



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

August ,

GREETINGS FROM MISTY—DIANE & FRANK

August!! We are indeed in the midst of "Dog Days of Summer" (July 3rd through August 11th) Oh—The changes we have seen over the past few months. We continue to pray that you are all well.

PLEASE—if you are ever in need of anything, make sure to reach out to your family & friends or give us a call here at the center . We are here for you! We all have questions as to when we can once again can open our Beautiful Center to Social and Congregate gatherings. The most recent information received from Connie Cooper: Executive Director of the Northeast Nebraska Area Agency on Aging reads as followed: "The Governor has not yet addressed senior centers and at this time we remain in Phase III." She goes on to say: " Many of you are asking if Nursing Facilities can open, why can't senior centers open? Nursing Facilities (NF) had to develop plans which included all NF staff to be tested for COVID-19 at the same time. If there was a positive test with staff, all residents were to be tested. At this time, NF's are allowing family only, 1-2 at a time with a scheduled visit in a specific area of the facility. Temperature checks are done coming into the NF. Masks, social distancing, hand sanitizer and the area sanitized are all required during the visit. The NF's are not open to the public. Our local health departments are not recommending that centers open for congregate services at this time." So—we at the Wayne Senior Center will continue to offer our Home delivered and Drive through meals as scheduled. Thank you to those that continue to support us through these trying times. We are working hard to keep the Wayne Senior Center here for whenever the future allows us to open our doors once again. If you have not yet called and reserved a meal—check out the delicious home cooked meals in our August menu and give us a call!! As always, Staff will be available to take your calls between the hours of 7:00 am and 3:00 pm Monday through Friday. *If you want to make a meal reservation—it is helpful if you try to call by noon the day before so we can adequately prepare for the next day.* Please note the August menu calendar for complete information on our Delicious meals prepared just for you!



I wanted to share some of the words of encouragement we have received over the past few months

- Thank you, Thank, you, Thank you! You have made the distancing much easier with wonderful meals, your smiles and fun comments, Also, many thanks to all of the volunteers who are delivering meals. We are so fortunate to have you taking care of us and I don't know what we would do without you. I miss you and our Senior Center Family!
- Thanks for all you do to make the seniors' life better.
- Thank you so much for the delicious meals you prepare and all your hard work. Dinner is the bright spot of my day!
- Your meals are so delicious. Mom has enjoyed her meals and her eating has improved. Thank you for this service and your prayers
- Your meals are delicious—the home made breads are the best ever. It's fun to see Frank when he brings out our meals. Always Happy! Thank you for all the hard work you have been doing to update and clean our center. We can't wait to come back and see everyone again!

*Your words of encouragement do indeed make a difference.
THANK YOU!!!!*



Until
Next
Time!

Diane



**August 15,
2020
National Bee
Awareness**



PEACH TRIVIA

- The Peach is a member of the rose family
- The Peach is the state fruit of Georgia and South Carolina. It is also the state flower of Delaware.

National Honey Bee Awareness Day has been celebrated in August since 2009 as a way to promote honey and encourage the continued education of beekeepers and honey bees. It was Thomas Vilsack, the U.S. secretary of agriculture at the time, who declared this national day. Honey is a natural sweetener that is used in many products, recipes, and remedies (i.e., honey garlic chicken wings, Russian honey cake, mix in for yogurt, addition to tea, dab on acne or mosquito bites) According to an article in The Old Farmer's Almanac, honey has healing properties. It is used for treating, cuts, soothing sore throats, suppressing coughs, relieving upset stomachs, and treating diaper rash (combination of beeswax and olive oil). The darker the honey, the better its antibacterial power. According to www.foodsafety.gov—children under the age of one should not be given honey as they are at risk for getting botulism. They can eat foods that have cooked honey in them such as cereal.

ENJOY SOME FUN FACTS ABOUT BEES

- Are bees pollinators? **YES, THEY ARE THE LARGEST POLINATING INSECTS**
- Does honey bee pollination affect other food sources? **YES, THEY POLINATE CHERRIES, APPLES, PLUMS, BLUEBERRIES, ALMONDS, AND MELONS.**
- What are the three types of bees in a honey bee Colony? **QUEEN, WORKER & DRONE**
- Do worker bees have a short life span? **YES, THEY LIVE ABOUT SIX TO EIGHT WEEKS IN THE SUMMER TIME.**
- What is often the cause of worker bees' deaths? **THEIR WINGS WEAR OUT.** (It is thought that each bee travels the equivalence of one and a half times around the Earth in its lifetime.)
- How many eggs does a queen lay each day? **UP TO 3,0000 PER DAY**
 - Can you eat a honeycomb? **YES, IT IS EDIBLE.** (the honey is contained in the honey bees' wax comb.)
 - Is beeswax produced when honey is produced? **YES, ONE POUND OF BEESWAX TO 60 POUNDS OF HONEY**
 - How much honey does a single bee make? **ONLY A TENTH OF A TEASPOON**
 - Does it take may flowers to make honey? **YES, THE COLONY TOUCHES MORE THAN TWO MILLION FLOWERS TO MAKE ONE POUND OF HONEY!**

- Peaches were first cultivated in China. Travelers along caravan routes carried peach seeds to Persia before they were cultivated in Europe. In the early 1600's , Spanish explorers brought them to the New World, and by the 1700's, missionaries had established peaches in California.
- Johnston, SC is known as the "Peach Capital of the World."
- The Peach State is Georgia's nickname
- Peaches were fed to hogs and used for making bandy in colonial America
- The U.S. is the world's largest producer of peaches accounting for about 20% of the total supply. Other major producers are Italy, France, Greece, and Spain.
- You can buy two main varieties of peaches: Clingstone (the flesh sticks to the stone) and free stone (the stone is easily separated from the flesh).
- A large peach has fewer than 70 calories and contains three grams fiber.

PEACH OF A WORD GAME

(Answers on back page)

1. Peach has been used since the mid-18th century as a colloquial word meaning a young woman is this?
2. Peach has been used since the mid-19th century as a general word for meaning this?
3. Crazy as a peach-orchard boar?
4. A peach of something ?(i.e., a meal)
5. Cut your peaches? (i.e., stop following me around, go cut your peaches)
6. Peaches and Cream?



**KOOL-AID DAYS
Hastings, NE
August 7-9, 2020

Kool-Aid got its start in the 1920s as Fruit Smack, A Liquid drink mix developed by Edwin Perkins of Hastings, NE. (In 1998, Nebraska made Kool-Aid its state soft drink.) All of his experiments took place in his mother's kitchen. To reduce shipping costs, in 1927, Perkins discovered a new way to remove the liquid from Fruit Smack leaving only a powder. This powder was named Kool-Aid. Perkins sold it for 5 cents per packet. Perkins moved his production to Chicago in 1931. The Smiling Face Pitcher was introduced in print ads in the 1950s when Perkins sold Kool-Aid to General Foods.





Our Ancestors May Have Held the Secret to Better Brain Health

It turns out that while our early ancestors spent their days out in the wilderness hunting and foraging for food, they may also have been keeping their brains sharp. Researchers at the University of Arizona have found a connection between the highly active lifestyle that was prevalent in those ancient days and the prevention and treatment of Alzheimer's disease and other age-related diseases.

Some two million years ago, our ancestors covered long distances—mixing moderate and intense bouts of aerobic activity throughout the day—as a means of survival. In sharp contrast, today's average American starts his day by getting ready for work or school, then travels by car or train to an office where he'll likely spend hours in meetings or in front of a computer, only to retire home to catch up on the latest series on Netflix. For the most active among us, exercise might consist of an hour at the gym three or more days a week and perhaps a few short walks sprinkled in throughout the day. But contrary to popular belief, that level of activity doesn't completely erase the damage we do to our bodies during the other 23 hours in the day—which are largely spent sitting in a desk chair or at the dining room table, reclining on the family sofa or sleeping.

An obvious connection can be drawn between today's sedentary lifestyle and a host of prevalent modern-age health problems like obesity and chronic illness, but how do low levels of activity affect our cognitive abilities? The study's co-authors hypothesize that the amount of exercise that our ancestors engaged in reduced the burden of a genotype that leads to a high risk of Alzheimer's disease, cardiovascular disease and increased mortality. As a result, the researchers stress the importance of exercise as a potential disease prevention and intervention tool.

Beyond reducing the risk of disease, the role that movement and exercise play in a person's cognitive performance cannot be underestimated. Many research studies have proven that engaging in regular physical activity keeps our brains in top form, helping us to focus, recall and think more clearly. And while it's not exactly feasible to adopt a hunter/gatherer way of life in today's world, perhaps the takeaway is that moving—more frequently and for longer periods of time—can help stave off disease and boost our brain function. Just some food for thought next time you settle in to binge watch Game of Thrones or pass up an opportunity to bike to the park.

Karen Longe, Doctor of Physical Therapy, is the founder of KEL Physical Therapy & Wellness in Wayne, NE. She enjoys helping people get back to activities that they love to do NATURALLY using her manual therapy skills, dry needling, powerful education and instruction in corrective exercises. She is passionate about educating and provides monthly workshops open to all. For more information on her services contact her via phone at 402-999-4564, Karen@KEL-PTwell.com, or visit KEL-PTwell.com or her business Facebook page.

PUZZLE FOR AUGUST

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

AIR CONDITIONING AMUSEMENT PARKS COLUMBUS SET SAIL FESTIVALS

FIRST WORLD WAR STARTED GATHERINGS GEM STONE AGATE GLADIOLUS

GOLFING GREAT TRAIN ROBBERY GRILLING HOT HUMID LEMONADE

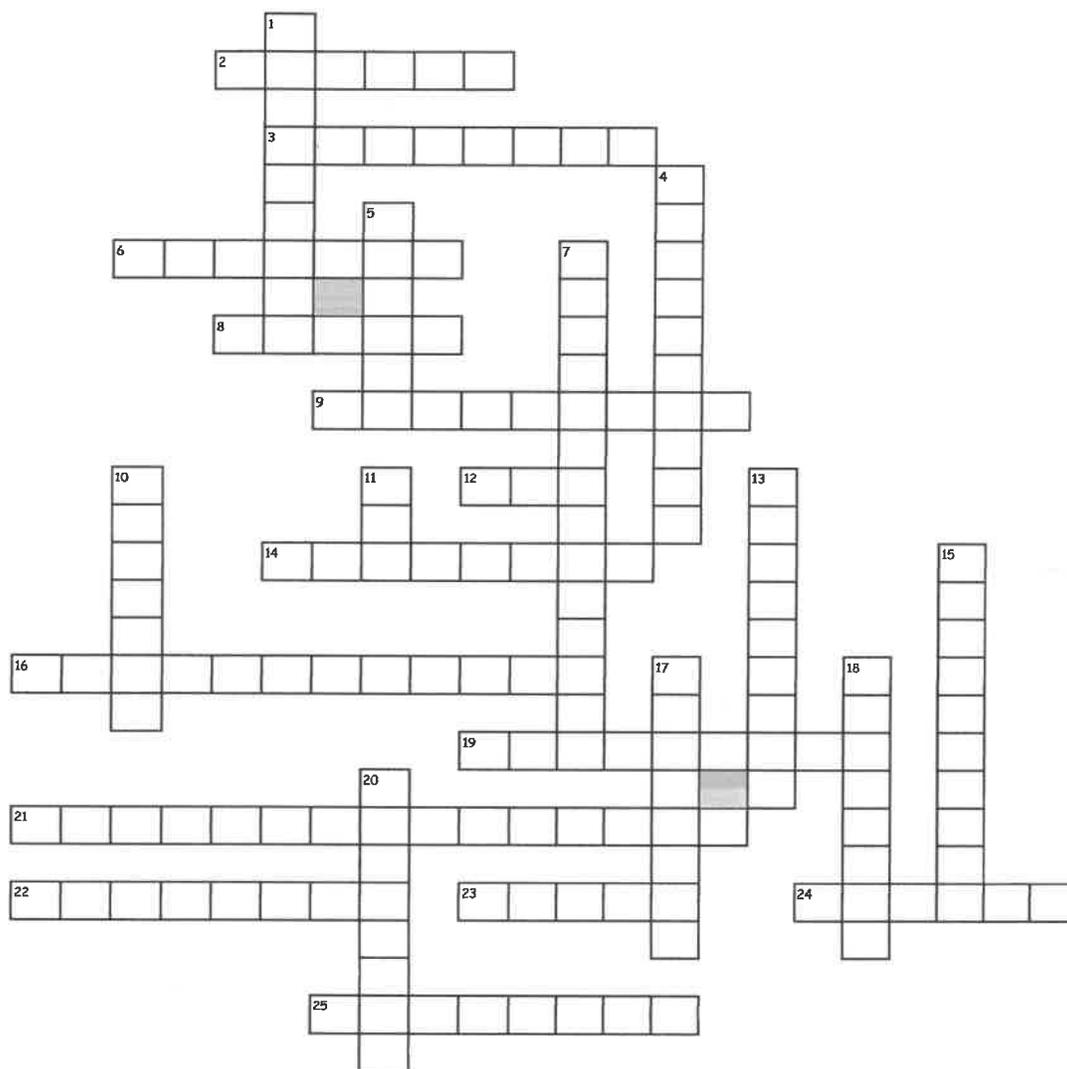
MARTIN LUTHER KING SPEECH MODEL T FORD MONA LISA STOLEN

OXYGEN DISCOVERED PARKS PARTIES PICNICS POOL PRINCESS DIANA KILLED

RAINLESS RED CROSS FOUNDED REUNIONS SECOND WORLD WAR ENDS

SUNSCREEN SWIMMING VACATION VICTORY OVER JAPAN

School Supplies



Across

2. item that you use for getting rid of mismarked marks
 3. item used for taking information in
 6. Used for connecting 2 or more papers
 8. item that tells the time
 9. type of room students learn new things in
 12. item with black point or more colored points
 14. item used for typing, playing games on, and more
 16. place students go if they get injured or hurt

Down

1. person who owns school
 4. teachers write on this with markers
 5. Item with a graphite point
 7. principal's boss
 10. room with loads of books
 11. athletic place in a school
 13. Used for holding 2 or more papers together, but not in the inches
 15. teachers write on this with chalk
 17. people who cleans schools
 18. Used for carrying food around
 19. students may receive this if they misbehave, are late, and more
 20. Used for holding school supplies
 21. items students take when they study the day before
 22. item that teachers assign to students
 23. Used for measuring objects in centimeters, millimeters, and inches
 24. item used for stuffing papers in
 25. sharp items students use to cut papers

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
Update for the Month of July, 2020**

The COVID-19 Pandemic does not allow gatherings at the present time. In person business meeting not done in July because of the continuing COVID 19 situation. Senior Center Coordinator: Diane Bertrand, was in contact with President: George Burcum, Vice President: Carol Dunning, Treasurer: Joan Lage, Secretary: Verna Mae Baier and Board Member: Fransisco Morales at numerous intervals. The Senior Center Board was kept informed of Center activities by Coordinator Bertrand using telephone calls, written correspondence, internet and personal contact.

The Update for the month of June 2020, was printed in the July newsletter for all to read. Treasurer Joan Lage made available the Treasurer's report for 6-10-20 through 7-9-20 with expenses of \$740.00. Board Members received written correspondence concerning these transactions and no objections were made known.

Activities as noted by Coordinator Bertrand

1. The Senior Center continue to provide meals with 2 full time and 1 part time personnel to meet most of the working needs. One volunteer helps with the Drive through noon rush and clean up. The daily home delivered and drive through count continues to be good.
2. Misty has been on vacation and other staff have recently been on vacation. Coordinator Bertrand has been cooking throughout these times of vacation. Several previous kitchen volunteers helped with the noon rush. Frank continues to work and assist with the cleaning during the week. When Frank is on vacation other kitchen volunteers will be utilized. Diane will take over the cleaning duties during his absence. Painting is still a work in progress.
3. It is transition time into the New FY 21 Fiscal Year for both NENAAA and NDOT. The necessary data is being entered into the computer. Last entries from FY20 are being entered.
4. Coordinator Bertrand will attending a Budget Workshop / Meeting with the City Council to go over the FY 21 Fiscal City Budget. Normal actions will be for cost of living and change of status updates. Some update on the sound system will be part of the discussion. The increased cost of packaging and raw food products makes budgeting an uncertain number.
5. Correspondence was received from Connie Cooper -- Executive Director of NENAAA concerning our status for the month of August . *"Governor Ricketts has not addressed senior centers and at this time so we remain in Phase III. Our local health departments are not recommending that centers open for congregate service at this time."*
6. A meeting is scheduled with the Wayne United Way committee concerning this year's Grant fund to assist with the yearly printing costs of the "Senior Star"
7. City Transit is up and running from 8 a.m. -- 3 p.m. Transporting school students is still in the discussion stages. Attendance at the workshop for NDOT in Kearney may be via live streaming.
8. Staff is available for reservations and phone calls Monday through Friday 7:00 a.m. to 3:00 p.m..

Verna Mae Baier, Secretary

Healthy Eating While Caregiving

Chef Daniel Thomas offers up healthy eating tips and easy recipes to keep you at the top of your game.

By Chef Daniel Thomas, AARP Healthy Living Chef, [AARP](#), November 8, 2017

Always eat breakfast

Eating breakfast is a key part of getting through a morning routine as a caregiver. Without this meal, you can get lethargic and make a bad food decision because you merely want something fast later in the day. But you shouldn't eat just anything for breakfast. Make sure whatever you have has protein to give you some long-term energy; eggs and turkey sausage are excellent choices.

Keep snacks on hand

We all get hungry in between meals sometimes, especially when we're using a lot of our energy to look after someone. That's why it's important to have healthy snacks available. Nuts, such as almonds and cashews, are great, as are crackers with peanut butter.

Maintain good portion control

If you eat too much, you can get sluggish. There are simple ways to trim down your portions. If you're eating a sandwich for lunch, cut one slice of bread in half, instead of using two. If you're having a bagel or muffin in the morning, eat half and save the rest for the next day. And when you're dining out, have the server box up half your meal for you to take home. Restaurant portions are often bigger than necessary, and a lot of times, one order can make two servings. By having half your meal boxed up before it is brought out, you won't be tempted to eat all of it when it's served. It takes our brain about 20 minutes to feel full, so even if you think you're still hungry after finishing a meal, just wait and your hunger will dissipate.

Sometimes "healthy" just means "healthier"

You don't have to be perfect when trying to eat healthy as a caregiver, but try to stay away from processed foods, eat whole grains, and stick to vegetables, whether they're frozen or fresh. Frozen vegetables are especially versatile because you can use them in cooking and put them into smoothies without having to add ice, which waters them down.

Prepare meals ahead of time

Caregiving means being on the move, so often we don't have the time to spend cooking and preparing a meal for our loved ones and ourselves. That's why it's crucial to plan ahead and make multiple servings of simple healthy meals that you can grab and take with you. One of the best and easiest foods to prepare ahead of time is boiled eggs. They're packed with protein, and you can boil a dozen at a time. You can also prepare a big batch of soup or stew to stick in the fridge or freeze to keep long term. Below is a great chicken soup recipe that's easy to make on the stove top or in a Crock-Pot.

Use an electric cooking pot

Caregiving can be a full-time job, so it's important to use tools that let us focus on our loved ones. You can leave a Crock-Pot on overnight, and in the morning have lunch or dinner readily available to serve, sometimes for more than one day. And there's a bonus: A long-simmering meal is one of the best smells there is.

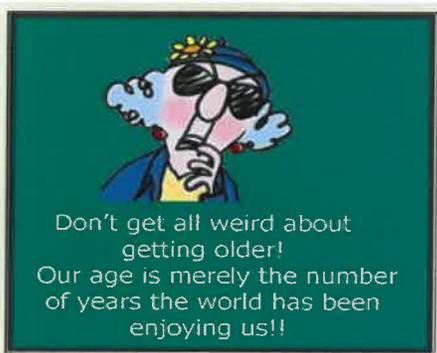
A LITTLE "KITCHEN HUMOR" FROM MISTY



GOOD NEWS STORIES TO WARM YOUR HEART

100 year—old church pianist still plays every Sunday

Lucille Nelson is 100 years old and has been the church pianist for most of her life in Baptist churches. Currently, she plays at the First Baptist Church in West Warwick, RI as of February 2020. Lucille said her piano playing got her through hard times. She lost her husband decades ago, and her daughter a few years ago. "We were married for 32 years, and then he passed away. He had a heart attack....She passed away 3 years ago. She had multiple sclerosis." Although Lucille has 3 grandchildren and 8 great-grandchildren, none of them were taught to play the piano. She really enjoys playing music for the children of the church. "They always needed somebody to play for the little ones," she said. "They are the ones that I love and they were cute. A lot of people think, "Well, why should kids learn these old hymns?" But a lot of what we believe is written in those words." Lucille says her favorite hymn is *When the Roll is Called Up Yonder*.



102 Year Old Man Retires From His Job

Bob Vollmer, a 102-year old man who is Indiana's oldest state employee, retired after nearly 6 decades on the job. He began working for the Indiana Department of Natural Resources (DNR) in 1962, and his last day was February 6, 2020. Vollmer was a surveyor, collecting technical field data and confirming boundary lines for DNR—managed properties. Vollmer said that his body finally was telling him it was time to retire. "I guess your body tells you when it's time to go. Doctors tell me that's one reason I'm still going. I got good lungs." Vollmer said he plans to spend his retirement reading and farming. He also plans to take trips to some of the South Pacific islands he was on during his WWII service with the U.S. Navy. Vollmer said that spending time on ships during the war provided inspiration for his later career with the DNR. "One of the officers got on a bridge with a sextant and a wristwatch," he said, adding that the officer was charting their position.. "Of course later on, I just realized that's part of surveying." During Vollmer's career, the tools of surveying started with paper and pencil and evolved to high-tech gear such as handheld GPS devices.



PEACH PIE BARS

Crust:

- 3 cups flour
- 1/4 tsp. cinnamon
- Dash allspice
- 3/4 cup brown sugar, packed
- 1/8 tsp. salt
- 1 cup (2 sticks) unsalted butter (at Room Temperature)

Filling:

- 2 cups high-quality peach jam
- 6 large peaches, peeled, pitted, and sliced into 8 wedges
- Or use 2—16 oz.. Bags of frozen peaches, thawed

Topping:

- 2 cups pecans
- 1 cup brown sugar, packed
- 1 cup (2 sticks) unsalted butter at Room Temperature
- 2 cups flour

- 1) Preheat oven to 350 degrees. Coat 9 X 13 pan with butter or cooking spray
- 2) To make the crust: Combine flour, brown sugar, cinnamon, salt, and all spice in a bowl. Add the butter and combine with a pastry blender or large fork until the ingredients are blended. Press the dough into the bottom of the pan and bake for 18-20 minutes or until the crust is lightly browned. Let cool
- 3) To make the filling: Spread the jam over the cooled crust. Lay the peaches on top of the jam, overlapping them.
- 4) To make the topping: Toast the pecans for 7-9 minutes in the 350 degree oven until lightly browned and aromatic. Let cool then chop into pieces. Combine the flour and brown sugar in a bowl. Add the butter and combine with a pastry blender or large fork until the mixture is crumbly. Stir in the pecans and sprinkle the topping over the peaches.
- 5) Bake at 350 degrees for 50—60 minutes until the topping is light brown and the edges are bubbling. Let cool..
- 6) Serve with vanilla ice cream or whipped topping

PLEASE NOTICE

Friday, August 14th & August 28th :

The center **will not** be preparing Meals on Wheels or Drive through Meals

Staff will be available to take your calls on those Days between the hours of 7:00 am & 3:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—August 13th and Thursday - August 27th If you so choose.

Please notify the center by the **Tuesday** before if you would like an extra meal prepared & delivered on those Thursdays.

Meal Participants—Watch for August Fun & Prizes





OUR GENEROUS DONATIONS

- | | | |
|------------------------|-------------------------|--------------------|
| Roy Gramlich | Bev Hansen | Donna Lundin |
| Eileen Witkowski | Wayne Quilting Group | |
| Anita & John Fuelberth | Fritz & Joann Temme | |
| Dee Carroll | Loren & Dot Park | Fran Poehlman |
| Bev Ruwe | Gordon & Karen Granberg | |
| Carol Griesch | Janis Myers | Orphan Grain Train |
| Jim & Arlene Robinson | Doug & Ginger Nelson | |
| Ron & Sandra Wriedt | Holly Nissen | |
| Rita McLain | Herb Biermann | |

MEMORIAL DONATIONS

*In memory of Donella Johnson - Mary Stokes -
Gertrude Vahlkamp—Rodella Wacker
Rich Barelman—Dennis Otte—Dee Schulz—
Ernie Swanson*

- | | |
|-------------------------|--------------------------|
| Judy & Richard Poehlman | Robert & Marilyn Carhart |
| Gerald & Marilyn Otte | Sandra Henschke |
| Roy Gramlich | Kathy & Lowell Johnson |
| Darrel & Phyllis Rahn | Janet Bull |
| | Bev Hansen |
| | Caroline Coauwe |



Please wish our Friend and Senior Family Member Herb Biermann Blessings on the Next Journey in His Amazing Life
THANK YOU HERB
For sharing your time and talents With us all her at the Center
WE WILL MISS YOU!

WHO'S WHO AT THE WAYNE SENIOR CENTER

- | | |
|-------------------|--------------------------------|
| Diane Bertrand | Manager |
| Misty Brasch | Assistant Manager/Head Kitchen |
| Carol Stephens | Office Assistant |
| Fran Poehlman | Kitchen Aid |
| Bea Kinslow | Kitchen Aid |
| Frank Sheda | Van Driver |
| Roger Hochstein | Van Driver |
| Dan Carroll | Van Driver |
| Denny Spangler | Van Driver |
| George Burcum | President |
| Carol Dunning | Vice President |
| Verna Mae Baier | Secretary |
| Joan Lage | Treasurer |
| Fransisco Morales | Board Member |



Services are provided without regard to race, origin, handicaps, age or sex. The Wayne Senior Center is funded by the City of Wayne, Northeast Nebraska Area Agency on Aging, The Department of Roads, United Way, and your donations.



Peach of a Word Game Answers

1. Attractive
2. Someone or something that is of Exceptional quality
3. Insane, Eccentric
4. Excellent, Ideal
5. Continue with what you were doing
6. Very fair complexion, Clear Complexion with a Roxy Hue

The Wayne Public Transit

Now Open for Transportation Protocols in place to protect both The Drivers and Passengers



Hours of Service

Monday through Friday
8:00 am to 3:00 pm (only)

Please schedule trips and appointments accordingly

We are an on demand service

Call for Reservations

402-375-1460 for complete details

SWEETS FOR THE SWEET (What am I)

1. Toasted marshmallow, chocolate pieces, graham crackers, campfire optional
 2. One pound each butter, sugar, eggs, flour, teaspoon vanilla extract
 3. Butter, sugar, eggs, vanilla extract, cocoa powder, flour, salt
 4. Pie Crust, brown sugar, ground cinnamon, butter, apples cored, peeled and sliced
 5. Egg yolks, sugar, heavy cream, half-and-half, vanilla extract, pinch of salt
- *****
S'mores—Pound cake—Brownie—Apple Pie—Ice

Senior Center Staff Hours
Available to take your calls

Monday – Friday
7:00 am to 3:00 pm

For Curb Side Delivery or Meals on Wheels Delivery—Please call by noon the day before!
Suggested Contribution remains:
\$4.95 for 60 & up

Meals on Wheels delivery leaves the Center At 11:00 am. For curb Side pickup meal Reservations—Drive to the West Side of the Building between 11:15—11:30 am
If you are unable to be out and about and would like a meal delivered directly to your home by our Great Volunteers—give us a call and Visit with Misty or Diane for Details!



A special thank you to United Way for funding the distribution of this newsletter.