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator

Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Center: 413-528-1881

Dining Room: 413-528-4118

Transportation: 413-528-4773

American Indian Meditation and Movement!

On Wednesday, August 9th at 10:30 am we will have Fidel Moreno, co-producer of the 12th Annual Rock, Rattle & Roll Pow Wow, at the **Senior Center** to perform American Indian meditation and movement with American Indian drumming, chanting, song and dance.



Also, don't miss the Annual Pow Wow at the Great Barrington **Fairgrounds** on Saturday, August 12th and Sunday, August 13th. There will be authentic American Indian Dancing, Drumming, Arts & Crafts and Demonstrations. Tickets are \$10.00 per person. Seniors are \$5.00, Youth 11-17 are \$5.00 and children 10 and under are \$1.00.

Health Fair

We will be holding another Health Fair at the senior center on Monday, August 14th from 1:00 pm-3:00 pm. Berkshire Health Systems will be here along with other agencies to hand out informational pamphlets and they will be performing the tug test, hypertension test and possibly others. Hope you can come by for lunch and then stay for the health fair! For lunch reservations call 528-4118.



August Picnic & Special Music

On Wednesday, August 16th at 11:30 am we will be having a cookout along with some special music. We will be serving hamburgers, hot dogs, potato salad, watermelon, corn on the cob and lemonade. If you would like to attend, please sign up by calling the dining room at 528-4118. The lunch is a \$2.00 donation. It should be a good time and good food so we hope that you can join us for lunch!



INSIDE THIS ISSUE. . .

Special Events	Page 1
Special Events Cont'd	Page 2
Exercises/ Birthdays	Page 2
CTSC Trips/Special Events	Page 3
Announcements	Page 4
Calendar	Page 5
Menu	Page 6
Word Search	Page 7
Music Event	Page 8

Stroke Awareness Program & Free Lunch

Come join us for an informative stroke awareness program at the senior center which is being hosted by Southern Berkshire Ambulance, Fairview Hospital, Timberlyn East Nursing and Rehabilitation Center/ Fusion Therapy and Porchlight VNA/Home Care on Tuesday, August 8th from 10:00 am– 11:30 am. There will be a "stroke healthy lunch" served at 11:30. It will be honey lemon ginger chicken over brown rice, grilled zucchini and summer squash with olive oil and garlic and fresh berries with homemade whipped cream for dessert. Please **RSVP by August 1st** by calling the center at 528-1881. Hope to see you there!

BINGO

Come join us for a fun hour (or so) of Bingo at the center! The following is our Bingo schedule:

Tuesday's at 9:30 with Linda McMeekin

Tuesday's at 12:30 with Sue Peisner

Last Monday of every month (ice cream & bingo) at
12:30 w/ Sue Farnum or Linda

If you bring a friend, your name will be entered into a monthly Bingo raffle.

Carpooling

For those of you who have their own vehicles, please consider offering friends or neighbors a ride to enjoy lunch at the Senior Center. Please make reservations for lunch at 528-4118 or 528-1881 the day prior. Lunch is served Monday through Friday and starts at 11:30 am. You can find the menu in the center's monthly newsletter and in the Berkshire

Eagle senior menu section. This is a great way to help someone, make friends and even help the environment!



Tax Volunteer Opportunity

Volunteers interested in assisting local seniors and others with the completion of federal and state income taxes are needed! The AARP Tax-Aide Program has assisted local residents with preparing their tax returns for many years and needs new volunteers in order to maintain this valuable service. There are 2 types of positions needed, **tax preparer** and **client facilitator**. Training will be provided for these positions between now and February 2018. Tax preparation activities will be conducted February through mid April 2018. Anyone interested in participating in this program should visit http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html and call the Berkshire District Coordinator for the Massachusetts AARP Tax-Aide Program at 413-243-3569.



EXERCISE CLASSES

Monday:

9:15 AM- Cross Training with Misha (\$3.50)

10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)

12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)

2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

10:00 AM- Pilates with Kathi (\$5.00)

3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

9:30 AM- Easy Does it Yoga with Joanne (\$3.00)

Thursday:

10:00 AM- Therapeutic Movement /Breathing Class with Suzanne (\$3.00)

4:00 PM- Misha's Advanced Class (\$10.00)

Friday:

9:00 AM- Tai Chi with Christine (\$3.00)

10:00 AM -Chair Exercises with Ann (Free)

12:45 PM- Beginners Tap Dancing (\$5.00)

2:00 PM- Intermediate Tap Dancing (\$5.00)

HAPPY BIRTHDAY TO ALL!!

Aug. 3 Mary Ann Carter	Aug. 15 Robert Van Deusen
Aug. 4 Art Martin	Aug. 15 Rose Wellauer
Aug. 5 Claire O'Toole	Aug. 16 Ruth Champigny
Aug. 5 Martha Eichstedt	Aug. 17 Bette Ann Stalker
Aug. 6 Kathleen Purcell	Aug. 20 Geri Stefanacci
Aug. 6 Joan Walker	Aug. 21 Dorothy Capasse
Aug. 7 Sandra Sokul	Aug. 21 Gloria Yanez
Aug. 9 Barbara Chamberlin	Aug. 23 Stephen Matava
Aug. 9 Joan Clark	Aug. 28 Gloria Anthony
Aug. 13 Doris Race	Aug. 28 Kate Basler
Aug. 13 Anna Cruikshank	Aug. 31 Marie Kirchner
Aug. 14 Norma Pothal	Aug. 31 Albert Butterworth

"New" Weekly Bereavement Group

The group will meet at 1:00 pm on Wednesday's starting Aug 9. Not just for recent loss but also for those with present or past loss. Hosted by Cynthia Casoff Henry, hospice nurse, midwife and author. All ages welcome to join!

Informational Seminar about Therapy Dogs

Bring your dog (on leash) with you and come and learn about testing, training & certification for your dog. This presentation will include information about the type of dog and skills needed to be a successful therapy dog, what a therapy dog does, demonstration of a working therapy dog and evaluation of each dog that attends this seminar.



It will be conducted on Wednesday, August 16th from 5:30– 7:00 pm at the center by Nora Hayes MSW, owner and trainer Hayes Happy Dog Boarding Day Care and Training Center. Nora is a dog trainer and behaviorist with over 20 years experience and her dogs are titled in obedience, tracking, field and agility. Please contact Nora to reserve your spot at 413-528-0877 or norahayes3@aol.com.

Blood Pressure Screenings

Hospice of Western MA will be offering bimonthly blood pressure screenings on the 1st and 3rd Friday's of the month at 11:00 am at the senior center. No sign up is required, you just show up. We will still have the blood pressure screenings on the last Thursday of the month at 10:30 as well.

Flushable Wipes

Please be mindful that the flushable wipes are clogging Great Barrington's sewer system and can be very costly for the Town to fix. It has been asked that you refrain from flushing these wipes in the sewer system. Thank you for your cooperation!



Timberlyn East Lunches

On **Tuesday, August 8th** they will be serving Honey Lemon Ginger Chicken and on **Tuesday, August 22nd** they will be serving Spaghetti and Tossed Salad.

Claire Teague Senior Center Trips

Saratoga Casino & Racetrack

Off to Saratoga, NY on Sunday, August 20th. The first stop will be the casino about 10:15 am. You will receive \$15.00 in perks. The bus will then leave for the flat track at Noon. For those who chose to stay at the casino the whole time, the bus will go back to pick them up after the last race (around 6:15 pm). The cost is \$29.00 per person. The bus departs the Claire Teague Senior Center at 8:30 am. To reserve your spot, call Eldorado Tours at 413-499-4248.



Tanglewood on Parade

Only 12 seats available on the van so sign up now for Tanglewood on Parade! Tuesday, August 1st we will be taking the SBETC van to the annual Tanglewood on Parade. The cost for a lawn seat is \$24.00 plus \$5.00 for a seat on the van. Bring your own folding chairs, picnic and "beverages" and snacks to share. Van leaves senior center at 4:00 pm returning at approximately at 9:30 pm. Sign up sheet for the trip is in the dining room.

Yankee Candle & Butterfly Conservatory– Sept 13

Departs Railroad Street in Lee at 8:55 AM. \$45.00 per person which includes admission to Magic Wings. You will start at Yankee Candle and then continue down the road to Magic Wings. Both places have flat floors and are easy to walk through. There will be a stop for dinner at the 99 Restaurant before heading home. Call Eldorado Tours at 413-499- 4248 to book your spot. Sign up sheet is in the dining room.

"Free Fun Fridays" Continues in August

There are several museums and cultural venues that are offering free admission on various Friday's throughout the summer. Listed are the local ones for August however there are more throughout the state (for more information go to www.highlandstreet.org or call 617-969-8900): **August 11**– Jacob's Pillow Dance and Naumkeag (The Trustees of Reservation); **August 18** - Berkshire Museum.

Matter of Balance is back!

Another Matter of Balance class will be starting on Wednesday, September 6th. The classes will be on **Wednesday's and Friday's** from 1:00 pm– 3:00 pm here at the center. To reserve your spot for this session, you will need to call Berkshire Health Systems at **(413) 445-9232, option 1** to register. Spots are limited so make your call today!



BOCCE is back!

Thanks to a community program, our BOCCE court has been revitalized and is ready for play! Each team player will be entered in a raffle for a gift certificate to an area restaurant. If you are interested in playing, please see the sign up sheet in dining room. We will start playing on Monday, August 7th from 10:30-11:30 and will continue on Monday's and Friday's, until weather permits.



VOLUNTEERS still needed!!

The center is looking for volunteer greeters between 10:00 am and 12:00 pm, Monday thru Friday. If you have time to help out, answer the phone, greet newcomers or just visit with our members, **then we want you!** You can also consider using this time towards the Senior Citizen Property Tax Work Off Abatement Program if you are a Great Barrington or Housatonic homeowner.

National Parks and Public Heritage

The last day to secure a lifetime membership at the current senior rate of \$10 is Aug. 27. As of Aug. 28, a lifetime pass for those 62 and older will jump to \$80. It covers entrance, day-use and vehicle fees and discounts for tours and campsites, among other fees.

Falls Prevention

Darlene Messier will be at the center on Wednesday, August 16th from 10:30 am-11:30 am for an informative session that will discuss the following topics: risk factors for falls (what are they?), how to prevent falls and how to get help for falls. There is a sign up sheet in the dining room. The event is free and open to all. Hope you can join us!

World War I Show by Doug Schmolze

Our next Memory Café will be on Thursday, August 17th from 2:00 pm– 3:30 pm. This month Doug Schmolze will be putting on a program about the history of World War I music. In this centennial retrospective, Doug, singer and guitarist, presents a variety of songs from the 1910's, both patriotic and otherwise. With anecdotes and historical notes the program provides insight into the mood of the era that ushered in the "War to End all Wars". Audiences will recognize (and sing along to) patriotic songs such as "Over There" and "You're a Grand Old Flag" by George M. Cohan that remain popular, especially on civic occasions. But composers of the era also produced Ragtime, waltzes and romantic songs such as "The Land Where the Good Songs Go" by Jerome Kern and on the lighter side, "When I Had a Uniform On" by Cole Porter. Visuals and lyrics to sing-a-longs are provided by an accompanying power-point presentation. The program is suitable for families. Please let us know if you will be attending the café. Thanks!

Home Health Care Questions Answered

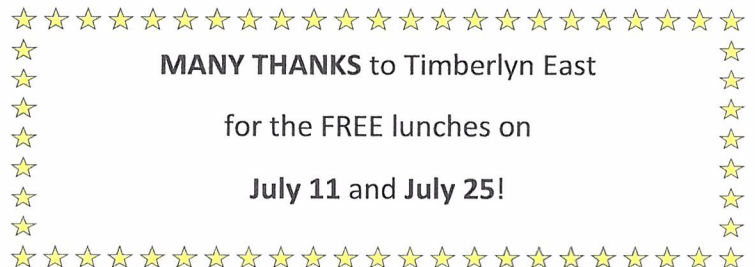
On Wednesday, August 23rd at 1:00 pm Peg Lederman from *Kindred at Home* will be giving a presentation here at the center on the "in's and out's" of home health care. There is a sign up sheet in the dining room for anyone who would like to attend.



MANY THANKS to Timberlyn East

for the **FREE** lunches on

July 11 and July 25!



August 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information or to schedule appointments call: 413-528-1881</p> <p>*****</p> <p>Lunch RSVP: 413-528-4118</p> <p>*AT LEAST 24 HOURS IN ADVANCE*</p>	<p>8:45 Women & Men's Discussion Group</p> <p>10:00 Bingo</p> <p>10:00 Crossword</p> <p>10:00 Jo's Simple Hand Crafts</p> <p>10:00 Pilates with Kathi</p> <p>11:30 LUNCH- Calico Beans w/ Sausage</p> <p>12:00 Bridge</p> <p>12:15 Computer Class by Appt.</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga</p> <p>11:30 LUNCH- Tuna Salad</p> <p>12:30 Pitch</p> <p>4:00 Decorative Arts</p>	<p>9:30 Vera's Painting Class</p> <p>10:00 News & Views</p> <p>10:00 Therapeutic Breathing</p> <p>11:30- 3:15 SHINE (by Appt.) Cancelled</p> <p>11:30 LUNCH- Italian Meatballs</p> <p>12:00 Bridge</p> <p>12:00 Crafty Hands</p> <p>1:00 Art Class-Eunice Agar</p> <p>4:00 Misha's Advanced Exercise</p>	<p>TANGLEWOOD REHEARSAL TRIP 4</p> <p>9:00 Tai Chi</p> <p>10:00 Ann's Chair Exercise</p> <p>11:00 Blood Pressure Screenings</p> <p>11:30 LUNCH- Chicken with Gravy</p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p>
<p>7</p> <p>9:00-12:00 Genealogy by Appt.</p> <p>9:15 Cross Training</p> <p>10:15 Awareness through Movement</p> <p>10:30 Acupuncture</p> <p>10:30 BOCCE</p> <p>11:30 LUNCH- Chicken Chili</p> <p>12:15 Movie: Mouse Hunt</p> <p>12:45 Beginner Tap</p> <p>2:00 Intermediate Tap</p>	<p>10:00 STROKE AWARENESS PROG. 8</p> <p>8:45 Women & Men's Discussion Group</p> <p>10:00 Bingo</p> <p>10:00 Crossword</p> <p>10:00 Jo's Simple Hand Crafts</p> <p>10:00 Pilates with Kathi</p> <p>11:30 FREE LUNCH- Honey Lemon Ginger Chicken</p> <p>12:00 Bridge</p> <p>12:15 Computer Class by Appt.</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>10:30 POW WOW 9</p> <p>9:30 Easy Does it Yoga</p> <p>11:30 LUNCH- Pepper Casserole</p> <p>12:30 Brown Bag</p> <p>12:30 Pitch</p> <p>1:00 Bereavement Group</p> <p>2:00 A.G.E. TRIAD</p> <p>4:00 Decorative Arts</p>	<p>VETERAN'S LUNCH-FREE 10</p> <p>9:30 Vera's Painting Class</p> <p>10:00 News & Views</p> <p>10:00 Therapeutic Breathing</p> <p>11:30- 3:15 SHINE (by Appt.)</p> <p>11:30 LUNCH- Chicken Almondine</p> <p>12:00 Bridge</p> <p>12:00 Crafty Hands</p> <p>1:00 Art Class-Eunice Agar</p> <p>4:00 Misha's Advanced Exercise</p> <p>4:00 Women's Cancer Support Group</p>	<p>TANGLEWOOD REHEARSAL TRIP 11</p> <p>9:00-12:00 Foot Nurse by Appt.</p> <p>9:00 Tai Chi</p> <p>10:00 Ann's Chair Exercise</p> <p>10:30 BOCCE</p> <p>11:30 LUNCH- Hot Dog</p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p>
<p>14</p> <p>1:00-3:00 HEALTH FAIR</p> <p>9:00-12:00 Genealogy by Appt.</p> <p>9:00-12:00 Foot Nurse by Appt.</p> <p>9:15 Cross Training</p> <p>10:15 Awareness through Movement</p> <p>10:30 BOCCE</p> <p>11:30 LUNCH- Roast Turkey with Gravy</p> <p>12:30 Out to Lunch Bunch (See Flyer)</p> <p>12:45 Beginner Tap</p> <p>2:00 Intermediate Tap</p> <p>5:30 – 7:30 Grief Support Group</p>	<p>15</p> <p>8:30 Breakfast (See Flyer)</p> <p>8:45 Women & Men's Discussion Group</p> <p>10:00 Bingo and Crossword</p> <p>10:00 Jo's Simple Hand Crafts</p> <p>10:00 Pilates with Kathi</p> <p>11:30 LUNCH- Chicken w/ Orange Sauce</p> <p>12:00 Bridge</p> <p>12:15 Computer Class by Appt.</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>10:30 FALLS PREVENTION 16</p> <p>9:30 Easy Does it Yoga</p> <p>11:30 LUNCH- Picnic (Hamburgers & Hot Dogs)</p> <p>12:30 Pitch</p> <p>1:00 Bereavement Group</p> <p>1:00-2:30 Caregiver Support Group</p> <p>4:00 Decorative Arts</p> <p>5:30- 7:00 THERAPY DOG SEMINAR</p>	<p>2:00 MEMORY CAFE 17</p> <p>9:30 Vera's Painting Class</p> <p>10:00 News & Views</p> <p>10:00 Therapeutic Breathing</p> <p>11:30- 3:15 SHINE (by Appt.)</p> <p>11:30 LUNCH- Chef Salad</p> <p>12:00 Bridge</p> <p>12:00 Crafty Hands</p> <p>1:00 Art Class- Eunice Agar</p> <p>4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi</p> <p>10:00 Ann's Chair Exercise</p> <p>10:30 BOCCE</p> <p>11:00 Blood Pressure Screenings</p> <p>11:30 LUNCH- Pepper Steak</p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p>
<p>21</p> <p>9:00-12:00 Genealogy by Appt.</p> <p>9:15 Cross Training</p> <p>10:15 Awareness through Movement</p> <p>10:30 Acupuncture</p> <p>10:30 BOCCE</p> <p>11:30 LUNCH- Oriental Pork Casserole</p> <p>12:45 Beginner Tap</p> <p>2:00 Intermediate Tap</p>	<p>TIMBERLYN EAST-FREE LUNCH 22</p> <p>8:45 Women & Men's Discussion Group</p> <p>10:00 Bingo</p> <p>10:00 Crossword</p> <p>10:00 Jo's Simple Hand Crafts</p> <p>10:00 Pilates with Kathi</p> <p>11:30 LUNCH- Spaghetti & Tossed Salad</p> <p>12:00 Bridge</p> <p>12:15 Computer Class by Appt.</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>1:00 HOME HEALTH CARE 23</p> <p>9:30 Easy Does it Yoga</p> <p>11:30 LUNCH- Chicken Parmesan</p> <p>12:30 Pitch</p> <p>1:00 Bereavement Group</p> <p>4:00 Decorative Arts</p> <p>4:00-5:00 MUSIC ON THE LAWN</p>	<p>VETERAN'S LUNCH-FREE 24</p> <p>9:30 Vera's Painting Class</p> <p>10:00 News & Views</p> <p>10:00 Therapeutic Breathing</p> <p>11:30- 3:15 SHINE (by Appt.)</p> <p>11:30 LUNCH- BBQ Pork Riblet</p> <p>12:00 Bridge</p> <p>12:00 Crafty Hands</p> <p>1:00 Art Class-Eunice Agar</p> <p>4:00 Misha's Advanced Exercise</p> <p>4:00 Women's Cancer Support Group</p>	<p>TANGLEWOOD REHEARSAL TRIP 25</p> <p>9:00 Tai Chi</p> <p>10:00 Ann's Chair Exercise</p> <p>10:30 BOCCE</p> <p>11:30 LUNCH- Egg Salad</p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p> <p>5:00 Gad Abouts (See Flyer)</p>
<p>28</p> <p>9:00-12:00 Genealogy by Appt.</p> <p>9:15 Cross Training</p> <p>10:15 Awareness through Movement</p> <p>10:30 BOCCE</p> <p>11:30 LUNCH- Chicken Piccata</p> <p>12:30 Ice Cream & Bingo</p> <p>12:45 Beginner Tap</p> <p>2:00 Intermediate Tap</p> <p>5:30- 7:30 Grief Support Group</p>	<p>29</p> <p>8:45 Women & Men's Discussion Group</p> <p>10:00 Bingo and Crossword</p> <p>10:00 Jo's Simple Hand Crafts</p> <p>10:00 Pilates with Kathi</p> <p>11:30 LUNCH- Baked Trout</p> <p>12:00 Bridge</p> <p>12:15 Computer Class by Appt.</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga</p> <p>11:30 LUNCH- Chicken Salad</p> <p>12:30 Pitch</p> <p>1:00 Bereavement Group</p> <p>4:15 COA Meeting CANCELLED</p> <p>4:00 Decorative Arts</p>	<p>9:30 Vera's Painting Class</p> <p>10:00 News & Views</p> <p>10:00 Therapeutic Breathing</p> <p>10:30 Blood Pressure Clinic</p> <p>11:30- 3:15 SHINE (by Appt.)</p> <p>11:30 LUNCH- Cheeseburger</p> <p>12:00 Bridge and Crafty Hands</p> <p>1:00 Art Class-Eunice Agar</p> <p>4:00 Misha's Advanced Exercise</p>	<p>*Coffee Hour every day at 8:30 AM*</p>
		30	31	

Elder Services of Berkshire County - Nutrition Program

AUGUST 2017

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

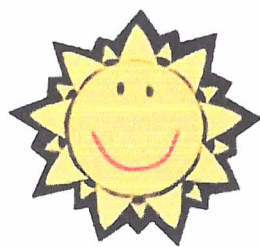
All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	1 Calico Beans and Sausage Brown Wild Rice Sugar Snap Peas 12 Grain Bread Fresh Orange	2 Tuna Salad Carrot Raisin Salad 3 Bean Salad Hot Dog Bun Tropical Fruit Mix	3 Italian Meatballs Penne w/Sauce Wax Beans Tossed Salad Italian Bread Spiced Apples	4 Chicken w/Gravy Mashed Potatoes Broccoli 100% Whole Wheat Bread Diced Peaches
7 NEW ITEM Chicken Chili Peas and Carrots Brown Rice Corn Muffins Tropical Fruit Mix	8 <i>Timberlyn East "FREE LUNCH" Honey Lemon Ginger Chicken</i>	9 Pepper Casserole Roasted Potatoes Mixed Vegetables 12 Grain Bread Fresh Orange	10 Chicken Almondine Egg Noodles Broccoli 100% Whole Wheat Bread Fruited Yogurt**	11 Hot Dog Vegetarian Baked Beans Cole Slaw Hot Dog Roll Fruit Crisp
14 Roast Turkey w/Gravy Mashed Potatoes Winter Squash Dinner Roll Cold Spiced Apples	15 Chicken w/Orange Sauce Egg Noodles Brussels Sprouts w/Cheese 12 Grain Bread Apricots	16 <i>Picnic Hamburgers & Hot Dogs</i>	17 Chef Salad Coleslaw Corn, Black Bean & Tomato Salad Rye Bread Banana	18 Pepper Steak Mashed Potato Peas Oat Nut Bread Diced Peas
21 Oriental Pork Casserole Brown Rice Spinach Rye Bread Fruit Cocktail Orange	22 <i>Timberlyn East "FREE LUNCH" Spaghetti & Tossed Salad</i>	23 Chicken Parmesan Shells with Sauce Winter Blend Italian Bread Tropical Fruit Mix	24 BBQ Pork Riblet Au Gratin Potatoes Peas and Pearl Onions 100% Whole Wheat Bread Chocolate Pudding w/Topping**	25 Egg Salad Tossed Salad Pasta Salad Hot Dog Roll Nectarine Orange Juice
28 Chicken Piccata Scalloped Potatoes Corn w/Pimiento Oat Nut Bread Ice Cream**	29 Baked Trout Sweet Potatoes Broccoli 12 Grain Bread Pineapple Chunks	30 Chicken Salad Potato Salad Cold Spiced Beets Hot Dog Roll Mixed Fruit	31 LABOR DAY Cheeseburger Sliced Roasted Potatoes California Mixed Vegetables Hamburg Bun Watermelon	

Dietary Information: All meals include 1% Milk = 100 calories

**Modifications for restricted sugar available

HOME DELIVERED MEALS: If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.



WELCOME SUMMER

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

AUGUST
 BEACH
 BIKES
 CAMPING
 CARNIVAL
 COOKOUTS
 FIREFLIES
 FIREWORKS
 FISHING
 FLIPFLOPS

FUN
 HULA HOOPS
 ICE CREAM
 JULY
 JUMPROPE
 JUNE
 MOVIES
 PARADES
 PARTIES
 PICNICS
 POOL

POPSICLES
 ROLLERCOASTER
 SANDALS
 SPLASH
 SPRINKLER
 SNOWCONES
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 THEME PARK
 VACATION

Please return your completed word search to Jenn at the Senior Center. Thank you!

Name: _____

Come join us...

for

“Music on the Lawn”

with Ron Baker.



Wednesday, August 23rd 4:00 pm– 5:00 pm

MUSIC & FOOD

on the back lawn at the
senior center.

***FREE* grilled hot dogs**



and lemonade!



Feel free to bring your family & friends.