



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

June, 2021

Greetings from all of us at the Wayne Senior Center
ONE MORE STEP CLOSER!!!!

Phase I of our re-opening process for the Wayne Senior Center has gone well and we are moving forward to Phase II which will begin Tuesday– June 1st, 2021. Like in Phase I - the Center Staff and the Wayne Senior Center Board have been working in partnership with the Northeast Nebraska Area Agency on Aging and the Public Health Department in continuing the opening process of our Center doors to increased Public Access.

Phase II Plan has been completed and submitted to NENAAA which includes beginning a limited number of In-House Congregational meals while continuing to offer a limited number of drive through meals along with Meals on Wheels service. **When calling for meal reservations—please specify if you are dining in or driving through.** Hours for public access to the Senior Center will be from 7:30 am - 3:00 pm throughout the month of June. Social Activities will be slowly introduced throughout the month—safety protocols strongly encouraged to help assist with everything to open smoothly and successfully. Again—this will be a **TEAM** effort for everyone involved. **Do not visit the facility if you have a cold, cough, runny nose, sore throat, muscle aches or fever.** Each individual will be encouraged to **self-monitor** safety protocols and utilize hand sanitizing stations as provided throughout the facility. If you desire to meet together for a specific activity—please call the Center and speak with the staff of how we hope to plan for this safe transition back to your social activity. As always, the center

utilizes KTCH—104.9 FM; the Wayne Herald and the “Senior Star” newsletter to keep the public Informed. We live in a “Small” Community so word of mouth from our loyal patrons also helps with spreading the word. PLEASE—if you have any questions, Call the center and speak to our staff. The Center Board and Staff will continue to monitor how things are going, watching the NNPHD Covid 19 risk dial for Wayne County, any problems and concerns within the facility itself and any specific direction given by our Local Health Department. **Please note:** The Center will be closed to public access the last Friday of the month, June 25th, for a staff work day. No meals will be served that day—however staff will be available between 7:00 am and 4:00 pm to take your calls or reservations. The City Transit will continue with their normal hours of 8:00 am to 4:00 pm. See you soon!

THE GATHERING PLACE

Good food · Good friends · Good times



Flag Day

During the early days of the Revolutionary War, a variety of flags were used by the different colonies and military commands. Prominent among these were the Pine Tree and Rattlesnake flags with various arrangements and mottos.

Late in 1775, a committee of Congress decided upon a new flag. This flag consisted of 13 red and white stripes with the cross of St. George and St. Andrew on a blue field, called the canton or union. This preceded the Declaration of Independence and indicated that the colonies had not wholly broken from the mother country. This flag was first unfurled on January 2, 1776.

During 1776 and 1777, some flags with 13 stripes came into use, and the need of a national emblem was realized. On June 14, 1777, Congress passed an act stating “That the Flag of the thirteen United States be thirteen stripes, alternating red and white, that the union be thirteen stars, white in a blue field, representing a new constellation.”

Flag Day, the anniversary of the Flag Resolution of 1777, was officially established by the proclamation of President Wilson on May 30, 1916. While Flag Day was celebrated in various communities for years after Wilson’s proclamation, it was not until August 3, 1949, that President Truman signed an Act of Congress designating June 14 of each year as National Flag Day.

Today Flag Day is celebrated with essay contests, parades, ceremonies, and picnics. Groups like the National Flag Day Foundation preserve the traditions, history, pride, and respect shown toward the flag.



Flag Day Trivia

- 1) Who made the first American flag?
- 2) What is the blue area of the flag called?
- 3) When were stars representing new states added?
- 4) What do the red, white, and blue colors of the flag represent?
- 5) What is the origin of the stripes on the flag?
- 6) Was the flag changed during the Civil War?
- 7) What is the national march of the U.S.?

Happy Father's Day



Father's Day

The American tradition of celebrating Father's Day was the idea of Sonora Smart Dodd. She got it while listening to a Mother's Day sermon at her church in May 1910. She thought about her widowed father, who raised her and her five brothers alone and other fathers everywhere for their unsung feats.

Dodd proposed to Spokane city officials that the first Father's Day be observed on June 5, 1910 which was her father's birthday. Local ministers didn't think three weeks was enough time to prepare sermons, so the date was pushed to June 19. Newspapers across the country, already encouraging a celebration of Mother's Day, carried stories about the Spokane observance. However, Father's Day was not accepted as quickly as Mother's Day. Members of the all-male Congress felt a move to proclaim an official Father's Day might be interpreted as a pat on the back. For many years though, Father's Day was celebrated in various areas of the U.S. Although President Lyndon Johnson signed a Presidential proclamation in 1966 to celebrate it that year, the official recognition took place on April 24, 1972, more than 62 years after it was proposed. President Nixon signed a Congressional resolution declaring the third Sunday in June as Father's Day.

The symbols of Father's Day are roses and ties. Red roses are a tribute for living fathers and white roses for deceased fathers.

Fatherly Advice

- * Go ask your mother!
- * A little pain never hurt anybody.
- * That'll go on your permanent record.
- * If you're gonna be dumb, you've gotta be tough.
- * Worrying about things you can't change is like a rocking chair...it gives you something to do, but it doesn't get you anywhere.
- * As long as you live under my roof, you'll follow my rules.
- * Don't look at me in that tone of voice!
- * You're going out looking like that?
- * There's nothing a little duct tape can't fix.



Did You Know?

A Father's Day tradition in Mexico involves fathers running a city wide race called Carrera Día del Padre in Mexico City. This is a 21K (half a marathon!) run through the city followed by a family feast.



Flag day trivia answers

- 1) Many historians believe it was Francis Hopkins, not Betsy Ross
- 2) Canton or Union
- 3) The next Fourth of July after each state's admission
- 4) Red—hardiness and valor. White—purity and innocence. Blue—vigilance, perseverance, and justice
- 5) Historians think the idea came from the flag of the sons of liberty which had five red stripes and four white stripes
- 6) No, the flag remained unchanged as a result of an informal order by President Lincoln
- 7) The Stars and Stripes Forever. It was written by John Philip Sousa and first performed on May 14, 1897 in Philadelphia.



Juneteenth

Juneteenth means freedom. Also known as Emancipation Day, Freedom Day, and Emancipation Celebration, Juneteenth is the nation's oldest observance of the official end of slavery in the U.S.

On June 19, 1865, more than 2,000 federal troops led by General Gordon Granger rode into Galveston, Texas with the mission of implementing General Order Number Three. One observer wrote, "Major Granger read General Order Number Three to newly-freed slaves from the balcony of the Ashton Villa in Galveston." However, the freed men did not know that it had been more than two and a half years since the signing of that document.

Many people do not know that the African-American tradition of bringing in the New Year or the Watch Night Service is significant to Juneteenth. Many African Americans celebrate praying and praising on New Year's Eve at local churches; this can be tied back to December 31, 1862 also known as Freedom's Eve. At the time, President Abraham Lincoln promised that at the stroke of midnight on January 1, 1863, all slaves who lived in the Confederacy would be free.

Lemon Blueberry Mini Cheesecakes

- *12 lemon Oreos
- *3/4 c. powdered sugar
- *2 8-oz. blocks cream cheese, softened
- *2 tbsp. lemon juice
- *1 tsp. lemon zest
- *1 1/2 c. heavy cream
- *1/4 c. blueberry preserves
- *1 tsp. vanilla

Directions:

1. Line cupcake pan with liners and place an Oreo into the bottom of each cup.
2. In a large bowl, beat cream cheese with a hand mixer until smooth, beat in powdered sugar, lemon juice, lemon zest, and vanilla. Add heavy cream and beat until fluffy and stiff peaks form. Spoon over Oreos.
3. Dollop a small amount of blueberry preserves into the center of each cheesecake. Use a toothpick to swirl.
4. Refrigerate until firm, about 4 hours.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
May 10, 2021**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (9:00 a.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, and Treasurer: Joan Lage Absent: Board Member: Francisco Morales.

The April minutes were approved in a motion by Carol Dunning and seconded by Joan Lage . Motion carried. Treasurer Joan Lage presented the Treasurer's report for 4-10-21 through 5-9-21 with \$227.37 in expenses. This amount of expenses was approved in a motion by Carol Dunning and seconded by Verna Mae Baier. Motion carried and this financial report was accepted.

The Wayne Senior Center continues to receive many financial donations.

Senior Center Concerns:

1. Coordinator Bertrand presented an update on COVID Status:
(In a Brief Executive Session: Update on a Grievance condition was held.
Correspondence was read from NENAAA. No further action was taken at this particular time. This ended the Executive Session.)
2. Coordinator Bertrand opened discussion on Phase 1 and Phase 2 of the Transitional Opening.
Phase 1: For the month of May the open hours are: 7:30 a.m. to 11:30 a.m. for coffee, exercise and socializing. As of the present time, this has been successful and enjoyed by numerous Center participants. Any diagnosed incident of COVID will shut down the facility,
Phase 2: This plan was approved in a motion by Carol Dunning and seconded by Joan Lage. Motion carried: **For the month of June the open hours are: 7:30a.m. to 3:00 p.m.. Noon congregate meals will be served (11:45 a.m.,) with limitations. Meals on Wheels and Drive Thru Pickups will continue. Additional activities will be gradually introduced with minimal numbers. All Center participants will be responsible for themselves and their own actions.**
3. Complete details of Phase 2 will be available in the local newspaper and on the local Radio Station.
4. Details of Phase 2 will also be printed in the June edition of the Center's newsletter.
5. Volunteers will be contacted in the future.
6. An overview of the May and June calendar of events was presented.

No additional concerns were presented.

Carol Dunning made a motion to adjourn the meeting. Seconded by Joan Lage . Motion carried and meeting was adjourned. (10:00 a.m.)

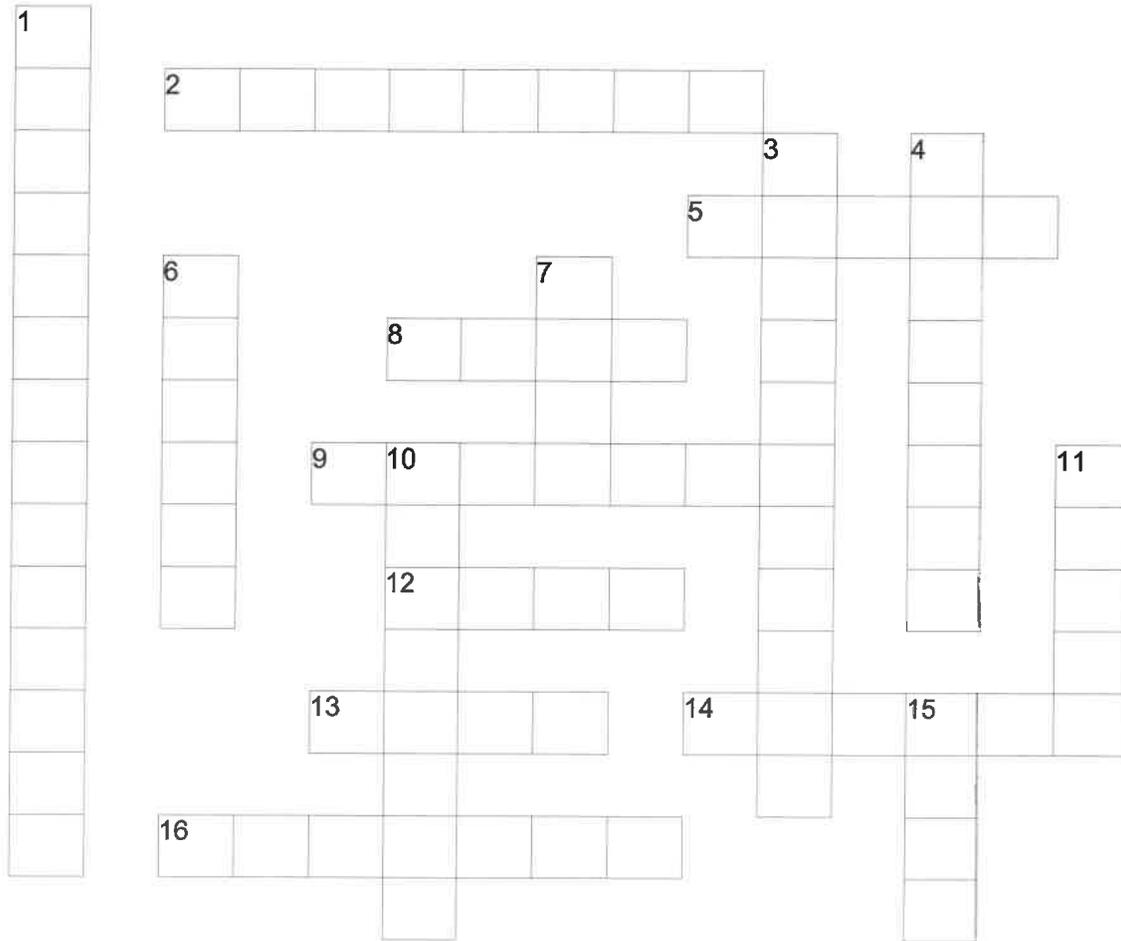
Verna Mae Baier, Secretary

Father's Day

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

proud wonderful giving wise understanding trusted unafraid
encouraging positive loved super sweet supportive special smart
inspiring kind handy handsome strong brave great best
protective caring love dad hilarious funny loving fun amazing
cool helpful

June



Across

- 2.** What bugs get their name because the transition of larva to adult happens in this month. These are usually seen in the dark when they are attracted to light.
- 5.** Father's Day became a permanent national holiday in 1972 when this President signed it into law.
- 8.** June is one of how many months with a length of 30 days?
- 9.** For a long time, the most popular month to tie the knot was June. What month officially surpassed June as the most popular wedding month?
- 12.** What is June's Birth Month Flower?
- 13.** September has twice as many summer days as what month?
- 14.** Spring holidays account for the third, fourth and fifth spots on the list of most popular holidays to send cards. What spot does Father's Day place?
- 16.** From what geographic area does the saying 'June's too soon, July's too late for summer' come?

Down

- 1.** This day in June has the longest daylight of the year, typically on June 21st.
- 3.** In the old saying what is 'a swarm of bees in June' worth?
- 4.** Some believe that June was named for the word juniores, a Latin word. What does it mean?
- 6.** People born in June fall under two zodiac signs either Gemini or?
- 7.** June is named for what Roman queen?
- 10.** From what musical does the song 'June is busting out all over' come?
- 11.** What number of the month is June in both the Julian and Gregorian calendars?
- 15.** Which of these is not one of the three June gems – moonstone, pearl, alexandrite, ruby?



DO YOU WANT TO STAY HEALTHY? MOVE MORE!

Defend Your Health and Become More Resilient With Movement

COVID has certainly shown us the importance of health as well as how quickly illness can change our lives. While COVID is front and center in most people's thoughts, it isn't the only illness out there that can be life changing. Heart disease, diabetes, strokes and cancer can all be devastating too.

To become more resilient and defend against these things, research says you should move more. The dangers of being sedentary are well known and documented in the research. High amounts of sedentary time has even been called the new smoking. Unfortunately for many of us, sitting and being inactive is part of our jobs. However, research has shown that getting in enough movement can counteract the negative effects of being sedentary.

A large study done in the United Kingdom found no association between the amount of time people spent sedentary and their chances of illness. But the authors did NOT conclude that being sedentary is okay. Instead, they felt their findings were likely "attributable to a protective effect of the high volumes of daily walking." The study was conducted in London, where people tend to spend much more time walking or standing than average. The people in the study had daily walking times that were over double the average amount reported in the United States.

While walking was the activity in this particular study, other research has shown that all kinds of movement can help protect your health. If you're looking to get those protective benefits for yourself you could choose to walk, bike, lift weights, dance or garden. If you're not moving as much or as well as you'd like, see your physical therapist. Physical therapists are the most qualified professionals on the planet to help you move better and allow you to stay healthy and enjoy life. From designing a program to get started to helping you move more all the way to helping you recover from an injury or serious illness, your physical therapist is the right person to look to for help.

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.

How to Prepare Seniors for Severe Weather

Severe weather can strike at any time, during any season. In the case of a flood, tornado, or another natural disaster, caregivers should prepare seniors with a plan of action. Home care services can prepare seniors for these disasters and stay safe in the process. As severe weather approaches, the need to evacuate or seek shelter may occur quickly, leaving little to no time to prepare. In case this happens, having a plan helps remedy the seemingly stressful situation. Seniors can face challenges due to mobility or health problems, as well as lack of support nearby. Putting these tips in place can make navigating the logistics of a natural disaster less stressful and ultimately be lifesaving.

1. Create an Emergency Supply Kit: An emergency supply kit will contain all of the essentials to prepare seniors before disaster strikes. The kit will help keep seniors safe and ensure they get the assistance they need.

Food and Water: Food and water can be hard to access after severe weather has passed through. In preparation, store enough food and water in the kit to support seniors for up to 72 hours. Food should be non-perishable and easy to prepare (e.g. beans, canned fruit, canned meat), as electricity may not be available.

Medical Supplies: Include at least a 3-day supply of all daily medications. If your senior has allergies, make sure their ID bracelet is present with emergency contact information listed. Keep information on everyday equipment, such as wheelchairs and oxygen tanks, and include the serial numbers and company information. Other essentials include hearing aids, glasses and contact lenses/solution, and medical supplies, such as syringes and diabetic supplies.

Important Documents

When it comes to severe weather preparation, store all important documents in a waterproof bag. Include an up-to-date care plan for caregivers and seniors to follow for severe weather preparation. Write out emergency contact information, including family, caregivers and agencies, physician(s), and a local pharmacy. Make sure a photo ID and insurance card are copied and added to the kit. List all allergies to food and medicines in case someone else who is less familiar with the senior's regime is present during the emergency. List all current medications with instructions on dosage, when to take it, the prescribing doctor, and the pharmacy name. Include a copy of Power of Attorney and Do Not Resituate (if appropriate). Other supplies to include in the kit are flashlights, AM Radio, cell phone charger, and various battery types used to power radios, flashlights, hearing aids, etc.

2. Create a Plan: Seniors should have a few people (friends, family, professional caregiver(s), etc.) designated to help when disaster strikes. Identify one as the primary emergency contact; this person will take the lead if mandatory evacuation or taking shelter is needed. Take practical steps to develop a plan before hurricane season hits this summer. Write out a contact list of important phone numbers and make a copy for everyone involved. If you followed the first tip, you should already have this added to your emergency supply kit. Locate the nearest shelter and plan out how to transport your senior there. Know the policies and procedures for any place your senior may go for medical treatments during a natural disaster. The Center for Disease Control (CDC) offers two helpful templates for documents and registries: A care plan template should be filled out beforehand and stored in the emergency supply kit. If a senior needs medical transportation for an emergency during the disaster, the CDC has a registry for seniors so first responders know where to headfirst.

3. Home Preparation

Preparing a senior's home before an emergency helps remedy some of the anxiety around the disaster. Check smoke and carbon monoxide detectors regularly by testing them weekly. Make sure fire extinguishers are in the house and easily accessible. Bleach should be available in case water needs to be sanitized in the case of an emergency. Leave instructions for where the gas and electric shut off valves are in the house. Stock plenty of blankets in case the power goes out during a winter storm or power outage.

PLEASE NOTICE

Friday—June 25th

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

Staff will be available to take your calls on Friday, June 25th between the hours of 7:00 am to 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday — June 24th

If you so choose.

Please notify the center by the **Tuesday** before if you would like an extra meal prepared & delivered on that day!



June in History

10 Years Ago

Space shuttle Endeavour landed for the final time after 19 years of spaceflight.

20 Years Ago

The Fast and the Furious film starring Paul Walker, Vin Diesel, and Michelle Rodriguez premiered.

30 Years Ago

The largest solar flare to ever be recorded triggered an unusually large aurora which was seen as far south as Pennsylvania.

40 Years Ago

The movie, *Raiders of the Lost Ark*, was released as the first film of the Indiana Jones series.

An attempted assassination of Pope John Paul II took place in St. Peter's Square in Vatican City.

50 Years Ago

Southwest Airline began its first flights between Dallas, Houston, and San Antonio.

The Ed Sullivan Show aired its final TV show.



The delivery service, FedEx, was founded in Little Rock, Arizona.

100 Years Ago

The world record for a 10,000 meter (6.2 mile) run was set by Paavo Nurmi from Finland with a time of 30:40.2. Nurmi was also known by the nickname Flying Finn.

Sweden abolished the death penalty.



Just to make you Smile

A young boy was delivering Meals on Wheels with his mother and said he wants to be a Meals on Wheels Man like Frank when he grows up!



Honey– Sticky Science



Imagine you just stumbled upon a 3,000-year-old jar of honey. If you ate the honey, would it kill you?

The answer is NO! Honey never spoils. The secret to why lies in how it is made. Worker bees collect nectar in their honey stomach. Bees also have an additional stomach for digesting food. Enzymes found in the glands of bees mix with the nectar to break down the sugars into glucose and fructose. Worker bees then regurgitate the changed nectar mix into a collection house in the beehive. Next, house bees take in the nectar, their glands continue the enzyme process for about 20 minutes and then regurgitate the mix of further reduced glucose and fructose.

When finished, the house bees deposit the mixture into a honeycomb in the hive. This stored honey can be up to 70% water. To remove the water, bees beat their wings to speed up evaporation. Within three days, flapping by the bees will reduce the water in the honey to about 17%.

The low water ratio is the reason honey does not spoil, 17% is lower than the amount of water needed for bacteria or fungi to grow and cause spoilage.

As honey ages, it may form crystals and solidify, but this does not mean the honey is unsafe to eat. Instead, this non-harmful change happens over time when the glucose in the honey forms solid crystals.

Honey has proven health benefits. It can be used to sooth coughs and contains vitamin C, calcium, and iron. Researchers are studying how polyphenols in honey improve memory.

The process of making a jar of honey requires many bees. On average, each worker bee makes 1/12th of a teaspoon of honey during its entire lifetime.

Bees have been part of our planet for more than 150 million years. There are more than 20,000 species of bees, and they pollinate more than 400 crops around the world. In fact, one of every three meals eaten by humans contains a food made possible by bees. Without bees, there would be a 90% drop in vegetables and fruits.

At the Circus

On June 2, 1835, P.T. Barnum and his circus began their first tour of the United States. Barnum started his variety troupe called Barnum's Grand Scientific and Musical Theater in 1834. In 1871 he founded the Barnum & Bailey Circus that continued until 2017. In 2017, the film *The Greatest Showman* became an instant hit. The movie tells the story of the start of P.T. Barnum's career in show business. Have you watched this movie yet?



OUR GENEROUS DONATIONS

Roy Gramlich Ron & Sandra Wriedt Carolyn Linster
Fritz & Joann Temme Glennadine Barker
Janet Bull Julie Grone Bev Ruwe
Darrel & Phyllis Rahn Alvin Anderson
Donna Lundin Ardyce Stanley Jane Ahmann
Fran Poehlmann Keith Jech Ron & Corliss Krusemark
Jim & Arlene Robinson Bonnadell Koch Ginny Otte
Jim & Lynette Joslin Jacquelyn & Milton Owens
Marcella Larson

Memorial Donations

For Bob Fritschen from Roy Gramlich

For Lenora Sorenson from Roy Gramlich and Lila Splittgerber

In memory of Rose Carlson for Mother's Day from Donna Tietsort



The Wayne Public Transit

A COMMUNITY SERVICE FOR ALL

Open for transportation—Monday through Friday
8:00 am to 4:00 pm (Only)

We are an On-demand service with reservations . Call: 375-1460

Please schedule trips and appointments according to hours of operation—\$1.50 Fare for each stop
COVID PROTOCOLS IN PLACE TO PROTECT BOTH THE DRIVERS AND PASSENGERS

IT IS STILL A FEDERAL MANDATE THAT MASKS ARE REQUIRED ON ALL PUBLIC TRANSIT. PLEASE WEAR A MASK!!



WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Assistant Manager/Head Kitchen
Frank Sheda	Van Driver/Asst.
Halie Chinn	Dispatch/Asst.
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Denny Spangler	Van Driver
Phil Does	Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer
Francisco 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.

June Days

June 1– Dare Day
June 3– World Bicycle Day
June 5– Hot Air Balloon Day
June 6– National Gardening Exercise Day
June 8– World Oceans Day
June 10– National Iced Tea Day
June 15– Nature Photography Day
June 17– Career Nursing Assistant's Day
June 18– National Fishing Day
June 20– Father's Day
June 21– National Selfie Day
June 23– National Pink Day
June 25– National Food Truck Day
June 27– National Forgiveness Day
June 29– International Mud Day



Fun Facts About June

- * June is the first month of the summer season
- * June in the Northern Hemisphere is similar to December in the Southern Hemisphere
- * June is the most popular month to get married
- * The longest day of the year occurs in June
- * The birthstone is the pearl
- * In the early Roman calendar, June only had 29 days. Julius Caesar added the additional day



Senior Center New Staff Hours

Available to take your calls

Monday – Friday

7:00 am to 4:00 pm

Open to the Public from 7:30am-3:00pm for coffee and social activities

For Curb Side Delivery, Congregate Dining 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.