

September 2024

SHIRLEY DOANE

SENIOR CENTER NEWSLETTER

1412 Sixth Street E • Menomonie, WI 54751 • Phone 715.235.0954 •

www.menomoneseniorcenter.org

LIKE US ON FACEBOOK @ Shirley Doane Senior Center



NOTE FROM THE DIRECTOR

Happy September!!!

I hope everyone appreciated the beautiful summer we had! It is such a pleasure to be able to enjoy the outdoors without a winter coat! But please know you can always come to the Senior Center and be warm and cozy.

We have many activities and programs to attend here—especially in September, so please check this newsletter and calendar so you don't miss out. There are also a few activities advertised in this newsletter that are community based that are worth "saving the date" for! One is Park for a Purpose Car Show & Concert benefitting Community Meals on September 7th and The Memories Reunion Concert on September 28th. Details on Insert Page #1!!!! Remember—"Busy Seniors are Happy Seniors!"

See You Soon!
Donna

Thank you to our
New and Renewed Members
Who paid in July & August, 2024
* DENOTES NEW MEMBER-WELCOME!

- Shirley Riedmann
Suzanne Gaines
Eleanor Gaines
Karen Miller
Mike & Diane Werner
Linda Harris
Vernon & Ruth Caturia*
Sharon & Danny Wold
Gail Lamphere
Patty Bembenek
Wes Schoeberlein*
Barb & Lon Rhodes
Glenn & Brenda Heiberg*
Annette Nelson
Jeff Richards
Angie Huber
Betty Kietzer*
Cindy Talmage*
LaVerne & Donna Weber*
Howard & Marlene Edlin*
Kaye Harrison*
Peter Jungenberg*
Sharon & Ron Hemmy

Membership Dues...
Thank you to Senior Center
supporters who have joined or
renewed in 2024.
Please join if you haven't already!

Insert Pages

- Sept. Calendar & Menu
Memorials / Donations
Senior Center Notices
Sept 18th Meal
Twins Brewers Trip Pictures
Breakfast Club Details
Community Events
Crossword/Word Search Puzzles
ADRC Programs

Senior Center Closed Monday, Sept. 2nd (LABOR DAY)
NO PROGRAMS OR ACTIVITIES

No Bingo Friday, Sept. 20-Cancelled due to MHS Homecoming

Stronger Seniors Resumes September 10th 9:45am & 11:00am

Foot and Nail Clinics September 3, 4, 10, 11, 17, 18
-8:30am-11am Appointments Required

White Christmas @ The Chanhassen Dinner Theater OCTOBER 9TH
and NOVEMBER 13TH | SEAT AVAILABLE

Breakfast Club Monday September 11 @ 9:00am Sponsored by:

Our House Senior Living Please RSVP

THERE IS SUCH A THING AS A FREE BREAKFAST!!!!

Aveanna Healthcare Fall Prevention Program Wednesday September 11
@ 1:00-2:00pm Sign Up Requested

MEAL SPONSORSHIPS AT THE SENIOR CENTER

THE SENIOR CENTER'S MONTHLY MEALS ARE NOW SPONSORED BY COMMUNITY ORGANIZATIONS OR BY INDIVIDUAL SPONSORS. AS YET WE DO NOT HAVE A SPONSOR FOR THE OCTOBER OR NOVEMBER 2024 MEALS! FOR MORE INFORMATION PLEASE CONTACT THE SENIOR CENTER 715-235-0954

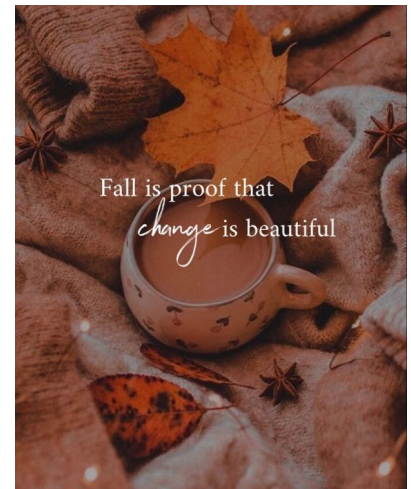


Personal Perspective

Hey Everyone!!

Happy September! It is officially fall. The season for pumpkin spice flavored goodies and beautiful fall colors that we all love! Have a fabulous September & I will see you in the Senior Center office!

Best,
Jaden Czysz



Friendly Reminder!

We play BINGO at the Menomonie Senior Center every Friday at 1pm. All are welcome!!



Exploring Dementia Caregiving

Do you care for someone with dementia? Join us for care strategies, resources and support.



September 23rd
October 28th
November 25th
December 23rd

10:30am-noon @ the Senior Center

Adult Day Services (ADS) program is an option during this meeting.



At the Menomonie Senior Center!!

CALL
715-235-0954

This free program is for people with dementia and their care partners. Explore the arts and find your creative spark!

2024
Dates
Oct 21
Nov 18
Dec 16

Foot & Nail Clinic

(EXPECT YOUR APPT TO LAST 1 HOUR)

Please call the Senior Center for an appointment at 715-235-0954



The Foot Clinic will be held the 1st, 2nd and 3rd Tuesday & Wednesday of every month. Next Dates: Sep 3, 4, 10, 11, 17, 18
Time: 8:30 - 11 a.m. (BY APPOINTMENT)
Place: Senior Center Fee: \$20 per person



Nurses: Becky Czysz, RN & Ruth Potter, RN
Mickey Wolfe, Volunteer Assistant.
Janet Spina, Volunteer Assistant.

Appointments are required as time is limited.

THANK YOU TO RED CEDAR VALLEY FARMS FOR THE DELICIOUS STRAWBERRIES!! WE REALLY ENJOYED HAVING THEM FOR OUR JUNE STRAWBERRY FEST COMMUNITY MEAL.



PERSON OF THE MONTH

DICK MARTINSON



Dick is a very helpful volunteer at the Senior Center! Dick Martinson and his wife, Karen and son, Kurt moved to Menomonie in the fall of 1971, when he accepted a position at First National Bank. Soon after, daughter Katie was born at the old Memorial Hospital here in Menomonie. Dick spent the next 34 years in the banking industry.

Through the years, Dick served on the City Council and Chamber of Commerce. Presently Dick still serves on the City Plan Commission and chairs the Zoning Board of Appeals. Having volunteered at various meals and at Wilson Park at the Senior Center Popcorn Stand, Dick realizes the importance of the Menomonie Senior Center in our community.

Dick is also a member of the Menomonie Lions Club where he serves on the board of directors. The Lions Club has supported many projects at the Senior Center over the years.

As a member of New Life Lutheran Church, Dick serves on the church council and attends the Men's Bible Study and volunteers as a communion assistant. New Life Lutheran Church is also involved in sponsoring several of the monthly meals at the Senior Center.

Dick has been a member of the Menomonie Senior Center for years and always happy to help in any way. We truly appreciate him!

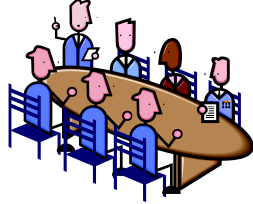
HAPPY SEPTEMBER BIRTHDAYS!!!!

AUGUST (These were missed in July/August)	Nancy Wold 05	David Bonjour..... 14	Karen Evenson 23
Thomas Sinz.....30	Renee Kausie..... 06	Ethel Frank 14	John Hirschberger 23
Jeanette Daines31	Susan Pittman..... 06	Jane Heit 14	Ron Kallio 23
Barb Pease.....31	Leah Buerkle..... 08	Corinne Milovich .. 14	Linda Lausted..... 23
Bruce Schmiling ...31	Tom Chaudoir 08	Theresa Vanderhoff 14	Dan Wold 23
Stacey Wucherpfennig 31	Thomas Miller..... 08	Karen Williams..... 14	Ben Evan..... 24
SEPTEMBER	Jeff Rogers 08	Judy Young..... 14	Tony Place..... 24
Lynda Paulson 01	Donna Wintrone . 08	Barb McKay 15	Julie Kinney..... 25
Beverly Railton..... 01	Bea Proudluck..... 09	Jeff Dial 16	Diane Person..... 25
Pat Schmiling 01	Annie Titus..... 09	Tim DeAtley..... 17	Brad Baskin 26
Gene Thiede..... 01	Joan Burstad..... 10	Romelle Marzitelli 17	Rick Bolin..... 26
Carol Bergelin 02	Barb Gibson 10	John Taylor 17	Richard Olson..... 26
Catherine Bosben 02	Beverly Ray 10	Linda Dahlke 18	Dorothy Thompson 26
Jerry Hoeflein 02	Wes Schoeberlein 10	Shawn Kohlwey 18	Richard Horstman 27
Maxine Cook 02	Ginny Waller..... 10	Dale Dahlke 19	Cynthia Behrens .. 28
Marilyn Fruit..... 02	Lynn Bonjour 11	Michael Fekete 20	Jane Hendrix..... 28
Sharon Moseler 02	Laurie Litomsky... 11	Ronald Fry..... 20	Becky Quilling 28
Virginia Skjegstad 03	Judy Ferguson 12	Mike Brandt 21	Marlene Bachman 30
Ralph Varsho 03	Carolyn Maves 12	Eldon Burstad 22	Sally Hayen 30
Angie Kryshak 04	Donna Mrdutt 12	Jeff Eckert..... 22	LaWanda Kadinger 30
Mary Kay Penton .04	Eileen Register 12	Tina Tharp 22	Robert Meisner 30
Julie Stratton 04	Betty Hazen 13	Daniel Vivoda 22	Kevin Tharp..... 30
Dennis Kropp..... 05	Irene Smith 13	John Backhaus 23	Kerry Thomas 30
	Karen Snyder 13	Antoinette Ciesielski 23	

Shirley Doane Senior Center 2024 Board of Directors

Board President: Tina Tharp
Board Vice President: Karen Martinson
Board Secretary: Bonnie Christianson
Board Treasurer: Shari Homstad
Backup Secretary: Rosalie Werner

Jane Kingzett
Jan Pejsa
Jo Gust
Bill Arndt
Bill Mercer
Karen Siegl
Carla Berscheit



Senior Center Director: Donna Collins
Office Assistants: Karen Snyder & Jaden Czys
Day Services Manager: Heather Jerrie
Day Services Staff: Fran Frank, Carol Bergelin
Barb Welch, & Sharon Zachow
Webmaster: Joe Hagaman
Board meetings are held the second
Tuesday of each month at 8:30a.m. If you
are interested in attending, please let us
know one week in advance.

Email address: seniors@wwt.net
Phone: 715.235.0954

Board meeting minutes are available upon request.
Email address: seniors@wwt.net 715.235.0954

ADULT DAY SERVICES AVAILABLE WEDNESDAYS, THURSDAYS, & FRIDAYS



INTERESTED??
CALL 715-235-0954
OR EMAIL seniors@wwt.net



EXPLORING DEMENTIA CAREGIVING

Fourth Monday OF EACH MONTH

10:30 AM to Noon

@ The Senior Center

Next Meeting September 23rd

COMING IN OCTOBER AT THE SENIOR CENTER

AARP SMART DRIVER COURSE

WEDNESDAY,

OCTOBER 23rd, 2024

10:00 A.M.—2:30 P.M.



\$20.00 AARP MEMBERS \$25.00 NON-AARP MEMBERS

Please Sign Up in the Senior Center Office

Shirley Doane Senior Center is a 501 (C) (3) non-profit organization supported in part by
United Way of Dunn County. The Center supports United Way campaign efforts.

LABEL



of Dunn County



Web: menomonieseniorcenter.org
715-235-0954 seniors@wwt.net
Menomone, WI 54751
1412 6th Street East

SENIOR CENTER

MENOMONIE AREA

September Newsletter

Electronic Service Requested

Non-Profit Org.
U.S. Postage Paid
Menomone, WI 54751
Permit No. 345

SPECIAL DONATIONS &
MEMORIALS GIVEN TO
THE SENIOR CENTER
DURING JULY & AUGUST 2024

Thank you for your generosity!



MEMORIAL DONATIONS:

John & Deb Wesolek

In Memory of Jacq Collins

Jon & Martha Hove

In Memory of Betty Millar

Mary Ellen Marquardt

In Memory of Jerome Jacobs

Lois Sipple

In Memory of Pauline Knutson

Carol Bakke

In Memory of Jerome Jacobs

Dan & Shari Homstad

In Memory of Pauline Knutson

Chris Oest

*In Memory of Pam Dornquist
& Eddie Pokorny*

Larry & Joan Sinz

In Memory of Deloris Cropp

Donna Tietz

In Memory of Ocille Steinmeyer

Howard & Charlotte Lee

In Memory of Norma Ausman

Nancy & Leroy Buss

In Memory of Irene Cotts

Darlene Britton

In Memory of Pauline Knutson

Nancy & Leroy Buss

In Memory of Ocille Steinmeyer

MONETARY DONATIONS:

Sharon & Danny Wold

Lanna Laird

Paul & Meagan Frank

BINGO PRIZE FUND

In July 2024, Chippewa Valley Learning in Retirement gave a very generous donation of \$700 to the Shirley Doane Senior Center. Their support in all ways makes a HUGE difference here at the Senior Center.

We appreciate all of you!
Thank you for all your
friendship you share with
OUR SENIOR CENTER!

The Dunn County Area Retired Educator's Association

Will meet Monday, September 9th, at the Menomonie Moose Lodge at 12pm (noon). The guest speaker will be Bethany Schneider, ADRC specialist. She will discuss changes on Medicare, Social Security, & Medicaid.

All retired public school employees, preschool through university, are welcome!



Please call Jean at 715-505-8285 by September 5th to RSVP.



The Senior Centers Adult Day Services (ADS) / Day Habilitation is looking for volunteers to help our staff with playing games, crafts and just enjoying the wonderful people who participate in these very needed programs. Offering flexible hours/days. If you are interested in volunteering in this area of mission at the Senior Center, please call 715-235-0954. Thank you!

PART-TIME EMPLOYMENT OPPORTUNITY!

Assistant Director

Duties include but not limited to:

Light Bookkeeping, Database Entry, Spreadsheet & Flyer Creation, Monthly Newsletter Assistance, Admin/Receptionist, Customer Service

Part Time: 25 hours per week - Mon through Fri

Wage: Commensurate with experience

Requirements:

Light Bookkeeping (experience preferred) ▪ Attention to Detail ▪ Customer Service ▪ Accuracy ▪ Can Meet Deadlines ▪

Good Communication Skills ▪ **Friendly Team Player (a must)** ▪ Organized ▪ **Trustworthy** ▪ Responsible

Positive Attitude ▪ Fast Paced Multi-tasker ▪ A passion for seniors ▪ Time Management Skills ▪

Strong Computer Skills (Windows: Word/Excel) Quick Books software experience preferred

Email resume, Employment History and personal references to: seniors@wwt.net

Attn: Donna Collins, Menomonie Area Senior Center Director

If interested, please email or drop-off your resume as soon as possible! Thank you!

Be Ready, Be Steady Fall Prevention Program Complementary Balance Screenings

- ◇ 1 in 4 people over the age of 65 living at home fall every year
- ◇ 20-30% of people who fall suffer a moderate to severe injury
- ◇ Falls are the leading cause of fatal injuries among aging adults
- ◇ Falling is NOT an inevitable result of aging and can be prevented through lifestyle adjustments and fall prevention programs
- ◇ Come learn how to improve your balance, decrease your risk of falling and learn about the benefits of a fall's prevention programming

Wednesday, September 11th, 2024
1-2 PM

@Shirley Doane Senior Center



Dementia LIVE Dementia Simulation



September 9th

1:00 - 4:00 pm

Shirley Doane Senior Center

1412 Sixth Street E

Menomonie, WI

Space is limited,
register for a time slot today

Join us for this free opportunity to feel what it's like to have dementia. Learn effective communication tips for people living with dementia, as well as local resources.

Must have good balance to participate

Registration is required
contact the senior center at
715-235-0954



DID YOU KNOW WE HAVE A FACEBOOK??



Shirley Doane Senior Center
414 likes · 469 followers

Connect with us today!

BODIES IN MOTION!!!!-FREE Strength Training Programs

Stronger Seniors Classes Resume

Dates: September 10th—December 19th

Days: Tuesdays and Thursdays

Times: Intermediate Classes—9:45-10:45 a.m.
Basic Classes—11-11:45 a.m.

Place: The Gym at the Menomonie Senior Center

Leaders: Rosemary Jacobson (RJ) Stronger Seniors-Basic
Tina Sharp Stronger Seniors-Intermediate



MORE EXERCISE PROGRAMS AT THE SENIOR CENTER

Chair Yoga Tuesdays & Thursdays, 8:30-9:15am \$3.00/class

Tai Chi Mondays 9:00-10:30am Free

Open Walking In The Gym Monday, Wednesday, & Friday 12-3pm



THE CENTER FOR
INDEPENDENT
LIVING
FOR WESTERN
WISCONSIN



OFFERING:

**FREE BLOOD PRESSURE &
BLOOD SUGAR SCREENING**

**2ND TUESDAY OF THE MONTH:
SEPTEMBER 10TH + OCTOBER 8TH
10:00AM – NOON**

**@ THE MENOMONIE SENIOR CENTER
NO PRE REGISTRATION
NECESSARY**

SNOWBIRDS



Please notify the Menomonie Senior Center of your address change while you are away.

We can send your newsletters to your winter address (or) temporarily take you off our mailing list.

Don't forget to let us know when you return. Thanks for your help and have a wonderful winter!

AARP SMART DRIVER COURSE WEDNESDAY October 23rd 2024

10AM-2:30 PM (with 1/2 hour lunch break)
(Note: Senior Center Lunch @ 11:30—Only \$8.00 per meal)

**DON'T MISS THIS OPPORTUNITY TO SHARPEN
YOUR DRIVING SKILLS**

**AND POSSIBLY HAVING A DISCOUNT
TO YOUR INSURANCE PREMIUM!
SIGN UP REQUESTED**

**IN THE SENIOR CENTER OFFICE
COST IS \$20.00 FOR AARP MEMBERS
(PLEASE BRING YOUR AARP CARD)
\$25.00 FOR NON AARP MEMBERS
(FEE PAYABLE TO AARP INSTRUCTOR)**





THE PURPLE PERK



AT THE MENOMONIE SENIOR CENTER
1412 Sixth Street E, Menomonie WI



THE 3RD MONDAY OF THE MONTH
10:00-11:30 A.M.
Sept. 16, Oct. 21, Nov. 18, Dec. 16, 2024

A welcoming place for individuals, families, and friends of those living with memory changes. Come join us for coffee, conversation, and activities in a safe and inclusive space.



MEALS on WHEELS
AMERICA

Meals on Wheels Volunteer Drivers Needed

**“You make a living by what you do;
you make a life by what you give.”**

Winston Churchill

The Dunn County Nutrition Program is looking for drivers in the **Menomonie** area. We schedule days around your needs. Shifts are from 10:45 am to 12:15 pm.

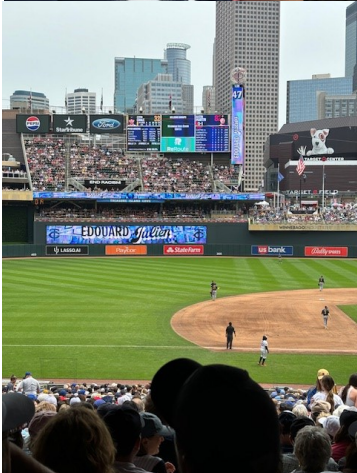
We are so much MORE THAN JUST A MEAL!

Last year volunteers delivered more than 30,000 meals to home bound seniors throughout Dunn County. You can make a difference in someone’s life.



Please call the ADRC of Dunn County for more information at 715-232-4006.

PHOTOS FROM THE TWINS VS BREWERS GAME WE ATTENDED ON JULY 21ST!!





SENIOR CENTER PORK LOIN MEAL

September 18th, 2024
11:30am-12:30pm

**\$8 per
ticket**

RSVP BY
SEPTEMBER 13TH
CALL 715.235.0954 TO
RESERVE!

MENU:

Pork Loin
Mashed Potatoes
& Gravy
Vegetable
Bread
Dessert

This meal is sponsored

by:



SHIRLEY DOANE
SENIOR CENTER

All profits go towards the Senior Center Activities and Programs. Questions please call 715-235-0954

The Memories Reunion Concert

A Community Event Sponsored by
Peace Lutheran Church of Menomonie, WI



Saturday - Sept. 28th, 2024
2:00 - 4:00 pm

Menomonie High School Auditorium

Please join us for this FREE concert!!

We will be accepting nonmonetary donations that go directly to **Stepping Stones & The Dunn County Humane Society!**

Humane Society Wishlist can be found at:
www.dunncountyhumanesociety.org/shelter-wishlist

-No money donations please-

Our House
SENIOR LIVING



Our House Senior Living in Menomonie
invites you to join us for our

Breakfast Club

September 11th, 2024
9:00 a.m. - 11:00 a.m.

Egg bake, seasonal fruit, and coffee served.
Families are welcome. Do not bring anything.



LOCATED AT:

Shirley Doane Senior Center

1412 6th St E, Menomonie, WI 54751
Please RSVP by 09/09/2024
For more information please contact:
Kammon Ruechel • (715) 232-8181
KRuechel@OurHouseSL.com

Like us on Facebook:



Joyful Journeys

September 12
6:30-8:00 pm

Program focused on building healthy lifestyles for those with special needs. Involvement in community activities while learning about stewardship and the environment.

For information contact
Linda Bark at
715-308-6883



3rd Annual Park for a Purpose Car Show & Concert

Play it Forward

Fundraising for good causes @



E7115 1058th Ave
Wheeler, WI (Otter Creek)

CRAFT SHOW-SILENT AUCTION- LIVE MUSIC
FOOD- HIKING-DISC GOLF- YARD GAMES- BONFIRE

Benefitting:



SATURDAY,
SEPT 7TH, 2024

Gates Open @
Noon

Grass parking
CAR GATES OPEN 11:30 am
SHOW 12-4 pm

1st 50 Cars: DASH PLAQUES
Prizes drawn all day

FREE

Musical Guests The Cutaways

Music/Craft Show/Games 12-4 pm

Silent Auction 12-3 pm

Gourmet hot dogs, nachos, desserts, soft drinks/beer/wine for purchase

Joyful Noise Practice Begins!

Tuesdays, August 13, 20, 27,
September 3, 10, 17, 24,
October 1, 8, 15
Practice 6:30-8:00 pm
Concert Tuesday, October 22
Free!

Open to those 8 years or older
with or without challenges.
Halloween Theme!

For information contact
Linda Bark at
715-308-6883

See you soon!



BINGOsize

Bingo + Exercise = Bingocize

Fall Prevention Workshop

Contact Casey at Dunn County

ADRC with any questions

715-235-2713

**A fun 10-week health promotion program
that combines the game of bingo with
inclusive exercises for everyone!**

**Where: Menomonie Senior Center
1412 Sixth St E, Menomonie**

**When: Mondays & Thursdays
September 16—November 21, 2024**

Time: 12:30—1:30pm

Free Prizes

Lots of Smiles!

Caregiver Support Groups:



Women Connected

2nd Wednesday of the month
11:30 a.m.-1:00 p.m.
Menomonie Senior Center
1412 6th Street E., Menomonie, WI

Caregiver Coffee Hour

1st Wednesday of the month
9:30 a.m.-11:00 a.m.
Dunn County Government Center
3001 US Hwy 12 E., Menomonie, WI

Relatives Raising Children

2nd Monday of the month
10:00 a.m.-11:30 a.m.
Menomonie Senior Center
1412 6th Street E., Menomonie, WI

Caregiver Support Group

3rd Thursday of the month
2:30 p.m.-4:00 p.m.
Dunn County Government Center
3001 US Hwy 12 E., Menomonie, WI



Exploring Dementia

4th Monday of the month
10:30 a.m.-12:00 p.m.
Menomonie Senior Center
1412 6th Street E., Menomonie, WI

Dementia Support Group

1st Wednesday of the month
1:00-2:30p.m.
Grapevine Senior Center
121 Main Street, Colfax, WI

Men's Caregiver Connection-ON HOLD



Caregiver Programs

Who is the Caregiver Program for?

Family members, neighbors, and friends who help or care for:

- People age 60 and over
- Individuals with Alzheimer's disease or other dementia, regardless of their age



The program also assists:

- Grandparents or relative caregivers age 55 and over who are caring for children under age 19
- Relative caregivers age 55 and over caring for someone with a disability who is age 19 to 59

What does the program offer?

- Information about caregiving issues, Alzheimer's disease, and memory loss
- Help finding local resources
- Information and counseling on reducing stress and the importance of self-care for caregivers
- Individual counseling, support groups, and training
- Limited funding for services and supplies that help care for your loved one
- Educational material on brain health and Alzheimer's disease
- Free memory screening

For more information call the Dunn County ADRC at 715-232-4006.

September

WORD SEARCH

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



Acorn
 Apples
 Backpack
 Books
 Corn
 Fall
 Friends

Football
 Leaves
 School
 Pears
 Pencil
 Trees
 Yellow



AUTUMN

WORD SEARCH



WORD LIST

ACORN
 AUTUMN
 BONFIRE
 BRISK
 CIDER
 CORN
 CRISP
 EQUINOX
 FALL
 FESTIVAL
 FOLIAGE
 FOOTBALL
 GOURD
 HALLOWEEN
 HARVEST
 HAYSTACK
 JACKET
 LEAVES
 NOVEMBER
 OCTOBER
 PINE CONE
 PUMPKIN
 SCHOOL
 SEPTEMBER
 SQUASH
 SWEATER
 THANKSGIVING
 TREES

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



SEPTEMBER 2024 Elderly Nutrition Program
 ENP located at Tantara Apartments Mon-Fri
 Menu subject to change

**SENIOR CENTER PORK LOIN
 MEAL SEPTEMBER 18TH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 MEAL SITES CLOSED 	3 Barbecue glazed chicken, Baked beans, Marinated cucumber salad, Wheat bread, Melon medley	4 Baked ham, Scalloped potatoes, Broccoli, Dinner roll, Applesauce	5 Bratwurst on a bun, Sauerkraut, Tater tots, Coleslaw, Chocolate chip cookie	6 Salisbury steak, Mashed potatoes with brown gravy, Whole kernel corn, Rhubarb crumble
9 Roast beef with brown gravy, Mashed potatoes with brown gravy, Sliced beets, Raisin oatmeal cookies	10 Baked ham, Apple sweet potato bake, Parslied cauliflower, Cherry crisp	11 Herb baked chicken, Baby bakers, Peas and carrots, Wheat bread, Blueberries	12 Hamburger on bun with lettuce/onion/ pickle, Potato salad, Red gelatin with mandarin oranges	13 Baked fish with lemon butter sauce, Baked potato w/sour cream, Broccoli, Buttered rye bread, Fresh strawberries
16 Roasted tur- key breast, Boiled potato with turkey gravy, Seasoned brussels sprouts, Dinner roll, Grapes	17 Orange chicken, Steamed rice, Broccoli, Raisin sour cream bars, Tomato juice	18 <p style="text-align: center;"><u>SENIOR CENTER MEAL</u> PORK LOIN MASHED POTATOES & GRAVY VEGETABLE BREAD DESSERT</p>	19 Meat lasagna, Mixed green salad, Garlic bread, Cantaloupe	20 Crumb topped baked fish, Pan fried potatoes, Carrots with parsley, Wheat bread, Strawberry cheesecake
23 Traditional meat loaf, Baked potato with sour cream, Scalloped corn, Blueberries	24 Marinated chicken breast, Herbed red potatoes, Carrots with parsley, Wheat bread, 24 hour fruit salad	25 Shredded pork sandwich, Baked beans, Creamy coleslaw, Pineapple tidbits	26 Baked fish, Cheesy hash browns, Romaine and onion salad, Dinner roll, Apple slices	27 Hamburger gravy, Mashed potatoes, Stewed tomatoes, Cranberry orange muffins
30 Crumb topped baked fish, Buttered new potatoes, Spinach cranberry salad, Peanut butter cookies				