

# SENIOR CENTER ACTION NEWS



**Barbara Bajdas, President**  
**Stella Michalak, Vice-President**  
**Carol Kozlowski, Secretary/Treasurer**

#### Board of Directors

**Barbara Barberich**     **Janet Kasprzyk**  
**Nancy Crandall**     **Julian Niedbalski**  
**Irene Christopher**     **Delphine Woloszyn**

**Senior Citizens Center of Dunkirk, Inc.**  
**45 Cliffstar Court**  
**Dunkirk, New York 14048**

**October 2012**





# **DUNKIRK SENIOR CENTER**

**45 CLIFFSTAR COURT**

**DUNKIRK, NEW YORK 14048**

**(716) 366-7530**

## **A Note From The President:**

The first item I would like to address are the changes voted on and passed by the Board of Directors at the September 13<sup>th</sup> Board meeting. The By-Laws were updated and changes go into effect immediately.

**Change #1** - The new age to become a member of the Dunkirk Senior Center is 50. Due to the suggestions of younger members, the Board felt that some activities should be offered for the more active seniors. We will still keep some of the original programs, but in order to meet the needs of the health conscious members and those wanting to experience new places and things, we must make changes.

**Change #2** - Involves membership. The dues for 2013 remain at \$1.00 for Dunkirk residents and \$5.00 for non-residents. Effective January 1, 2013, any senior participating in Board sponsored activities at the Center will be required to have a membership. Most all of our seniors are members with a very few exceptions. The Board operates on a volunteer basis with many donating 50-100 hours a month coordinating, maintaining and staffing a 5 day a week Senior Center. We are fortunate to have this Center but only an active membership can sustain this endeavor.

**Change #3** - Due to the regulations from the Health Department and concerns relative to food safety issues, the kitchen area must be restricted to only designated persons running a committee or program and the Board volunteers. Food that is purchased as well as donated items are to be consumed on the premises. These are to be used in meals for galas, bingo, parties and meetings as well as snacks for exercise classes, lunches and special events. Perishables must be under refrigeration. In order to determine how these items are used, we must follow the guidelines outlined under the agency's policy. Any food or cans must be unopened and baked items must be wrapped. Fruits and/or vegetables must be in a bag. As we receive weekly deliveries, we must rotate and label according to dates. If items become available for distribution, they will be placed on tables outside of the kitchen area. Each group will receive their fair share except in cases of fresh produce where time is a factor. If we find this plan doesn't work, we will have to resort to limits or discontinue the program entirely. We cannot lose our ability to prepare and serve meals such as the Sunday Gala because of improper handling of food. We do not want to jeopardize our access to the Food Bank.

Now for some upbeat news: The September "Early Bird Membership Renewal" was so successful it sold out the first day! You may put your name on a waiting list for October 14<sup>th</sup>, but with a limited seating capacity of 125. I can only accommodate 105 paying members. I also have to allow for volunteers due to the popularity of the Gala and our ability to accommodate everyone. The Board is working on a different pre-sale method. If you were unable to get on the October list, see Carol Kozlowski or myself. Big Bingo will be held on Wednesday, September 26<sup>th</sup>. Boards are \$1.00 per 10 games and \$2.00 for specials which must be purchased at the door. This not a Gala type event.



Doors open at 4:30 p.m. followed by food and bingo. There will be another bingo on Wednesday, October 24<sup>th</sup> (see SCAN).

Please note the summary by Carol Kozlowski, Secretary/Treasurer and myself on the Atlantic City bus trip. Hopefully after reading this you may wish to join us in August 2013 for a four day - three night Atlantic City Casino Trip (tentative dates 8/26 - 8/29). Details will be forthcoming. We need 50 people and a deposit for a guaranteed rate.

On Tuesday, October 16<sup>th</sup> we will visit Canada at the Fallsview Casino. There are only a few seats left.

Due to the lack of interest concerning an overnight stay at Niagara Falls or Salamanca in January or February, I will be scheduling a November 13<sup>th</sup> (Tuesday) trip to Salamanca Allegany Casino - not yet confirmed. (Watch for flyer). The shopping Excursion to Grove City will have to wait until another time. I cannot go with only half of a bus. Many felt the upcoming holidays would present a problem.

The Painted Pots Program - Granny's Cookbook and Book Club are in the planning stages and could be rolling by November or December.

Zumba Gold for Seniors and Tai Chi classes are being negotiated this week depending on numbers and interest.

Safe Driving Course run through AARP is scheduled for October 4<sup>th</sup> & 5<sup>th</sup> in the tv room. Details handled through Local 209 AARP Representatives. Telephone number 366-1089 (See bulletin board).

The parking lot will be repaired including sealing and top coat along with new yellow striping. This is a joint financial project between the City of Dunkirk and the Senior Board of Directors.

Janitor Greg Sek's hours of work are 1:30 -4:30 p.m. Carpet cleaning as well as cleaning the blinds will be scheduled for later hours in the day when the public is not using the areas to be cleaned.

And finally, just one for update, beginning October 5<sup>th</sup>, Fridays have been reserved by all three insurance companies for their yearly update on Medicare changes and how it affects their coverage. The meetings, time and availability for appointments will be posted by each on our bulletin board and advertised in the Observer.

Have a Great October and a Happy Halloween!

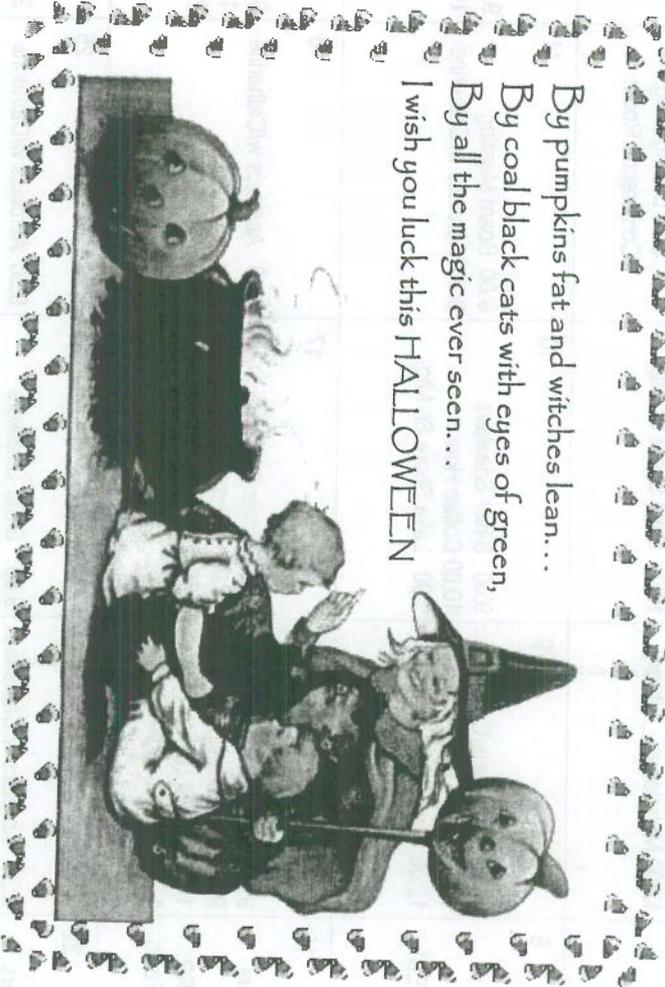
Barbara Bajdas, President  
Dunkirk Senior Center



# OCTOBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	2 9:30 Aerobic w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg _ Library	3 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	4 9:30 Aerobic w/Catherine 9:00-12:00 noon—AARP Safe Driving Prog. Conference Room	5 9:00 Silver Sneakers 9:00 -12:00 noon—AARP Safe Driving Prog. Conference Room	6
7	8 COLUMBUS DAY CENTER—CLOSED!	9 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg—Library	10 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	11 9:00 Board Meeting 9:30 Aerobics w/Catherine	12 9:00 Silver Sneakers 10-2:30 Indep. Health in Exercise Room	13 GALA PREP
14 GALA SUNDAY	15 9:00 Silver Sneakers 10:00 Coffee Hour 12:00 Local 209 AARP Mtg.—Conf. Room 1:00 Pinochle	16 9:00 Fallsview Casino Trip 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg—Library	17 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	18 9:30 Aerobics w/Catherine	19 9:00 Silver Sneakers 10-12:30 Indep. Health 2-4:00 Blue Cross/Blue Shield in Exercise Room	20
21	22 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	23 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg—Library	24 9:00 Silver Sneakers 10:00 Coffee Hour 5:00 BIG BINGO	25 9:30 Aerobics w/Catherine	26 9:00 Silver Sneakers 10-12:30 Indep. Health in Exercise Room	27
28	29 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Pinochle	30 9:30 Aerobics w/Catherine 10:30 Coffee Hour 12:00 Mah Jongg—Library	31 9:00 Silver Sneakers 10:00 Coffee Hour 1:00 Lake Shore Sr. Mtg.	9:30 Aerobics w/Catherine		29

Датум	Време	Место	Тема
11	17:00 - 19:00	Српски центар	Српски центар
12	10:00 - 12:00	Српски центар	Српски центар
13	10:00 - 12:00	Српски центар	Српски центар
14	10:00 - 12:00	Српски центар	Српски центар
15	10:00 - 12:00	Српски центар	Српски центар
16	10:00 - 12:00	Српски центар	Српски центар
17	10:00 - 12:00	Српски центар	Српски центар
18	10:00 - 12:00	Српски центар	Српски центар
19	10:00 - 12:00	Српски центар	Српски центар
20	10:00 - 12:00	Српски центар	Српски центар
21	10:00 - 12:00	Српски центар	Српски центар
22	10:00 - 12:00	Српски центар	Српски центар
23	10:00 - 12:00	Српски центар	Српски центар
24	10:00 - 12:00	Српски центар	Српски центар
25	10:00 - 12:00	Српски центар	Српски центар
26	10:00 - 12:00	Српски центар	Српски центар
27	10:00 - 12:00	Српски центар	Српски центар
28	10:00 - 12:00	Српски центар	Српски центар
29	10:00 - 12:00	Српски центар	Српски центар
30	10:00 - 12:00	Српски центар	Српски центар
31	10:00 - 12:00	Српски центар	Српски центар



# ATLANTIC CITY CASINO REPORT

Hello Everyone:

We are pleased to report that our first overnight trip to Atlantic City Casino and Resort Hotel on August 28-30 was a complete success. We boarded our bus at 7:00 a.m. and believe it or not everyone was on time and ready to go. I don't think anyone slept the previous night because they were full of excitement and anticipation. We stopped three times while we enjoyed the beautiful scenery. We played games, watched movies and enjoyed homemade goodies, Twinkies, cheese and pepperoni and beverages. Upon arrival we quickly checked into our beautiful, clean, spacious rooms and received our coupons for two complimentary buffets, \$10.00 voucher for food, a \$45.00 slot voucher and a ticket for a great Broadway show. That was the last many of us saw each other. Many headed for the delicious buffet which featured ocean fresh fish, shrimp, crab legs as well as beef, turkey, chicken and many choices of sides and a variety of desserts to die for. Some went straight to the boardwalk to smell the ocean breeze, exercise; relaxing and watching people stroll by. Others visited nearby casinos, the nearest being the Taj Mahal, Showboat and the newest one called the "Revel". Money certainly was not an object as we found it to be breathtaking. Their casino had all new machines not seen in any other casino. Shopping was plentiful and a gigantic amusement park located on the pier was in full swing for the young at heart.

It was nice to see our people put their feet in the ocean and/or enjoy the beautiful hotel pool and spa. For those who rather ride – hundreds of rickshaws were available; jitneys run throughout the day and night to take you to other beautiful casinos. The Trump Marina has been taken over by the Golden Nugget and of course Harrah's is quite the entertainment complex. Some chose never to leave our casino, the "Resorts". There were no clocks but some admitted to staying out until 5:00 a.m.

The show featuring Michael McGehen delighted everyone in attendance. Not only did he have a great voice – but his choice of music was wonderful and he put on a show which included members of the audience. Our own Judy Leone was on stage and did herself proud. The hotel was generous with their comps and more than a few brought home some winnings.

Survey forms were completed on the bus by the participants and among the suggestions were add an extra day/night, possible change of hotel and earlier departure time. Overall it was a *GREAT* trip with many already requesting a re-booking for 2013.

Barbara Bajdas, President  
Carol Kozlowski, Secretary/Treasurer

# VISITING NURSING ASSOCIATION - IMMUNIZATION PROGRAM

## Flu & Pneumonia Vaccinations

Offered to Ages 9 and older

Parent or Guardian must be present and sign consent for ages 9-17.

**Thursday, September 27, 2012**

**1:00 – 3:00 p.m.**

**Dunkirk Senior Center  
45 Cliffstar Court – Dunkirk, NY 14048**

**VACCINATIONS ADMINISTERED ONLY BY EXPERIENCED  
REGISTERED NURSES**



- Most major insurance plans accepted. Individuals responsible to the VNA for any amount not covered by insurance.
- All others: Flu shot \$30, Pneumonia \$60, Flumist Nasal Spray \$40 (ages 9-49 & healthy)
- The VNA is the only local not-for-profit agency providing flu and pneumonia vaccinations in WNY. All proceeds stay in WNY and benefit VNA Charity Home Care.

For a complete list of sites call: 630-8330 in Erie & Niagara, 487-1002 in Chautauqua & Cattaraugus or visit: [vna-wny.org/flu](http://vna-wny.org/flu)

# Sunday Gala

October 14, 2012

## Early Bird Membership Sign Up

Beginning September 9, 2012

PAY 2013 DUES – RECEIVE FREE MISSION  
FOR OCTOBER LA

Men

# SOLD OUT

Soup

Grilled Hot Dogs - Roll

Pasta Salad

Fruit Cup

Dessert

Beverage

Lunch served at 12:15 p.m.

Hor'Dourves – Punch – Bingo – Cards

Regular Donation \$4.00 Members & \$5.00 Non-Members

Pre-paid non-refundable reservations may be made at the Dunkirk Senior Center  
Monday thru Friday 9:00 a.m. – 12:00 noon

# ATTENTION BINGO PLAYERS!!!

The Dunkirk Senior Citizen's Board of Directors  
Are Sponsoring



## BIG BINGO !!

BINGO				
14	29	38	52	76
4	18	33	46	62
7	16	★	60	71
9	27	44	51	67
12	23	35	47	73

Wednesday, October 24, 2012

Doors open at 4:30 p.m.

At 5:00 p.m. a complimentary  
light lunch will be provided.

Bingo boards must be purchased at the door.

**BINGO WILL BE PLAYED AT 5:30 P.M.**

Please bring your own daubers if you have them!

## TO ALL NEW MEMBERS JOINING THE DUNKIRK SENIOR CENTER !



**Arthur Casella**

**Marcia Casella**

**Renee Gloss**

**Nancy Larson**

**Patricia Martinez**

**Patricia Pleszewski**

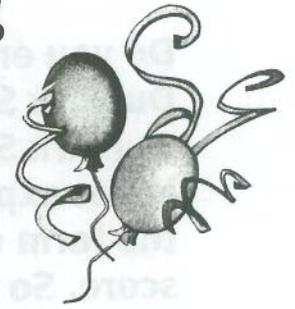
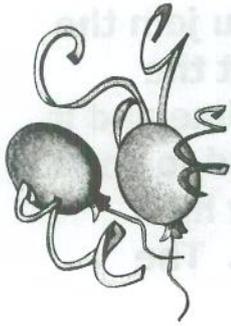
**David Raynor**

**Charles Reading**

**Dorothy Reading**

**Shirley Tilberg**

# HAPPY BIRTHDAY!!!



## October Birthdays

Jon Reardon	(October)	Shirley Tilberg	(October 18)
Pat Halas	(October 1)	Art Casella	(October 20)
Linda Gillson	(October 2)	Carmela Frame	(October 21)
Beatrice Price	(October 11)	Nancy Guido	(October 21)
Nancy Michalski	(October 12)	Mary Zachary	(October 22)
Thomas Lokietek	(October 15)	Erika Abram	(October 25)
Theresa Lotter	(October 15)	Nancy Larson	(October 25)
Victoria Stelmach	(October 15)	Joseph Wisniewski	(October 25)
Fritz Worosz	(October 16)	Elvina Root	(October 28)
Norma Clement	(October 18)	Nancy Hutchinson	(October 30)
		Michelle Valone	(October 31)

Note: Belated birthday wishes to Betty Erick (September 17) whose name was inadvertently omitted in the September newsletter.



### IMPORTANT PHONE NUMBERS

Dunkirk Senior Center.....	366-7530
Dunkirk Luncheon Site.....	363-3844
Chautauqua County Office for the Aging.....	363-4471
Dr. Mary Ann Spanos	
Chautauqua County OFA Senior Services.....	363-3865
Kate Finch	
Chautauqua County Veterans Services.....	363-3842
Jim Hurley	
Legal Services for the Elderly.....	363-3865
Brenda Symans	
CARTS.....	366-4500

Do you enjoy playing pinochle?? If you do, why don't you join the Dunkirk Senior Pinochle group that meets on Mondays at the Dunkirk Senior Center, at 1:00 p.m. They have a great time and it is not expensive. Just 25¢ a week and that is all returned to you in the form of table prizes. There is a prize for the monthly high score. So think about it and come down and join the fun. The following is the latest weekly winners.

High Score for the month of August: Sidney Niedermeyer 6240

August 27, 2012

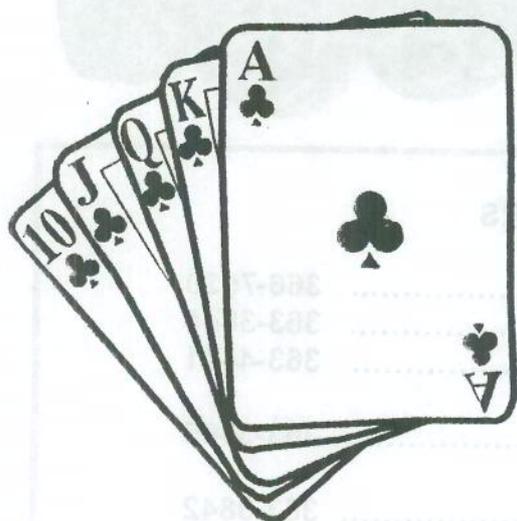
Joe Jarvis	5570
Jim Griswald	5540
Nancy Jones	5410
Emily Wilcox	5390
Rita Gestwicki	5380
Double Pinochle: Betsy Standera	

September 10, 2012

Emily Wilcox	6180
Delores Wilcox	5900
Jim Griswald	5850
Ed Long	5650
Double Pinochle: Rita Gestwicki	

September 17, 2012

Ed Long	5210
Jug Jensen	5090
Dee Griewisch	5080
Helen Barone	5060
Josie Wierczynski	4940
Double Pinochle: Josie Wierczynski	



Card Player Quote:

Just because Fate doesn't deal you the right cards, it doesn't mean you should give up. It just means you have to play the cards to get to their maximum potential.

# Tricky Halloween Word Search



c s c a r y m m u m o o n  
 j k a f l o w e r e w k t  
 h c y r e t s n o m l h r  
 c w k i n d k i h o d s i  
 t l o g i r e g a o w p c  
 i h o h k a l h l r y i k  
 w y p t p c e t l b p d o  
 c d s e m u t s o c e e r  
 h b t n u l o c w a e r t  
 b o i m p a n a e l r i r  
 l n r h a u n t e d c p e  
 a e i b m o z m n r j m a  
 c s p a s n i l b o g a t  
 k w s t s o h g w n a v g



bat	ghosts	scary
black	goblins	skeleton
bones	halloween	spider
broom	haunted	spirits
caldron	monster	spooky
cat	moon	trick or treat
costumes	mummy	vampire
creepy	night	werewolf
dracula	owl	witch
frighten	pumpkin	zombie

## Spider Maze



## Halloween Jokes

**Q: Why did the vampires cancel their baseball game?**  
**A: They couldn't find their bats.**

**Q: Why can't skeletons play music in church?**  
**A: Because they have no organs.**

**Q: What do skeletons say before eating?**  
**A: Bone appetit.**

**Q: Why did the vampire go to the orthodontist?**  
**A: To improve his bite.**

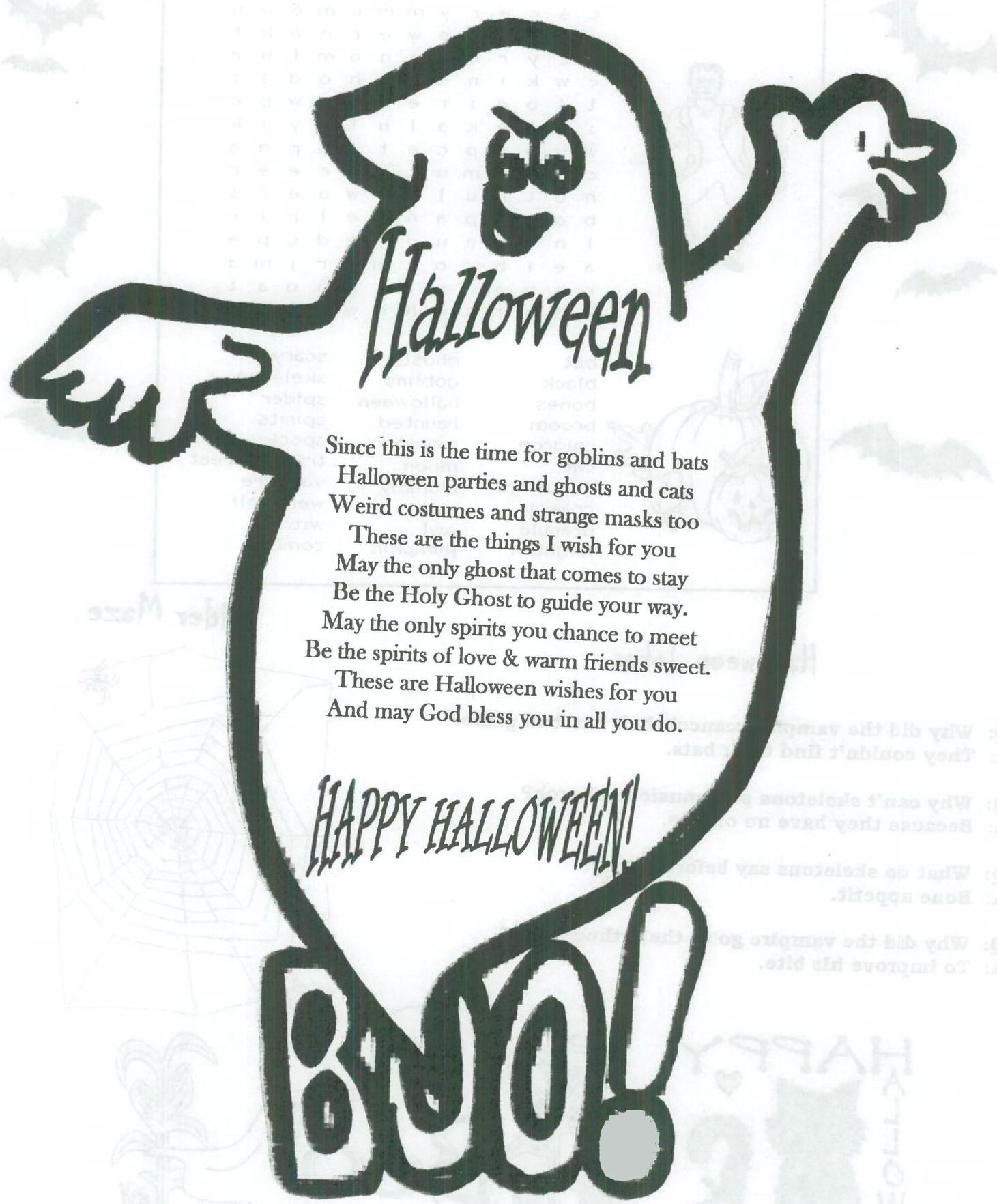
HAPPY  
 ALLOWEEN!



Boo!



Tricky Halloween Word Search



*Halloween*

Since this is the time for goblins and bats  
Halloween parties and ghosts and cats  
Weird costumes and strange masks too  
These are the things I wish for you  
May the only ghost that comes to stay  
Be the Holy Ghost to guide your way.  
May the only spirits you chance to meet  
Be the spirits of love & warm friends sweet.  
These are Halloween wishes for you  
And may God bless you in all you do.

*HAPPY HALLOWEEN!*

**BOO!**



Q: Why did the vampire go to the doctor?  
A: To improve his bite.  
Q: Why did the vampire go to the doctor?  
A: Because they have no bite.  
Q: Why can't skeletons see?  
A: Because they have no eyes.  
Q: What do skeletons say before a meal?  
A: Bone appetit.

HAPPY HALLOWEEN



## Home Safety Checklist for Senior Citizens

### Fall and Fire Prevention

**Falls** are the most common of home accidents: falls from ladders or stairs and trips or slips on floors or sidewalks. Senior Citizens are most likely to be the victims of falls. Falls in the home cause over 6100 deaths each year.

**Fires and burns** are second in frequency of home accidents. Actual burns or asphyxiation from smoke or toxic fumes are the major problems. Senior Citizens are frequent victims. Fire and burns in the home cause over 3900 deaths each year.

The following checklist designed to help eliminate some of the major causes of falls and fires in the home. Please take a moment to go through your home and identify hazards in your home so that you can correct them.

YES	NO	CORRECTED	<u>GENERAL SAFETY</u>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Emergency numbers in large print are placed near each telephone.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	The "File of Life" is updated and placed on the refrigerator.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Telephone or personal contact is made with a friend, neighbor or relative daily, so someone knows you are okay.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	There is a telephone near the bed.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water temperature is set at 120 degrees or less.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You have your furnace cleaned and serviced yearly.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Household chemicals and matches are properly stored - poisonous chemicals are kept away from foods.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cleaners, disinfectants and insecticides are stored in original containers.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medicine cabinets are secured and checked regularly for outdated medications, which are disposed of properly.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Canes, walkers and wheelchairs are in good condition.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You take the time needed and avoid rushing when moving around the home (to answer the phone or go to the bathroom) outside the home (to catch the bus, etc).

**YES NO CORRECTED**

**FALL PREVENTION**

All stairways are clear of objects which could cause a person to trip.

All stairways have a firmly anchored handrail.

All stairways are well-lighted.

All throw rugs are skid-proof and lay flat on the floor.

All carpets are securely anchored.

All entrance ways, exits, halls and walks are well-lighted.

Night lights are used to prevent stumbling around in the dark.

All walks, porches and doorways are clear of obstacles.

All hard-surfaced floors are clean and spills are wiped up immediately.

Proper footwear is worn to prevent slips, trips and falls.

Bath tubs and showers have non-skid strips or suction mats in them.

Grab bars are installed in bathtubs and showers.

Electrical cords and telephone cords are placed out of high-traffic areas.

Furniture is arranged so a path is clear for people to walk around the room safely.

The floor is kept clear of clutter (magazines, books, boxes, blankets, towels, shoes and other objects).

Frequently used kitchen items are kept on lower shelves.

A sturdy step-stool with a bar to hold on to (or handles) is available for reaching objects on high shelves.

**SMOKE ALARMS**

Your home has at least one smoke alarm on every level.

All smoke alarms are in good working order (clean, free of dust and grime).

All smoke alarms are less than 10 years old.

Smoke alarms are tested monthly.

Smoke alarm batteries are replaced every 6-12 months.

YES NO CORRECTED

### CARBON MONOXIDE (CO) ALARMS

Your home has CO alarms near bedroom areas and family rooms.

Your CO alarms are approved by a testing laboratory, such as Underwriters Laboratory (UL), have a digital read-out of CO levels and have a manual reset button and test button.

Your CO alarms are dust-free and clean.

You test your CO alarms monthly.

You (and other members of your household) are familiar with the effects of CO poisoning (flu-like symptoms, headache, nausea, vomiting, fatigue, drowsiness, confusion, fast heart rate).

You (and other members of your household) are aware of possible sources of CO (gas stoves, water heaters, gas/oil furnaces, charcoal grills, gas space heaters, wood burning stoves, fireplaces, lawnmowers, pilot lights, car exhaust, tobacco smoke).

### FIRE EXTINGUISHERS

Fire extinguishers are in the home and garage.

Fire extinguishers are easy to reach.

You know how to use fire extinguishers (PASS method).

Fire extinguishers are tipped upside down or lightly shaken at least once a year, to prevent contents from settling and solidifying.

### EXITING & EMERGENCY PROCEDURES

You have a written evacuation plan and practice it.

You can identify two ways out of every room.

You know how and when to call 9-1-1 to report an emergency.

You have the address and phone number for your home written in large print near every telephone.

Your address is visible from the street and well lit.

Windows open easily and are not blocked.

**YES NO CORRECTED**

**KITCHEN**

- Potholders and oven mitts (not towels) are used to move hot pots and pans.
- Pot handles are turned inward on the stove when cooking
- Towels and other combustibles are kept away from the stove/oven.
- You always attend to a stove or oven in use.

**BEDROOMS**

- Working smoke alarms are near all sleeping areas.
- A lamp is within easy reach of the bed.
- UL tested and approved night-lights are used.

**GARAGE**

- Flammable liquids are capped and stored in closed metal/plastic containers.
- Power tools and chemicals are locked inside a cabinet.
- Oil-soaked rags are stored in tightly closed metal containers.
- Automobile is never running in the garage, even if the garage door is open.

**Home Modifications Needed:**

- |  |   |
|--|---|
| <input type="checkbox"/> Grab Bars                 | <input type="checkbox"/> Bath Mat         |
| <input type="checkbox"/> Smoke Alarms              | <input type="checkbox"/> Night Lights     |
| <input type="checkbox"/> Carbon Monoxide Alarm     | <input type="checkbox"/> Batteries        |
| <input type="checkbox"/> Non-skid backing for rugs | <input type="checkbox"/> Safety Walk Tape |
| <input type="checkbox"/> Other:                    |   |

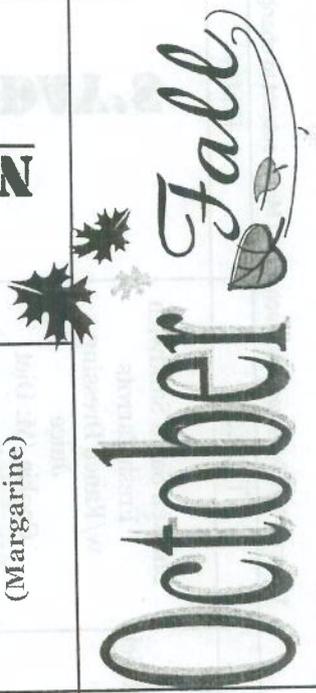
CALL 363-3844  
FOR RESERVATIONS

CHAUTAQUA COUNTY OFFICE FOR THE AGING  
SENIOR NUTRITION PROGRAM

**HOT**  
**OCTOBER 2012 - Hot Noon Menu**

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Beef Stew Winter Squash Biscuit Tomato Juice Pudding/M: Diet (Margarine)</p>	<p>2 Cheesey Tuna Casserole Mixed Vegetables Apple Slices Bread (Margarine)</p>	<p>3 Hawaiian Chicken Rice Oriental Vegetables Muffin Mandarin Gelatin (Margarine)</p>	<p>4 Italian Manicotti Italian Beans Garlic Roll Grape Juice Cookie/M: Diet (Margarine)</p>	<p><b>NO LUNCHESES SERVED ON FRIDAYS</b></p>
<p><b>OFA SITES CLOSED</b> 8 Baked Ham, Sweet Pot. Wax Beans, Bread Cake /M: no icing (Margarine)</p>	<p>9 Chili Carrots, Cornbread, Juice, Crackers Pudding /M: Diet (Margarine)</p>	<p>10 Stuffed Chicken Breast w/gravy Mashed Potato Spinach, Bread Baker's Choice (Margarine)</p>	<p>11 Spanish Rice Peas Muffin Fruit Cup (Margarine)</p>	
<p>15 Chicken ala King Corn Biscuit Juice Fruit Dessert (Margarine)</p>	<p>16 Beef Cubes in Gravy over Noodles Broccoli Roll, Fruit Chocolate Milk/M: White (Margarine)</p>	<p>17 Turkey w/ Gravy Stuffing, Winter Squash Juice, Cranberry Sauce Pie/M: Fruit (Margarine)</p>	<p>18 Vegetable Lasagna Spinach Garlic Roll Juice Pudding/M: Diet (Margarine)</p>	
<p>22 Chicken Alfredo Carrots Roll Juice Fruit (Margarine)</p>	<p>23 Scalloped Potatoes &amp; Ham Broccoli Bread Fruit Crisp (Margarine)</p>	<p>24 Spaghetti &amp; Meatballs Green Beans Bread, Toss Salad Pudding /M: Diet (Margarine, Dressing &amp; Parmesan Cheese)</p>	<p>25 Souper Chicken Cheesey Potatoes Peas &amp; Onions Bread Cake /M: no icing (Margarine)</p>	
<p>29 Goulash Green Beans Biscuit Applesauce (Margarine)</p>	<p>30 Roast Beef w/ Gravy Mashed Potatoes Carrots Bread Brownie/M: Graham Square (Margarine)</p>	<p>31 Macaroni &amp; Cheese Stewed Tomatoes Juice Muffin (Margarine)</p>		



**COLD**  
**OCTOBER 2012 - Alternate COLD Noon Menu**

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sliced Ham Sandwich Green Pea Salad Fruit Cup Pudding /M: Diet (Mustard)	2 Egg Salad Sandwich Marinated Vegetables Juice Cake /M: no icing	3 Bologna & Cheese Sandwich Potato Salad Fruit, Gelatin (Mustard)	4 Chicken Salad Sandwich Fresh Carrots w/Ranch Dressing Juice Cookie /M: Diet (Ranch Dressing)	<p><b>NO LUNCHESES SERVED ON FRIDAYS</b></p>
<p><b>OFA SITES CLOSED</b></p> <p>8 Roast Beef Sandwich Marinated Vegetables Fruit Cake /M: no icing (Horseradish Sauce)</p>	9 Sliced Turkey w/ Cheese Pasta/Veggie Salad Juice Pudding M: Diet (Mayonnaise)	10 Tuna Salad Sandwich 3-Bean Salad Fruit Baker's Choice	11 Cold Cut Sub Cucumber Salad Fruit Cup Cookie (Italian Dressing)	
15 Seafood Salad Croissant Coleslaw Fruit Dessert	16 Ham Salad Sandwich Potato Salad Fruit Chocolate Milk /M: White	17 Egg Salad Sandwich Pickled Beets Juice Pie /M: Fruit	18 Peanut Butter & Jelly Sandwich Fruited Gelatin Juice Pudding/M: Diet	
22 Tuna Salad Sandwich Applesauce Juice Baker's Choice	23 Sliced Turkey Sandwich Macaroni Salad Juice Fruit (Mayonnaise)	24 Chicken Salad Sandwich Tossed Salad Fruit Pudding /M: Diet (Dressing)	25 Sliced Ham & Swiss Cheese Sandwich Juice, Fruit Cake/ M: no icing (Mustard)	
29 Salami & Cheese Sandwich Potato Salad Applesauce Custard / M: Diet (Mustard)	30 Egg Salad Sandwich Fruited Gelatin Juice Brownie/M: Graham Square	31 Ham Salad Sandwich Coleslaw Juice Fruit		

