



# ST. GEORGE ACTIVE LIFE CENTER

For Active Adults | 60+ Forever Young

## CENTER INFORMATION

245 N. 200 W.  
St. George, UT 84770  
phone: 435.634.5743  
web: [coa.washco.utah.gov/st-george/](http://coa.washco.utah.gov/st-george/)

Facebook: <https://www.facebook.com/StGeorgeActiveLifeCenter/>

## HOURS

Tuesday -Friday  
9:00 am - 4:00 pm  
(Closed Saturday thru Monday)

## LUNCH AVAILABLE FOR PICKUP

Tuesday -Friday  
11:30 am - 12:30 pm  
Suggested Donation \$3.00  
Call 435-922-2755 to reserve

## THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday  
9:30 am - 1:30pm  
We take donations!

## CENTER STAFF

Supervisor: Jeanie Johnson  
Meals on Wheels: Linda  
Dial-a-Ride: Deanna Bringham  
Director: Jacob Browning



## September

Howdy, everyone! Well, here we are in September already. Did anyone think we would still be trying to get the spread of coronavirus under control? We didn't either. Yet here we are. We are gradually adding a few classes and activities back to our schedule, as safety measures and instructors are available. Here is an overview of the changes we're aware of at the time this goes to the printers:

1. The Thrift Shoppe will be opening on September 1st!! Yeehaw!! We need donations of nice clothing and home décor/accessories.
2. Most of our exercise classes will begin again, with a few changes:
  - A. Early yoga on Fridays is now at 9:00 AM, not 8:15 AM.
  - B. Exercise instructor Vicki will be returning to start up her classes again, with one scheduling change. Cardio Fit will now be on Tuesdays at 1:30-2:25, followed by Strength Training at 2:30-3:30.
3. Card games and bingo will start in September. We are asking for masks to be worn during play and hand washing/sanitizing prior to and after playing the games.
4. Our volunteer legal counselors are ready to start taking appointments again. Dates for September will be Wednesday, September 2nd at 2:00 PM; Thursday, September 10th at 1:30 PM; Thursday, September 24th at 1:30 PM. Please make an appointment with Linda.
5. Parkinson's Caregivers Group will meet on September 11th at 1:30 PM. Parkinson's Support Group will meet at 11:00 instead of 10:30.
6. Social Singles will begin meeting again on Fridays in September from 12:30 to 1:30 PM.
7. The Knitting and Crocheting class has been up and running on Tuesdays at 1:00, but we're adding a new aspect beginning on September 22. You will be able to make a rag rug! Please sign up at the front desk, or call 435-634-5743 during normal business hours. Participants

## IN THIS ISSUE

<b>Page 2</b>	Monthly Events	<b>Page 8</b>	Activities List
<b>Page 3</b>	Cover Story Continued	<b>Page 10</b>	Fun & Games
<b>Page 4</b>	Your Health	<b>Page 14</b>	Home & Lifestyle
<b>Page 6</b>	Recipe	<b>Page 16</b>	Monthly Lunch Menu
<b>Page 7</b>	Medicare Info		

## 2 This Month

AARP Driver Safety Class has been canceled indefinitely.

### Chair Massage

SUSPENDED UNTIL FURTHER NOTICE

1st & 3rd Friday of the month from 11:00 am—12:00 pm, Front Lobby.

### Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

### Free Attorney Service

Wednesday, September 2nd at 2:00 pm; Thursday, September 10th at 1:30 pm; Thursday, September 24th at 1:30 pm. Please make an appointment with Linda.

### Ladies Bridge

3rd Thursday of each month from 12:00—4:00 pm.

### Parkinson's Caregivers Group

PLEASE NOTE NEW DAY AND TIME! For caregivers only, please. September 11th at 1:30 pm.

### Parkinson's Meeting

For caregivers and people with Parkinson's. 3rd Wednesday of the month at 11:00 am.

**The free shredding bins are no longer available. The company that provided them to us has been bought by another company.**

### Dial-A-Ride

Need a ride to a medical appointment, to pick up a prescription, shopping or to come to the Senior center for lunch?

### CALL DIAL-A-RIDE

**435-634-5743 OPT 1**

Between 8:00 am—12:00 pm, or  
leave a message anytime!

Please State Clearly

- 1) First & last name, telephone number, and home address.
- 2) Date & time you would like to be picked up at home.
- 3) Destination name, with complete address.
- 4) Appointment time (if applicable).
- 5) Time you would like to be picked up and taken home.
- 6) Any special condition such as mobility aids or personal attendant travelling with you.

Transportation Available

Tuesday through Friday

9:30 am—2:30 pm

**PLEASE SCHEDULE AT LEAST  
THREE DAYS IN ADVANCE!**



will be gathering supplies from old bed linens, table clothes, fabric scraps, etc. The first day of class will be ripping the fabric to appropriate sizes and receiving instructions. Participants will need a large crochet hook after the first day. Class will be taught by Elaine Wyatt.

8. And last, but not least, the new ukulele class will be starting on September 10th at 2:00. Our instructor, Robert Wise, recommends holding off on purchasing a ukulele until after the first class.

We hope to see you all soon!



Rag Rug Class Instructor Elaine Wyatt



Ukulele Instructor Robert Wise

## WHAT YOU NEED TO KNOW ABOUT ARTHRITIS



Surprisingly, there are over 100 different types of arthritis and one in every three people suffer from some variety of it. Arthritis is a disease of the musculoskeletal system, specifically in the joints and is the main cause of disability among those over 55. While there is no cure for arthritis, there are ways to mitigate its painful effects.

Two of the more commonly found types of arthritis include Rheumatoid Arthritis (RA) and Osteoarthritis (OA). RA is a chronic autoimmune disease, a systemic inflammatory condition that causes joint disintegration, pain, swelling, and stiffness. The progressive destruction of the joints can lead to permanent damage and deformity and is a common cause of disability. Usually beginning between 25-50, RA includes bilateral pain commonly initiating in the feet, hands and wrists. Pain can develop in other areas and include fever, weight loss, fatigue and loss of appetite.

Normally, OA develops gradually. It may begin with soreness or stiffness that seems more of an annoyance than a medical concern. The most common form of arthritis, OA primarily affects those over 60 and is associated with pain, limitation of motion, and disability. OA commonly affects weight-bearing joints and is associated with deterioration or breakdown of the joint. There is no diagnostic test for OA, it is generally diagnosed by symptoms.

### Symptoms

The symptoms for the most common types of arthritis are very similar. You may notice that after periods of sitting

or upon waking, you feel pain and stiffness in your joints. Your hands, knees or shoulders may become sore or difficult to move and may become swollen. You could be suffering from arthritis. Here are some symptoms to look for:

- Lasting joint pain
- Joint swelling
- Joint stiffness
- Tenderness or pain when touching a joint
- Problems using or moving a joint normally
- Warmth and redness in a joint
- Loss of coordination, posture and walking due to pain and stiffness.

### Treatment

While treatment depends on the type of arthritis a patient has, some common treatment modalities may alleviate pain and discomfort.

- Eating healthy. Foods such as salmon, garlic, ginger, broccoli, walnuts, berries, spinach, grapes, olive oil, and tart cherry juice, help reduce inflammation.
- Sturdy shoes can assist with balance.
- Adaptive devices such as a cane can help with pain in the feet, knees, and hips when walking. Additionally, walkers, raised toilet seats and other assis-

**(Continued on page 5)**

tive devices can help protect joints and improve the ability to perform daily tasks.

- Weight loss. Losing extra weight will reduce the stress on weight-bearing joints. This may increase mobility and limit future joint injury.
- Regular exercise can help keep joints flexible. Swimming or water aerobics is often a good choice because the buoyancy of the water reduces stress on weight-bearing joints.
- Heat and cold. Heating pads or ice packs may help relieve arthritis pain.

Medication such as acetaminophen or NSAIDS (non-steroidal anti-inflammatory drugs) such as Aleve and Motrin may alleviate pain and swelling. Discuss these medications with a doctor, however, as the FDA has warned of possible side effects with some of these medications.

As with other chronic health conditions, it's important to seek medical help and treatment. In addition to any

prescribed or over-the-counter medications, making healthy lifestyle changes, managing stress and depression, avoiding joint damage, and balancing rest and activity are important components of overall wellness.



# 6 Recipe

## Instant Pot Greek Chicken Bowls

The flavors of the Mediterranean are cooked up in 30 minutes in an Instant Pot® for a quick and filling, souvlaki-inspired weeknight dinner.



### INGREDIENTS

1/2 teaspoon dried oregano  
1/2 teaspoon Spanish paprika  
Pinch crushed red pepper flakes  
1/4 cup plus 2 tablespoons olive oil  
3 cloves garlic, grated  
1 1/2 pounds boneless, skinless chicken breasts, sliced 1/2-inch thick  
Kosher salt and freshly ground black pepper  
1 cup couscous  
1 cup full-fat Greek yogurt  
Juice of 1 lemon  
1 English cucumber, chopped  
1 cup cherry tomatoes, quartered  
1/2 cup pitted Kalamata olives, chopped  
1/2 cup crumbled feta  
2 tablespoons chopped fresh dill

### Special equipment:

a 6- or 8- quart Instant Pot® multi-cooker or other similar item.

*Recipe from FoodNetwork.com.*

1. Whisk together the oregano, paprika, red pepper flakes, 1/4 cup olive oil, 2 cloves garlic and 1/2 cup water in the pot of a 6-quart Instant Pot®. Add the chicken, 2 teaspoons salt and a few grinds of pepper and toss until well coated.

2. Follow the manufacturer's guide for locking the lid and preparing to cook. Set the pot to pressure cook on high for 3 minutes (see Cook's Note). After the pressure cook cycle is complete, follow the manufacturer's guide for quick release and wait until the quick release cycle is complete. Be careful of any remaining steam and unlock and remove the lid. Transfer the chicken to a medium bowl and turn the pot off. Add the couscous, 1/2 teaspoon salt and a few grinds of pepper to the pot and stir to combine with the hot liquid. Place the glass lid on the top and let the couscous sit until tender and fluffy, 6 to 7 minutes. Fluff with a fork.

3. Meanwhile, mix together the yogurt, lemon juice, remaining clove garlic and 2 tablespoons water in a medium bowl until well combined. Spread 1/4 cup of the yogurt sauce on the bottom of a plate. Top with a quarter of the couscous, cucumbers, tomatoes, Kalamata olives and feta. Repeat with the remaining ingredients 3 more times. Garnish each plate with the dill and a drizzle of the remaining 2 tablespoons olive oil.

COOK'S NOTE: Cooking times may vary depending on your cooker.

## Why Should I Care About Healthcare Fraud?

How does Medicare fraud effect everyone? It results in higher taxes and health care costs and risks the future of the Medicare program for future generations.

Medicare loses billions of dollars each year due to fraud, errors, and abuse. Estimates place these losses at approximately \$60 billion annually, though the exact figure is impossible to measure. The most commonly cited range for all health care fraud estimates is 3 to 10 percent of annual health care expenditures.

You can help the fight against Medicare fraud by doing three simple things:

1. Protect your Medicare number. Treat your Medicare card like you would a credit card. Only give out you Medicare number to people you trust. Remember, Medicare will never call you.
2. Detect fraud by reviewing Medicare Summary notices or Explanation of Benefits. Make sure dates, items and services on your statements match services you received. If not, contact the provider to resolve the issue.
3. Report any suspected fraud or abuse immediately. You can report suspected fraud or abuse to 1-800-Medicare, the local police or the Senior Medicare Patrol.

Reducing Medicare fraud doesn't have to be difficult. If everyone would do their part, a significant amount of fraud could be reduced. For more information on Medicare fraud or for help reporting fraud, contact your Senior Medicare Patrol at (435)673-3548.

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Acrylics Painting	Learn interesting techniques to paint photo-realistic style art, using acrylic paints. All levels welcome.	Wednesday	1:00—3:30	\$2.00
Arthritis Foundation Exercise Program	Activities also include endurance building activities, balance exercises, and relaxation techniques.	Tuesday	11:00—12:15	\$1.00
Ballet	Beginning ballet consists of basic exercises to improve core strength, flexibility, and coordination.	Thursday	10:30—11:30	\$1.00
Billiards (open play)	We have two billiards tables available.	Tuesday—Friday	9:00—4:00	\$1.00
Bingo (60+ only)	Join us for fun rounds of bingo! You must be 60 or older to play.	Friday	10:00—11:30	—
Blood Pressure/ Sugar Screening	Please be fasting for these tests.	Thursday	9:00—11:00	—
Cardio Drumming	This fun class is a full-body cardio and core strengthening workout, complete with rhythmic drumming.	Thursday	9:00—10:00	\$1.00
Cardio Fit	Cardiovascular fitness moves with basic dance steps and light hand weights.	Tuesday	1:30—2:30	\$1.00
Ceramics	Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome.	Wednesday (instructor) Tues/Thurs/Fri (open)	12:30—3:30 10:00—3:30	\$2.00
Chess Club	Our new chess club welcomes every player of any skill.	Friday	1:00 —4:00	\$1.00
Circle of Friends	Circle of Friends is a discussion group. Taboo subjects are politics & religion.	Thursday	10:00—11:00	\$1.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
Drawing with Pencil	This group uses graphite and color pencils. There is no instructor for the course currently.	Thursday	9:30—11:30	\$1.00
Drawing Technique for Painters	This group uses graphite pencil and paper. Instruction and exercises will improve drawing or painting ability.	Friday	10:00—12:00	\$1.00
Five Crowns Card Game	Five Crowns is a progressive rummy-style game that has five suits.	Wednesday	12:30—2:00	\$1.00
Grief Support Group	A safe place to express feelings and thoughts as well as learn healthy coping mechanisms.	Wednesday	2:30—3:30	\$1.00
Hand and Foot Card Game	A Canasta variant involving four to six decks rather than two and is played by teams of two players.	Wednesday and Friday	9:00—11:30	\$1.00
Knitting and Crocheting	Meet other like-minded people and turn your yarn into something spectacular. Any handiwork.	Tuesday	1:00—3:00	\$1.00
Line Dancing—Advanced	This is the most difficult level of line-dancing classes we offer.	Thursday	1:30—3:30	\$1.00
Line Dancing—Beginning	We do all kinds of line dances to all different kinds of music. Tempos range from the cha-cha to the waltz.	Wednesday	9:00—10:30	\$1.00



# Activities List

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00
Long-term Medical Question	Get some answers to your questions regarding long term medical care and insurance.	Tuesday	12:30	\$1.00
Mahjong	Learn to play Mahjong, the ancient Chinese tile game.	Tuesday	1:00	\$1.00
Mat-less Yoga	This seated class offers range of motion exercises, working on flexibility, balance, and breathing.	Thursday (taught by video instruction)	10:00—10:45	\$1.00
Oil Painting	This class is for all levels of painters. Work on projects, learn new techniques.	Tuesday	9:00—3:00	\$2.00
Party Bridge	A trick-taking game using a standard 52-card deck.	Wednesday & Friday	12:00—3:00	\$1.00
Pickleball	Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.	Wednesday—Friday	1:30—4:00	\$1.00
Pinochle	A trick-taking card game typically for two to four players and played with a 48 card deck.	Wednesday & Thursday	12:30—3:00	\$1.00
Strength Training	This class is a cardio routine broken up with sections of weights	Tuesday	2:30—3:30	\$1.00
Social Singles	This is a group for planning friendship-based outings with other seniors.	Friday	12:30—1:30	\$1.00
Stretch Class	Gentle stretching for the entire body, head to feet.	Thursday	10:00—11:00	\$1.00
Table Tennis	Paddles are provided. We have three tables available.	Tuesday	9:00—12:00	\$1.00
Tai Chi	This is a great class for beginners and involves gentle stretching, breathing, and meditation in motion.	Wednesday	10:30—11:30	\$1.00
Tap—Beginning	This class is for beginners and people who have never taken a tap class.	Wednesday	12:00—1:00	\$1.00
Tap—Intermediate	This class covers the basic steps of tap dancing, combinations of basic steps used in floor work, and floor exercises.	Wednesday	1:00—2:00	\$1.00
Tap—Advanced	A more advanced level than Basic. Participants in this class need a prerequisite knowledge of tap dancing.	Wednesday	2:00—4:00	\$1.00
Ukulele	Learn to play the ukulele with an experienced instructor.	Thursday	2:00	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$2.00
Wii Bowling	Players interact with the gaming system by a remote control to simulate playing sports or engaging in exercise.	Thursday	1:00—2:00	\$1.00
Yoga	Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind.	Tuesday	9:00—10:30	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	9:00-10:00 (NEW TIME)	\$1.00

## ACROSS

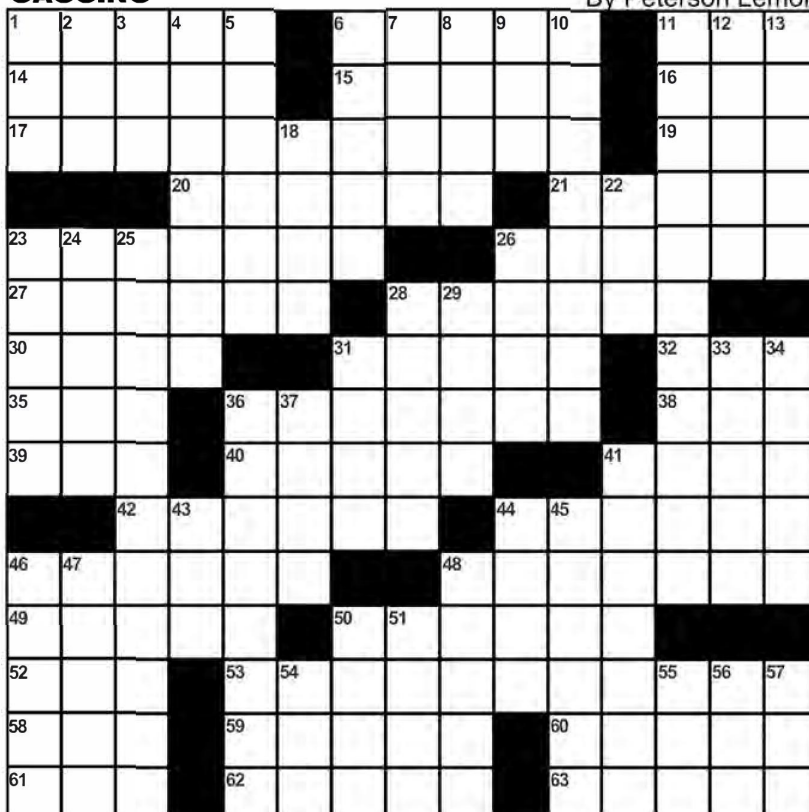
- 1) Covent Garden fare
- 6) "Sacro" addendum
- 11) Deface
- 14) "Bolero" composer
- 15) Owned apartment
- 16) Dedicated lines?
- 17) Lower the boom
- 19) OSS replacer
- 20) Freetown money
- 21) Impostor
- 23) Ones beyond the pale?
- 26) Radioactive element
- 27) Score in horseshoes
- 28) Last name in fashion
- 30) Ear dangler
- 31) All-time best-selling book
- 32) Clock standard, briefly
- 35) Random one
- 36) Greenness
- 38) Class with a lab
- 39) Put the cuffs on
- 40) One hardly giving a hoot?
- 41) One of Columbus' ships
- 42) Archival material
- 44) Was noisy at night
- 46) Italian island
- 48) Day before Lent
- 49) Talus bone site
- 50) Plant that gives us latex
- 52) Road material
- 53) Break the ice, perhaps
- 58) Luke and Leia's dad's nickname
- 59) FBI worker
- 60) Vocal inflections
- 61) Whippoorwill's bill
- 62) Trots along easily
- 63) Black hues

## DOWN

- 1) Middle-Earth baddie
- 2) Golf statistic
- 3) Stowe's little girl
- 4) Use an easy chair
- 5) Hydrocarbon with one double bond
- 6) Computer desktop images
- 7) Rob of screens large and small
- 8) Motels
- 9) \_\_\_ Annie ("Oklahoma!" character)
- 10) Badge wearer, perhaps
- 11) Avian mimic
- 12) Marseilles farewell
- 13) Supply with new weapons
- 18) It's always in a jamb
- 22) "\_\_\_ we there yet?"
- 23) Edgar \_\_\_ Poe
- 24) Ms. Helmsley
- 25) Picnic delicacy
- 26) Kind of film or hero
- 28) Draws breath
- 29) Aid in a felony
- 31) Wallet occupant
- 33) "Make \_\_\_ double"
- 34) Fawning sycophant
- 36) Outside the law
- 37) Not in the office
- 41) Plastic surgeon's case
- 43) It means nothing
- 44) Roar at the shore
- 45) Disprove
- 46) The Devil
- 47) Silly
- 48) Grass clumps
- 50) Word before "aside" or "aerobics"
- 51) Corn cake
- 54) Alter \_\_\_
- 55) Yoko of "Double Fantasy"
- 56) Barbie's doll
- 57) Feminizing suffix

## GAGGING

By Peterson Lemon



Solution on page 11

**ANGRY WORDS**

1	S	O	D	A	S	6	P	A	O	L	I	7	8	9	10	11	B	A	G	13
2	3	4	5	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91
92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112

By Victor Fleming

## SEPTEMBER

Solution on page 11

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

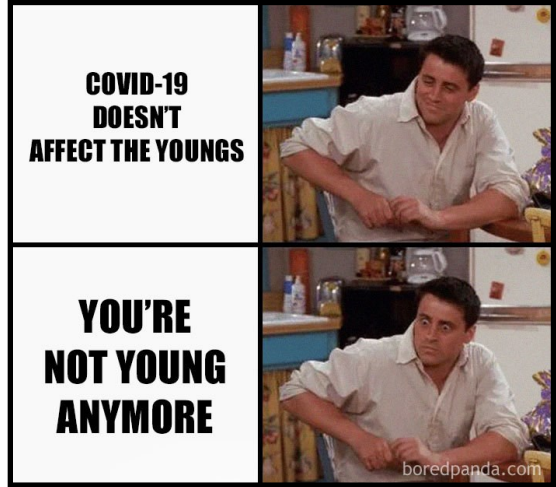
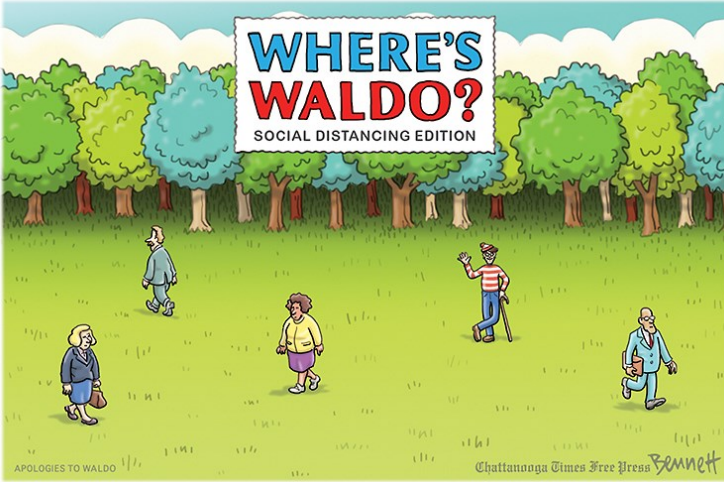
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T H A Y N U T S R E D I C
A A T A O C N I A R U C T
O T U D M N I S C H O O L
C S A I N R A K E L S S E
N C O L R N P D O E S P R
W M R O O I P R V N G E F
W I U H C H L A E G B N O
E V N T A E E R L M Y Y O
L E A D U L S O E F L I T
E S A F Y A V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

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By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Acorn	Color	Nuts
Apples	Fire	Raincoat
Autumn	Football	Rake
Bus	Gloves	Scarf
Chilly	Hat	School
Cider	Holiday	September
Coat	Leaves	Windy



## RAISED BED AND CONTAINER GARDEN TIPS FOR ACTIVE ADULTS



Sunshine and fresh air offer a boost to the body, mind, and spirit, especially after a long, cold winter. Planting and tending to a garden can also help lower blood pressure, maintain core strength, and beat stress. Finally, there are the rewards of a garden — fresh flowers and vegetables all summer long.

While gardening can become a little more challenging with age, there are lots of ways to safely enjoy this favorite pastime. From growing vegetables in raised beds to planting a container herb garden, here are a few ideas to try this summer.

### Building Raised Beds

If your balance isn't as good as it once was, growing your garden in a raised bed might be a solution. You can have these built to a height that is easy for you to reach without bending or stooping. This lowers the risk for falling, while also protecting your back.

Home improvement stores and specialty garden stores sell kits online that make assembling your own raised garden bed easy. Local lumber stores sell them as well, and they often have names of contractors who can build them for you. A few factors to keep in mind as you plan your raised garden beds:

- **Consider the location:** Are you looking to grow plants or flowers that require full sun or shade? Make sure your desired location is a match for what you want to grow.
- **Consult a local expert:** While experts recommend your raised bed have enough space for 6-12 inches of dirt, where you live can impact that number. You'll also want a soil that combines topsoil with coconut coir (for drainage) and compost. Adding a layer of mulch or straw to the top might help keep the bed from drying out.
- **Have good drainage:** Make sure to drill holes in the bottom of your raised garden bed, and to put down a layer of material such as crushed stone or pea gravel to allow for good drainage.
- **Think of what to plant:** Root vegetables, such as carrots, radishes, and beets, grow well in raised beds. Leafy greens (e.g., lettuces, spinach, and kale) are another option. These vegetables are easy to plant to get your raised garden started.
- One final tip is to water plants in a raised garden bed frequently, especially on hot days. They require more water than gardens planted directly into the ground.

### Container Garden Tips for Seniors

Container gardens are another option for older adults to consider. Pots of all sizes, as well as window boxes, allow you to create easy-to-access gardens. While terra cotta or concrete planters offer a more traditional look, heavy-duty plastic or a plastic blend may be easier to move around.

Many herbs, tomatoes, and flowers can grow quite well in containers. You can grow the pots together for more impact. Here are a few tips to keep your container gardens thriving:

- **Quality soil:** Soil should include organic material that holds water. If your local garden center doesn't sell a region-specific mix, you can purchase a prepackaged one like Miracle Gro. You'll find bags with mixes designed specifically for container gardens.
- **Good drainage:** Like raised garden beds, you'll want to make sure your containers have good drainage and drainage holes. Vermiculite, perlite, sand, and even kitty litter can allow water and air to make their way through the soil.
- **Plant choices:** A rule of thumb for planting eye-catching container gardens is to choose a thriller, a spiller, and a filler. That means giving your container something taller to catch interest, a trailing plant or vine to spill over the edge, and plants of moderate height to fill in between the first two. A spike, a palm, or a type of decorative grass make nice center plants. Trailing plants like wave petunias, sweet potato vine, and creeping Jenny are attractive additions to container gardens.
- One final tip is to stay hydrated anytime you are gardening or enjoying time in the great outdoors



# 16 Monthly Menu

## ST. GEORGE ACTIVE LIFE CENTER September 2020



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4
Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing	Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Baked Cookie Milk Diet - Vanilla Wafers	Glazed Ham Maples Roasted Sweet Potatoes Garden Vegetable Blend Mixed Green Salad Dinner Roll Mandarin Oranges Milk Margarine Ranch Salad Dressing	<b>Labor Day Meal</b> Hamburger Lettuce   Tomato   Pickle   Onion Crinkle Cut Fries Hamburger Bun Peach Crisp Milk Mustard   Ketchup Diet - Peaches
8	9	10	11
Salisbury Steak Mashed Potato w/Gravy Green Peas Mixed Green Salad Dinner Roll Seasonal Fruit Banana Pudding Milk Margarine Ranch Salad Dressing	Teriyaki Chicken Jasmine Rice Japanese Vegetable Blend Napa Cabbage Dinner Roll Citrus Fruit Cup Milk Margarine	Pizza Lasagna Italian Vegetable Blend Spinach Salad Garlic Texas Bread Fresh Red Grapes Milk Ranch Salad Dressing	Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
15	16	17	18
Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk	Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Baked Cookie Milk Ketchup	Turkey Tetrizzini Capri Vegetable Blend Stewed Tomatoes Dinner Roll Cantaloupe Milk Margarine	Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing
22	23	24	25
Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine	Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine	BBQ Pulled Pork Macaroni and Cheese Buttered Spinach Coleslaw Cornbread Peach Crisp Milk Margarine Diet - Hot Peaches	Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing
29	30		
Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk	Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals.</p> <p>A Salad Bar is available every day in the dining room.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>	