



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

October, 2021

Hello All! We have a very busy month in October! In addition to our usual clinics, we are also having a flu shot clinic on Thursday October 21st, and a Medicare Open Enrollment on Tuesday, October 26th.



Flu Shot Clinic

We have forms at the Senior Center that need to be filled out and returned to us by October 18th if you wish to participate in the Flu Shot clinic. For more details, see the last page of the newsletter!



Medicare Open Enrollment

(Part D Compare)

October, Tuesday 26th

From 9:00am— 3:30pm

CALL THE CENTER TO SIGN UP FOR A TIME

Additional Upcoming Dates:

November 18th

December 2nd

This service is provided for free and spots fill up fast, so do not wait to call! Please bring your Medicare Card and a current list of medications with you to your appointment.

If you have any questions about these clinics or any other activities we are having this month, please do not hesitate to call! We will answer any of your questions.

In other news:

The survey that has been available since August will become unavailable on October 15th. If you still want to fill one out to participate in the study, please do so soon. If you currently have the survey, please get it sent back to the Senior Center before the 15th. Thank you!

All meals will remain the same. Meals on Wheels leave the Center at 11:00. Drive Through meals are served between 11:15-11:30. Congregate meals start at 11:45.

The college group Spotlight on Promise will be joining us again for performances! They are scheduled in October on the 26th at 11:15. Please come to watch these young musicians and encourage their talent. It means a lot to them to be able to come here and perform for all of us.

What's Happening in October

Friday— October 1

Fine Dining Friday with Senior Solutions

Music by Susan Boust

Monday— October 5

11:30 Nutrition visit with Ann Fenton

Wednesday— October 6

Monthly Birthday Party at noon

Music by Dan Hansen

Friday—October 8

Century Club Movie drawing by CountryView at noon

Cherry Pie for John Fuelberth's 80th Birthday

Monday— October 11

9:15-11:15 Toe Nail Clinic

Tuesday— October 12

9:30-11:30 Health Clinic

Special Luncheon Drawing with Kinship

Friday— October 15

Fine Dining Friday with Lexi from Kinship

Music by Val Koeber

Tuesday—October 19

Cake for Phyllis Rahn's Birthday

Wednesday—October 20

9:00 Board Meeting

Special Luncheon Drawing with Kinship

Thursday—October 21

9:30-11:30 Flu Shot Clinic with PMC Pharmacy

Friday—October 22

No meals or activities today.

Tuesday—October 26

11:15-11:45 Eye Glass Clinic with Wayne Eye Care

11:15– Spotlight on Promise

9:00-3:30 Medicare Open Enrollment

Wednesday—October 27

10:00 Caregivers Support Group

Thursday— October 28

11:45 Jeremy Daffern Presentation on Hearing Loss

Friday—October 29

Music by Deb Dickey

As always there are daily activities of AM and PM Coffee, Walking, FROGs, Puzzling, Quilting, Pool, Bridge, Hand & Foot, Pitch, and Bingo. See the Activities calendar for the full schedule of all of these events. We look forward to seeing you here!

So So Much To Do
So Little Time!



Halloween



Many historians believe that the origin of Halloween began with the ancient Celts. The Celts celebrated Samhain (meaning summer's end) which was at the end of their year. The Celtic priests made a bonfire and sacrificed animals to appease the gods, and costumed people danced around the fire. They believed that the dead walked the streets on that night. Since they believed that some of the dead were unfriendly, they left treats to gain their favor. After the Romans conquered Britain, the celebration continued among the Celts in Britain, but the Romans brought their own influences into the celebration. They also changed the date to November 1.

There are some historians who say that Halloween began with Christians although it could have been an adaptation of Samhain. Perhaps the historians are speaking of the official name of Halloween. Halloween ties into the fact that early Christians were known to celebrate the martyrs of the church. Martyrs were, and still are, celebrated on the day they died or gave their lives for Christ. The annual day to celebrate all martyrs is November 1. The name given to this day was All Hallow's Day, thus the evening before was known as All Hallow's Eve which became Halloween. Some traditions that continued throughout the centuries that began with Samhain were the wearing of costumes, giving of treats, and bobbing for apples.

In the Church, this holiday is still celebrated, though renamed as All Saints' Eve and All Saints' Day. All Souls' Day has also been added to the Church calendar to honor the dead and is celebrated on November 2.

Los Dias de los Muertos or Days of the Dead

In the Mexican culture, they celebrate Los Dias de los Muertos or Days of the Dead on November 1 and 2. On these days, dead relatives are remembered with joy. It is believed that the spirits of their relatives return to earth during this time. At midnight, leading into November 1, the spirits of children come to visit their relative. The spirits of the adults come on November 2. People dress as skeletons, mummies, and ghosts and celebrate in the streets with dancing and music. They sell various items such as sugar skulls. However, the time becomes more somber as families set up altars with candy, flowers, fruit, pan de muerto (bread of the dead), and pictures of the loved ones who have died. Candles burn all night in memory of the relatives. They visit the graves of their relatives, tend the gravesites, and bring flowers and food. They may spend the whole day there, honoring their loved ones.



Pumpkin trivia

*In Ireland, the original jack-o-lanterns were made of hollowed-out turnips

*Native Americans called pumpkins "isquotersquash"



*Colonists sliced off pumpkin tops, removed seeds, and filled the insides with milk, spices, and honey. This was baked in hot ashes and is the origin of pumpkin pie

*Christy Harp brought a 1,725 pound pumpkin to the Ohio Valley Giant Pumpkin Growers Giant Pumpkin Weigh-Off on October 3, 2009. This was the new world record and beat the old record of 1,689 pounds from 2007.

*According to Guinness World Records, the world's largest pumpkin pie weighed 2,020 pounds
*Antarctica is the only continent hostile to pumpkin cultivation

*During the Halloween season, about 99% of the pumpkins grown for domestic consumption are earmarked for the sole purpose of carving

*Pumpkin flowers are edible



Candy catch phrase

Answers are on the following page

- 1) Mr. Owl, how many licks does it take to get to the center of a ____? 
- 2) Taste the rainbow 
- 3) The Great American chocolate bar
- 4) It's a lollipop without a stick
- 5) The milk chocolate melts in your mouth, not in your hand
- 6) Sometimes you feel like a nut, sometimes you don't

Ice cream pumpkin pie

Ingredients

- *9 inch frozen prepared pie crust, baked 
- *1 pint vanilla ice cream, softened
- *15-oz. can pumpkin * 3/4 cup powdered sugar
- *1 pint whipping cream, whipped
- *2 tsp. pumpkin pie spice * 1/2 tsp. salt

Directions

- 1) Fill pie crust with ice cream and freeze until solid
- 2) In a bowl, mix pumpkin, whipped cream, powdered sugar, pumpkin pie spice, and salt. Spoon over the frozen layer. Freeze again.
- 3) One hour before serving, remove the pie from the freezer and place in refrigerator.
- 4) At serving time, serve with an extra dollop of whipped cream on each piece, if you wish.





October Activities 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>DAILY COFFEE/SNACK TIME 7:00—10:00 AM 2:30—3:00 PM MONDAY THROUGH FRIDAY REMEMBER to sign coffee time sheet to help us take credit for Offering this fun time for all!</p> 	 <p>6 Monthly Birthday Party Music by Dan Hansen Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>7 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>1 Fine Dining Friday w/ friends from Senior Solutions Morning Walking Quilting & FROGS—Pitch Hand & Foot—Bingo—Pool Dinner time music by Susan</p>
<p>11 Morning Walking 9:15 to 11:15—Toe Nail Clinic (Call for a Time) Quilting & FROGS Hand & Foot Pitch & Pool Dessert for Mae Greve's 80th Birthday</p>	<p>5 11:30- Nutrition Visit with Ann Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>13 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>14 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>8 Morning Walking Quilting & FROGS—Pitch Century Club Movie Day Drawing by Country/View @ Noon Hand & Foot—Bingo—Pool Cherry Pie for John Fuelberth's 80th Birthday During meal times</p>
<p>18 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>12 Special Luncheon Drawing with Kinship Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>20 Special Luncheon Drawing with Kinship 9:00 Board Meeting Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>21 9:30-11:30- Flu Shot Clinic with PMC Pharmacy (Call for info) Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>15 Fine Dining Friday w/ Lexi from Kinship Music @ 11:15 with Val Koerber Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool BINGO</p>
<p>25 Morning Walking Quilting & FROGS Hand & Foot Pitch Pool</p>	<p>19 Morning Walking Quilting Afternoon Bridge Club Pitch Cake and Ice Cream for Phyllis Rahn's Birthday</p>	<p>27 Morning Walking 10:00—Caregivers Support Group Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>28 11:45 Jeremy Daffern Hearing Loss Presentation Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>22 No Meals or Activities Today! City Transit is available and Staff will be here to answer phones.</p>
<p>26 11:15-11:45 Eye Glass Clinic with Wayne Eye Care 11:15— Spotlight on Promise 9-3:30 Open Enrollment Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>26 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>27 Morning Walking 10:00—Caregivers Support Group Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>28 11:45 Jeremy Daffern Hearing Loss Presentation Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>29 Music by Deb Dickey Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool BINGO</p>

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
September 8, 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 Secretary: Verna Mae Baier, Treasurer: Joan Lage and Board Member: Francisco Morales. Absent: Vice President: Carol Dunning.

The August minutes were approved as printed in the September newsletter in a motion by Joan Lage and seconded by Francisco Morales. . Motion carried. Treasurer Joan Lage, presented financial information for 8-10-21 through 9-9-21 with expenses of \$51.00. This amount of expenses was approved in a motion by Francisco Morales and seconded by Verna Mae Baier. . Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of the response to NENAAA for Evaluation on August 5: The Agency's name is now included in the insurance coverage, a thermometer has been installed in food storage area, the wall has been sealed around the dishwasher and the first aid kit has been replenished. .

The Northeast Nebraska Area Agency on Aging Governing Board approved the retroactive and incentive funding for Title III B services for FY 2021. The Center is proud for achieving this financial reward. Coordinator Bertrand expressed her thanks for all the helpers who worked to make this happen.

A Law Clinic is scheduled for September 15. See September newsletter for more details.

Memorial Funds have been received from various sources. A "pie day" in memory of Norma Backstrom will be held later in September. Other suggestions for memorial monies include: a food sealer for the kitchen, a bookcase for the office and chairs for the dining room.

A flu shot clinic is tentatively scheduled for October 21. More details will be shared later.

By general consensus of the Center Board special events for the upcoming fall and winter months are "on hold" for the present time. COVID is still around the area and the state.

Results of the recent Health Inspection overview: (1) changes in the disinfectant/sanitizer used in the kitchen (2) Reminder to wash hands for a full 20 seconds and (3) an air gap drain is needed for the food preparation sink.

The Board meetings will resume on the third Wednesday of each month. This is as stated in the Senior Center Constitution. The next meeting will be October 20, 2021.

No additional concerns were presented.

The meeting was adjourned at 9:35 a.m.

Verna Mae Baier, Secretary

Home Care Tips: 5 Fun Halloween Activities for Seniors and Caregivers

Who said Halloween was just for the kids? No matter what your age, there are many ways to celebrate this favorite spooky pastime. Home caregivers should keep in mind that Halloween can also be a scary time for seniors, especially seniors who have dementia. Depending on the stage of dementia, unexpected visitors, scary costumes, and loud and eerie sounds may trigger anxiety and even fill seniors who have dementia with terror.

With preparation and guidelines, home caregivers can ensure that Halloween is a celebration their clients can enjoy. Little things like monitoring any open flames, keeping seniors company on Halloween night, advising on candy intake, and asking clients if they have any particular concerns that you can address. Halloween and the days leading up to this event can provide many opportunities for home caregivers and seniors to get into the autumn spirit. Festivities abound and can provide some extra fun for both seniors and home caregivers alike. The following five Halloween activities for seniors and caregivers are just a few ideas to get you started.

Visit a Pumpkin Patch

This activity is a real treat! The outing will get the seniors in your care out into nature and their community. It's a nice way to socialize and to have fun picking out a pumpkin. Afterwards, you can carve the pumpkin together at home. The creativity involved with picking out a design and transforming the pumpkin into a jack-o-lantern is a nice boost for cognitive function, as well.

Make a Halloween Costume

Another creative activity is to make a Halloween costume rather than purchase one. Have fun brainstorming ideas and taking a trip down memory lane reminiscing about past costumes. This could also be a good opportunity to take out old photo albums to see what was worn in previous years. The Halloween costume does not need to be complicated or expensive — sometimes simple is best! Either way, making a Halloween costume gives seniors something light and fun to focus on and allows them to break out of their usual routines.

Watch Old Halloween Cartoons

Many scary movies or programs will be too frightening for seniors. But old cartoons can still be a crowd pleaser without causing a fright. Sites such as YouTube make it easy to find Halloween classics such as *It's The Great Pumpkin Charlie Brown*, *Garfield's Halloween Adventure*, and *The Skeleton Symphony*. Watching old cartoons may conjure up some memories and can provide an opportunity for sharing fond stories.

Hand Out Candy

This activity will not be appropriate for all seniors or caregivers, but it's the perfect treat for those who would enjoy it. Seeing kids in costumes and having the neighborhood come to the house can be particularly nice for seniors who don't get out to socialize much. A fun idea is to have a few Halloween riddles on hand to ask the trick-or-treaters, such as, "Why didn't the skeleton cross the road?" (He didn't have the guts!)

Host a Halloween Party

One of the services provided by home caregiving is connecting clients to their loved ones. Halloween is a nice excuse to help plan and host a small get together with your senior clients' friends and family. The senior in your care can have fun being involved with planning a theme, picking out decorations, and choosing the food and drinks.

Just remember, no matter what your age, there are many ways to celebrate this favorite spooky pastime.

HALLOWEEN

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

MUMMY

BLACKCAT

BONE

BOO

CANDY

CLOWN

COSTUME

EVIL

FEAR

FRIGHTEN

GHOST

GRAVE

HALLOWEEN

HAUNTED

HORROR

JACKOLANTERN

NIGHTMARE

OCTOBER

PHANTOM

PUMPKIN

SCARE

SCREAM

SKELETON

SPIRIT

SPOOKY

TRICKORTREAT

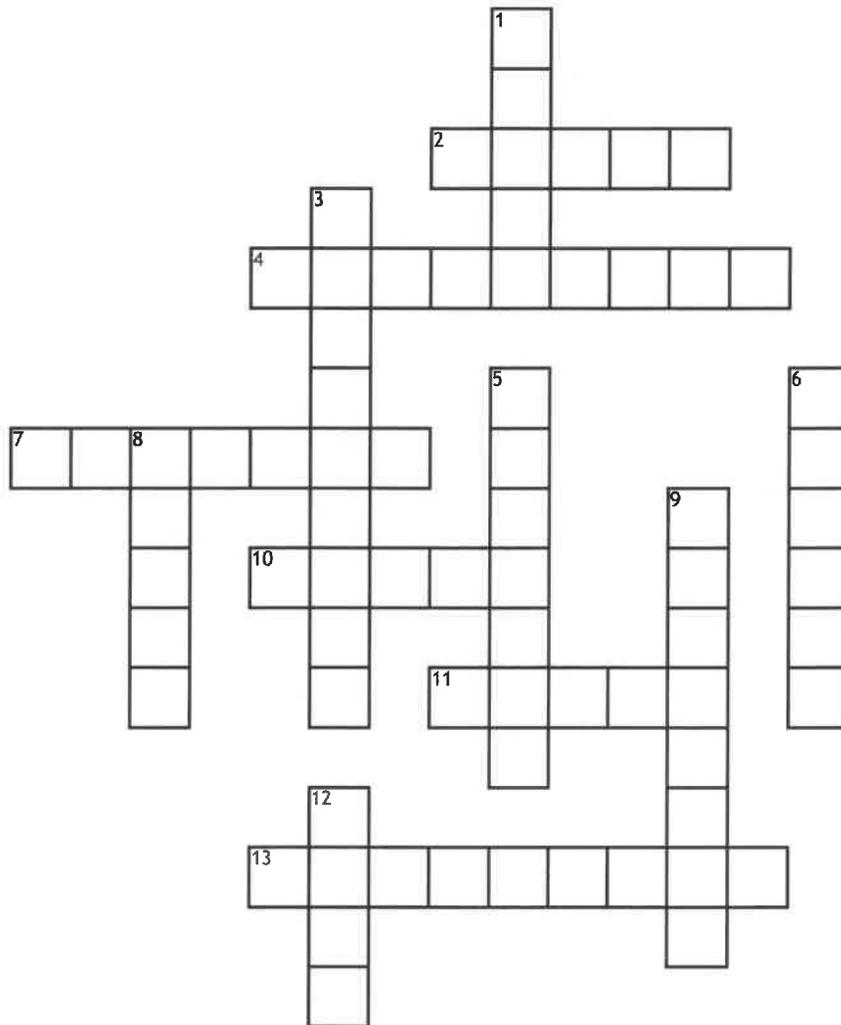
VAMPIRE

WEREWOLF

WITCH

ZOMBIE

Cold and flu prevention



Across

2. _____ contact with people who are sick.

4. Colds and the flu are always _____ experiences

7. Prevent Colds and Flu with Frequent hand _____?

10. Use a lotion or moisturizing cream to prevent cracks in the skin that can provide an entry point for _____.

11. _____ your nose and mouth when coughing and sneezing. Cough and sneeze into a tissue or into your hands.

13. Wash your hands with soap and water or use an alcohol-based hand _____ when needed.

Down

1. The symptoms— sneezing, scratchy throat, runny nose, nasal congestion, watery eyes. But what if you also have a _____ then you might have the flu.

3. _____ any shared surfaces (like phones, keyboards, doorknobs, steering wheels) frequently. Viruses can live on surfaces for several hours.

5. What can you get yearly to prevent the flu?

6. Every one 6 _____ and older should get the flu shot each year.

8. Get plenty of _____ and manage your stress levels. Lack of _____ and high levels of stress can reduce immune functioning, thus lowering the body's ability to fend off colds and flu.

9. Stay _____. Drink plenty of water and avoid alcohol and caffeine, which can be dehydrating

12. Use lots of _____, running water and liquid soap to lather your hands and wrists. Avoid bar soap, which can harbor viruses and bacteria.

PLEASE NOTICE
Friday— October 22nd

The center will not be preparing Meals on Wheels, Congregate, or Drive through Meals. City Transit will be available from 8:00am-4:00pm and Staff can answer calls from 7:00am-4:00pm.

Apples Month

Picking apples and making apple baked goods is often one of the memorable aspects of the fall season for many people. And you know what they say about eating an apple a day. Here are several health benefits of apples.

- ◆ Apples don't have fat, cholesterol, or sodium which helps people maintain heart health and a healthy weight
- ◆ Apples have lots of fiber; fiber may promote heart health and maintain regularity
- ◆ Apples contain a small amount of potassium which promotes heart health and maintains healthy blood pressure
- ◆ Apples are a natural source of health-promoting phytonutrients including plant-based antioxidants
- ◆ Apples and apple juice are two important foods contributing the mineral Boron to the diet which may promote bone health
- ◆ Apples contain natural fruit sugars, mostly in the form of fructose
- ◆ Because of apples' high fiber content, the fruit's natural sugars are slowly released into the blood stream, maintaining steady blood sugar levels
- ◆ According to Reader's Digest, apples and apple skin contain an antioxidant called quercetin which could prevent Alzheimer's disease

Fun Facts about Apples!

- ◇ China produces the most apples with 35% . The United States comes in second at 7.5%
- ◇ 2,500 different kinds of apples are grown in the U.S.
- ◇ Red Delicious is the most widely grown apple in the U.S.
- ◇ 25% of an apple's volume is air which is why they float
- ◇ The apple is the official state fruit of Rhode Island, New York, West Virginia, and Washington
- ◇ Americans eat approximately 19.6 pounds of fresh apples annually



Nut day

There is a day set aside in October to honor all the nuts in the world. October 22 is officially Nut Day!



Nut Trivia

Find answers at the bottom of the page

- 1) What is the only nut grown underground?
- 2) What percentage of peanuts grown in America are used for peanut butter?
- 3) How much does the peanut contribute to the U.S. economy each year?
- 4) What was the first major use for peanuts?
- 5) How many peanut butter sandwiches can be made from one acre of peanuts?
- 6) What nut is mentioned 73 times in the Old Testament?
- 7) Name four uses for peanut shells.
- 8) What tree produces nuts for an average of 300 years?
- 9) What is one of the most popular of all ballets that is generally performed around Christmas time?
- 10) This spice, which is usually ground, is often added to pies, pudding, cakes, cookies, and custards.

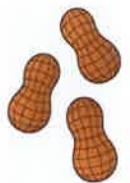
Candy Catch Phrase Answers

- 1) Tootsie Pop
- 2) Skittles
- 3) Hershey's
- 4) Ring Pop
- 5) M&Ms
- 6) Almond Joy, Mounds



Nut Trivia Answers

- 1) Peanut
- 2) 50%
- 3) More than \$4 billion
- 4) Pig food
- 5) 30,000
- 6) Almond
- 7) Kitty litter, fire logs, paper, and fuel in some power plants
- 8) Pistachio
- 9) The Nutcracker
- 10) Nutmeg



October Folklore

- ⇒ When deer are in a gray coat in October, expect a hard winter
- ⇒ Much rain in October, much wind in December
- ⇒ A warm October means a cold February



OUR GENEROUS DONATIONS

Bridge Club Fran Poehlman Richard Johnson Jean McMann
Mardelle Brudigan Donna Lundin Gina Reinke
Francisco Morales Betty & Melvin Wilson Sandy Preston
Marilyn & Bob Carhart Jay & Jane O’Leary Janis Myers
Jude & Ron Milliken Ken Liska Roy Gramlich
Ginny Otte Janet Bull Paul Dangberg Ardyce Stanley
Debbie Dietrich Bonnadell Koch Marcella Larson
Rita McLean Pete & Julie Reeg

Thank you to Kinship Pointe for providing 4 free meal tickets
& Country View for providing 10 free meal tickets & Fran-
cisco Morales for providing the Monthly Birthday Cake

Memorials

In Memory of Norma Backstrom: John & Charlotte Hall, Hil-
bert & Kathleen Johs
In Memory of Marvin Nelson: Marilyn & Gerald Otte, Darrel
& Phyllis Rahn

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, Wayne Community Chest, and your donations.

Flu Shot Clinic



There will be a flu shot clinic held at the Senior
Center on Thursday, October 21st. The clinic will
run from 9:30am -11:30am. Medicare and Medi-
care Advantage Plans will be billed; for those
without coverage, the cost will be \$45.00 for the
regular vaccine and \$65.00 for High Does
(recommended for those 65 years and over)

If you are interested in receiving a flu shot this
year at this clinic, there is an Influenza Immun-
ization Screening Form that all participants must
complete and return to the Senior Center by Oc-
tober 18th so that the pharmacy can bring the cor-
rect number of immunizations. This form will be
available for pick-up in the Senior Center.

**Again, this form MUST be filled out and
returned NO LATER THAN OCTOBER
18th.**



**Senior Center Staff Hours
Available to take your calls**

Monday – Friday

7:00 am to 4:00 pm

**Open to the Public from 7:00am-
4:00pm 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. Congre-
gate dining begins at 11:45 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 Wayne Community Chest for
funding the distribution of this newsletter.*