

# January 2012 BREEZE

**Happy New Year!**

Buffalo Senior Center, Inc.  
P.O. Box 941  
671 W. Fetterman  
Buffalo, Wyoming 82834  
307-684-9551  
Fax 307-684-9665  
[www.buffaloseniorcenter.com](http://www.buffaloseniorcenter.com)



Whew! Did 2011 fly by or what? I can't believe we are ready to embark on a New Year! When 2011 began I had no idea how many changes would take place. The major change, for me, was becoming the Interim Director. I have enjoyed learning about quarterlies, grants, timesheets and the many other types of paperwork that it takes to keep the Center running. I was fortunate that the major Grants for the state had been written and Michelle and I only had to justify how the monies were being spent. Several Grants were written for specific items such as: we will be getting new exercise equipment-weights, bands and balls, not gym equipment; we have a grant that supports the Potluck supplies so that we will be able to reach out to a younger group of seniors after work; another grant that was written, enabled us to buy two new computers-we now have two laptops, one will be used when the staff travels for trainings and the other is for Michelle to report to the state; the most unusual grant was written for services and not money, it will allow us to contact an expert in writing Employee Manuals and have them help us to update our Manual.

We will be getting a new director soon so please bear with us as we learn his/her ways and he/she learns about us. We struggled a lot in 2011 and I hope the new changes will help us to serve you and the communities of Buffalo and Kaycee to our fullest capabilities.

As we go into this New Year I pray that you all will have good health, good friends and happy times. Thank you for your support this past year.



# BUFFALO SENIOR CENTER *BREEZE*

PUBLISHER  
SALLY FROST  
EDITOR, LAYOUT & DESIGN  
SANDRA MAUCK/ KIMBERLY BRANSCOM

*The Buffalo Senior Center Breeze is published monthly.*  
Please call 684-9551 for more information.

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However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division, and you should not assume endorsement by the Federal or State government.



## Golden Rewards

*For Our Valued Customers  
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- FREE Express Coin Counting
- Unlimited Check Writing

1885-2011  
Buffalo, Wyoming



Member  
**FDIC**



**First National Bank**

*Buffalo's ONLY  
Independent Home-Owned Bank*

**We would like to say "Thank You" to First National Bank for their continued support and for the free meals they provide each month.**



# THE BANK OF BUFFALO

106 FORT STREET  
 BUFFALO, WYOMING 82834  
 (307)-684-5591

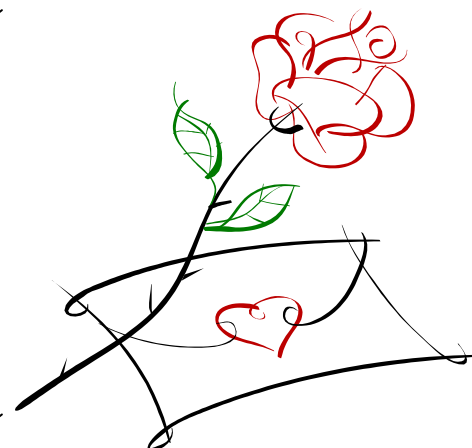
WE SPECIALIZE IN SERVING THE NEEDS  
 OF OUR SENIOR CITIZENS

**IT'S ALL ABOUT YOU!!**  
 MEMBER FDIC



**Thank you to The Bank of Buffalo for the Free Birthday Meals they provide each month.**

“A new year is unfolding—  
 like a blossom with petals  
 curled tightly concealing  
 the beauty within.”



CANCER SUPPORT GROUP  
 Held at 1:15 every third  
 Thursday at  
 The Buffalo Senior Center  
 Call 684-9551 for more info

**CLEAR CREEK  
 APARTMENTS**  
 351 SOUTH CEDAR  
 BUFFALO,  
 WYOMING  
 82834  
 307-684-2860

## Birthday Coupon



If you are sixty or older and have a birthday in  
 January please bring this coupon to the  
 Buffalo Senior Center or the Country Inn in  
 Kaycee for a free meal courtesy of:

**The Bank of Buffalo**

NAME \_\_\_\_\_

BIRTHDAY \_\_\_\_\_

*(Redeemable only on day set aside for Birthday  
 Dinner)*

- \*COZY SUBSIDIZED APARTMENTS
- \*UTILITIES PAID
- \*PETS ALLOWED
- \*NEXT TO SENIOR CENTER
- \*ELDERLY & DISABLED HANDICAPPED ACCESSIBLE UNITS
- \*TTY AVAILABLE
- \*EQUAL HOUSING OPPORTUNITY
- \*INCOME QUALIFICATION REQUIRED



## **Kiwi: The Knockout Fruit**

What's so special about the kiwi? Ounce for ounce, the kiwi is the most nutrient-dense of the most commonly consumed fruits.

A powerhouse of healthy eating

Did you know that by eating 1 or 2 kiwis a day, you get vital nutrients, including...

Twice the vitamin C of an orange (in fact, in just half a cup of sliced kiwifruit, 140% of the recommended daily allowance).

20% more potassium than there is in a banana.

Twice the vitamin E of an avocado (and only about half the calories)

It's also rich in calcium, iron, magnesium, and copper!

And all that in one small package, without cholesterol, with virtually no fat, and with very little sodium.

Getting the "korrekt" kiwi

How do you know when you've got a good kiwi? Pick one that does not feel too firm, but has no bruises or soft spots.

You can eat the entire kiwi, including the skin. Rinse it first and rub lightly to dry. You can add it to salads and fruit kebabs. And did you know that you can even use kiwis to tenderize meat and give it a tangy taste?

Just spread the green flesh over the meat before cooking.

Why not try a kiwi? It's one of the most popular fruits today—soft and juicy with a pleasant mix of flavors that may surprise you.



## FAMILY CAREGIVER SUPPORT PROGRAM BUFFALO SENIOR CENTER

### Services Include:

- ◆ **Information**
- ◆ **Assistance—Support**
- ◆ **Counseling**
- ◆ **Support Groups**
- ◆ **Education—Training**
- ◆ **Respite**

### Supplemental Services:

- ◆ In-Home Services
- ◆ Day Break Adult Activities
- ◆ Transportation
- ◆ Home Delivered Meals

**FOR MORE INFORMATION CALL: 684-9551**

## THE OFFICE

33 NORTH MAIN STREET  
BUFFALO, WYOMING 82834  
684-2215

1003 COFFEEN AVENUE  
SHERIDAN, WYOMING 82801

The place to go for your  
\***HALLMARK CARDS**

\***BOOKS**

\***STATIONERY**

\***OFFICE SUPPLIES**

\***FURNITURE**

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## GetConnected

Get Connected with American National Bank's **Classic50 package** that gives multiple banking benefits and discounts. It's great with so many money saving products like:

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- Free Classic 50 Checks
- Free Travelers Cheques, Money Orders, and Official Checks
- Much, much more!

American National Bank, where...  
We Appreciate Customers Every Day!

 **AmericanNationalBank**

684-2201 • 99 South Main Street  
anbbank.com • Member FDIC

Connecting with our Customers... and our Community

Thank you to American National Bank for providing a free meal every 3 months.

## An Old Man's Winter Night by Robert Frost

All out of doors looked darkly in at him -  
Through the thin frost, almost in separate stars,  
That gathers on the pane in empty rooms.  
What kept his eyes from giving back the gaze,  
Was the lamp tilted near them in his hand.  
What kept him from remembering what it was  
That brought him to that creaking room was age.  
He stood with barrels round him -- at a loss.  
And having scared the cellar under him  
In clomping there, he scared it once again  
In clomping off; -- and scared the outer night,  
Which has its sounds, familiar, like the roar  
Of trees and crack of branches, common things,  
But nothing so like beating on a box.  
A light he was to no one but himself  
Where now he sat, concerned with he knew what,  
A quiet light, and then not even that.  
He consigned to the moon, such as she was,  
So late-arising, to the broken moon  
As better than the sun in any case  
For such a charge, his snow upon the roof,  
His icicles along the wall to keep;  
And slept. The log that shifted with a jolt  
Once in the stove, disturbed him and he shifted,  
And eased his heavy breathing, but still slept.  
One aged man -- one man -- can't keep a house,  
A farm, a countryside, or if he can,  
It's thus he does it of a winter night.

## Heartsaver First Aid and CPR

Class will be offered the last week of January.  
Please call and reserve your spot by **January 16th.**

We will be charging \$10.00 per person  
Please contact Laura Crawford to sign-up  
**307-684-9551**

American Heart Association®   
*Learn and Live* SM



### **Dining with Diabetes in Wyoming**

*A program for people with diabetes, pre-diabetes, and their families*



**Diabetes Education**  
**Physical Activity (for all fitness levels)**  
**Recipe Demonstrations**  
**Fun!**



**When:** January 19, 26, February 2, & 9, 4:30 - 6:30pm  
**Where:** Buffalo Senior Center  
**Cost:** \$25 per individual, \$35 per couple  
Scholarships are available (just ask!)  
**Register:** Call the Sheridan County Extension office (307) 674-2980

**Call now to register--Space is limited!!**

Cooperative Extension Work in Agriculture and Family & Consumer Sciences  
U.S. Department of Agriculture and University of Wyoming Cooperating

# JOHNSON COUNTY HEALTHCARE CENTER

## Did you know.....

- That we are a Family Medicine health care facility
- That a Family Physician is a specialist who treats the whole person, rather than just one body system
- That most healthcare costs less at JCHC
- That we refer you to exactly the same specialists that Sheridan doctors refer you to.
- That we do chemotherapy
- That our doctors make house calls
- We have a full time surgeon on staff
- We have a fully staffed Physical Therapy department
- We will come into your home to care for you
- That we offer digital mammography
- That we have a PHD Audiologist who does total hearing care
- We offer twice monthly health fair style blood draws
- We have a fully staffed 24 hour Emergency Room
- All of our doctors live and raise their families in Johnson County

If you didn't know some of this stuff – check out JCHC – we are confident that we are just what you have been looking for!

Johnson County Healthcare Center – Here for You – 24 Hours a Day

[www.buffalohealthcare.vcn.com](http://www.buffalohealthcare.vcn.com)



You deserve the best from life, and that's exactly what you can expect at Agape Manor. Surround yourself with homey comforts and inviting amenities. Enjoy exciting activities and opportunities. Agape Manor offers a wide array of services.

*Call NOW and ask us about: How we can make it affordable for you - How we can make your life the best for you.*

830 North Main \* Buffalo, WY  
 (307) 684-5504 \* [www.agapemanor.com](http://www.agapemanor.com)

Last Month's Puzzle Answer



There are 9 Christmas trees in the December Breeze  
 The secret message is: Tis the season to be jolly!

**Winner Of The Month:  
 Betty Bynon**

Come see us for  
 breakfast, lunch or dinner!!

480 East Hart St.  
 1-307-684-7036  
 Buffalo, WY

Introducing the New Lifestyle Option



**Bee Hive Homes** is now a licensed Level 2 Assisted Living Facility, dedicated to providing a safe home-like environment for those living with **Alzheimer's** and **Dementia**.

**Affordable monthly rent** includes: 24 hour professional Nursing and CNA care, nutritious meals and snacks daily, laundry and housekeeping service, personalized care, and help with bathing, dressing and grooming.

*We will make you comfortable, provide you with personal care and are committed to your health and happiness.*

*Most importantly, we are small enough to cater to your individual needs at no extra cost.*

**1 North Klondike  
 Buffalo, Wyoming 82834  
 307-684-8669**

**Veterans Assistance to Qualified  
 Veterans & Spouses**

Thank you Bee Hive Homes for the free meals you provide each month!

## Bacon Pinwheels Recipe



Photo by: Taste of Home Bacon Pinwheels

Servings: 12

Prep/Total Time: 30 min.

### Ingredients

- 6 *bacon strips, diced*
- 6 ounces *cream cheese, softened*
  - 1/2 cup *mayonnaise*
- 1 can (4 ounces) *mushroom stems and pieces, drained*
  - 1/2 teaspoon *garlic powder*
- 1 tube (8 ounces) *refrigerated crescent rolls*

### • Directions

- In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain. In a small bowl, beat cream cheese and mayonnaise until smooth.

Add the mushrooms, garlic powder and bacon.

- Separate crescent dough into four rectangles; seal perforations. Spread cream cheese mixture over each rectangle to within 1/4 in. of edges. Roll up jelly-roll style, starting with a short side; pinch seams to seal. Cut each into six slices.

Place slices cut side down on greased baking sheets. Bake at 375° for 10-12 minutes or until golden brown. Serve warm. Refrigerate leftovers. **Yield:** 2 dozen.

**Nutrition Facts:** 1 serving (2 each) equals 211 calories, 18 g fat (6 g saturated fat), 22 mg cholesterol, 326 mg sodium, 8 g carbohydrate, trace fiber, 4 g protein.

*Rick Raney, D.D.S.*  
EAGLE SUMMIT DENTAL CLINIC

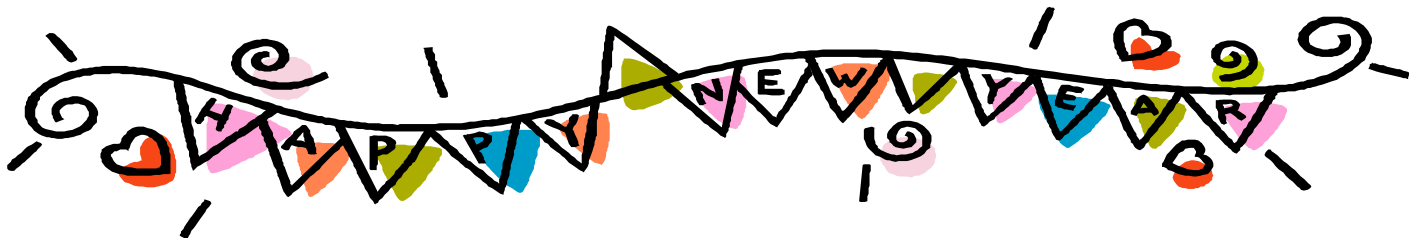


*"Gentle Dental Care"*

1001 Eagle View Drive  
Buffalo, WY 82834  
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Fax: (307) 684-0120  
www.eaglesummitdental.com

**Free Teeth and Gum Screening**  
**The second**  
**Wednesday of every month**  
**From noon to 1pm**  
**Join us!**  
**At the Buffalo Senior**  
**Center.**

~\*He provides information that you can take to the dentist you choose!~\*



## Every Ending is a New Beginning

Every ending is a new beginning,  
a hope for things to come.  
We can only hope tomorrow,  
will bring the things we long.

Every ending is a new beginning,  
a promise of things reborn.  
A new day far more happy,  
than the life that we had known.

Every ending is a new beginning,  
with a hope of friendship true.  
Of love that's never ending,  
And happy days with you.





## *Congratulations!*

Primrose would like to Congratulate **Ramona Bushor**, the recipient of the March of Dimes 2010 Nurse of the Year in Long Term Care.

We are so proud to have you on our team and providing exceptional care to Gillette area seniors!

Call John or Jana today at **307-682-8800** and come see why we say...

*this is living!*



**PRIMROSE**

RETIREMENT COMMUNITIES

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& Assisted Living*

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PrimroseRetirement.com

# SPECIAL FEATURES

## PANCAKE SUPPER

AT THE BUFFALO  
SENIOR CENTER  
FRIDAY

JANUARY 20, 2012

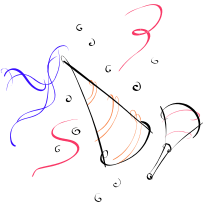
5:30 p.m. TO 7:30 p.m.

ALL THE  
PANCAKES YOU CAN  
EAT FOR \$5.00

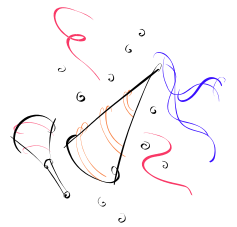
**OPEN TO THE PUBLIC**



**Y'ALL  
COME!!**



# History of celebrating New Years



The celebration of the new year on January 1st is a relatively new phenomenon. The earliest recording of a new year celebration is believed to have been in Mesopotamia, c. 2000 B.C. and was celebrated around the time of the vernal equinox, in mid-March. A variety of other dates tied to the seasons were also used by various ancient cultures. The Egyptians, Phoenicians, and Persians began their new year with the fall equinox, and the Greeks celebrated it on the winter solstice.

## Early Roman Calendar: March 1st Rings in the New Year

The early Roman calendar designated March 1 as the new year. The calendar had just ten months, beginning with March. That the new year once began with the month of March is still reflected in some of the names of the months. September through December, our ninth through twelfth months, were originally positioned as the seventh through tenth months (septem is Latin for "seven," octo is "eight," novem is "nine," and decem is "ten.")

## January Joins the Calendar

The first time the new year was celebrated on January 1st was in Rome in 153 B.C. (In fact, the month of January did not even exist until around 700 B.C., when the second king of Rome, Numa Pontilius, added the months of January and February.) The new year was moved from March to January because that was the beginning of the civil year, the month that the two newly elected Roman consuls—the highest officials in the Roman republic—began their one-year tenure. But this new year date was not always strictly and widely observed, and the new year was still sometimes celebrated on March 1.

## Julian Calendar: January 1st Officially Instituted as the New Year

In 46 B.C. Julius Caesar introduced a new, solar-based calendar that was a vast improvement on the ancient Roman calendar, which was a lunar system that had become wildly inaccurate over the years. The Julian calendar decreed that the new year would occur with January 1, and within the Roman world, January 1 became the consistently observed start of the new year.

## Middle Ages: January 1st Abolished

In medieval Europe, however, the celebrations accompanying the new year were considered pagan and unchristian like, and in 567 the Council of Tours abolished January 1 as the beginning of the year. At various times and in various places throughout medieval Christian Europe, the new year was celebrated on Dec. 25, the birth of Jesus; March 1; March 25, the Feast of the Annunciation; and Easter.

## Gregorian Calendar: January 1st Restored

In 1582, the Gregorian calendar reform restored January 1 as new year's day. Although most Catholic countries adopted the Gregorian calendar almost immediately, it was only gradually adopted among Protestant countries. The British, for example, did not adopt the reformed calendar until 1752. Until then, the British Empire—and their American colonies—still celebrated the new year in March.

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 Home Health Care Needs



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 Mon - Fri      Saturday  
 9:00 to 6:00pm    9:00 to 5:00pm

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*Conveniently Located on Hwy. 16 West  
 On the way up the mountain!*



ELKHORN VALLEY  
 REHABILITATION HOSPITAL

**Tera Brown, RN BSN**  
 Clinical Liaison

5715 East 2nd Street  
 Casper, WY 82609  
 Phone: 307.265.0005  
 Fax: 307.268.7770  
 Mobile: 307.315.5177  
 brownt1@ernesthealth.com

**Try your luck at winning a  
 door prize while you listen  
 and learn about stroke!!!**

**JANUARY 18th at  
12:30pm**



**Join us, Tera Brown will be  
 teaching us the risk of stroke.**

A big THANK YOU to all of our Home  
Delivered Meals Drivers and our  
Volunteers.

We appreciate you very much.

Keep up the excellent work!

Thank You to First Interstate Bank for the  
Complimentary Meals they provide at the  
Buffalo Senior Center.

NEIGHBORS HELPING *neighbors*  
IN THE PLACE WE CALL HOME.



— [www.firstinterstate.com](http://www.firstinterstate.com) —

Member FDIC. Equal Housing Lender.

Shriners Hospitals provide orthopedic and spinal cord injury care to children at no charge. They have 22 hospitals throughout North America and have been involved in helping children since 1920. Their hospitals are located across the US from Boston, Massachusetts to Sacramento, California.

They also have 4 burn care hospitals for treating severely burned children, some of them with burns over 50% to 90% of their bodies. These hospitals are located in Boston, Cincinnati, Galveston, and Sacramento. The burn care professionals at the Shriners Hospitals help children function more normally in society after receiving treatment.

While the child is receiving necessary help for their burns, the families are provided with a place to stay at no charge.

View more information about Shriners on the web at [www.shriners.com](http://www.shriners.com).

So save all pull-tabs from pop cans, soup cans, pet foods, or convenience foods and put them in the containers located at the Buffalo Senior Center, either at the front desk or in the coffee room.

The pull tabs help pay for the services for the children in need.





## 5 Low Impact Exercises



5. STRETCHING is one of the most overlooked steps to exercising and one of the most important. It starts from the time you wake up and can begin before you ever get out of bed. Slowly stretching your calves, arms, and neck muscles from bed loosens them and makes them more flexible for future exercise during the day. Keeping those joints pliable will help prevent the onset of conditions like osteoarthritis, muscle strains, and back problems.

4. STEP AEROBICS is great for the person who just can't handle high impact aerobics. It is slower paced and can be done just about anywhere. If you don't have an official step, you can always use the hearth of the fireplace or step between two rooms. You raise your heart rate with this type of exercise without ever having to do any jumping.

3. SWIMMING is a low impact exercise that gets the whole body working. Even if you don't know how to swim, water aerobics classes are wonderful low-impact classes for the individual who's new to exercise or can't take strain on their knees or ankles. It also gets the heart pumping and burns calories.

2. YOGA is a popular choice these days for many people seeking low impact exercises. It promotes balance, stretching, and well-being. Many tout its ability to lift the mood while developing strength and flexibility. It's also popular because it can be done in classes or in the comfort of your own home.

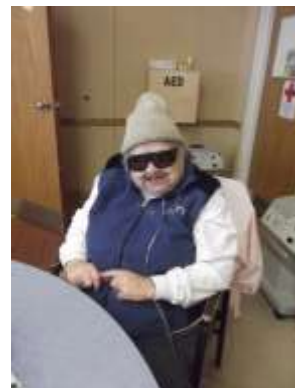
1. WALKING is by far the best low impact exercise anyone can use to lose weight or get in shape. It can be done by young and old alike, the overweight, or those who simply need to drop a few pounds. One can start off slow and work up to a faster and longer walk. Adding incline or speed to your walk can help increase the calorie burn.

By slowly easing into exercise with some of these low impact exercises, you can increase your heart rate, build muscle, and shed unwanted pounds more easily than you might have ever thought possible.



# Senior Stars

At The Buffalo Senior Center



## More 1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1950's song.

```

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

```

ALL SHOOK UP  
ALMOST  
GROWN  
AT THE HOP  
BIRD DOG  
BLUE MONDAY  
CHANCES ARE  
CHANTILLY  
LACE  
CRY  
DON'T BE  
CRUEL  
EL PASO

FLAMINGO  
GET A JOB  
GOODNIGHT  
IRENE  
I'M A MAN  
I'M WALKIN'  
JIM DANDY  
JUKE  
LITTLE DARLIN'  
LONELY AVENUE  
LOUIE LOUIE

LUCILLE  
MAYBE  
MONEY HONEY  
MR SANDMAN  
PERSONALITY  
REBEL  
ROUSER  
ROLLIN'  
STONE  
SEA CRUISE  
SINCERELY  
SO WHAT

SOUL ON FIRE  
STAGGER LEE  
THE BELLS  
THE WIND  
TIPITINA  
TOM DOOLEY  
TRY ME  
WHITE  
LIGHTNING  
YOUNG BLOOD

Name: \_\_\_\_\_

Secret Song: \_\_\_\_\_

**This puzzle is for the free meal!!**

**THE NEXT TIME  
YOU CONSIDER  
MAKING A  
CONTRIBUTION,  
PLEASE  
CONSIDER  
GIVING TO THE  
BUFFALO  
SENIOR  
CENTER  
FOUNDATION,  
INC.  
PO BOX 1065  
BUFFALO, WY  
82834**



# DASH INN

620 EAST HART STREET  
BUFFALO, WYOMING 82834

“We appreciate your patronage!”

HOURS: TUESDAY— SATURDAY

11:00 A.M.-8:00 P.M.

CLOSED SUNDAY &  
MONDAY

684-7930



### Home Town Deliveries!!

**DJ's 684-2518** Delivers Mon-Wed-Fri  
Call in the morning, delivered in the afternoon.

**Reese & Ray's IGA 684-2239**  
Deliver Thurs Call morning, delivered after 4 pm.

**Prescription Shop 684-7003**  
Delivers Mon –Fri around 4pm.

Looking for something fun to do?

Ceramics!! Come Join Us!

Wed 9:00- 2:30

Thurs 9:00-2:30

Fri 9:00-2:30

No senior store in January

# January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Holiday Hours 9:00 to 2:00	Traditional & Digital Scrapbooking 9:00 Pool 9:00 Bridge 1:00	Ceramics 9:00 Sr. Fitness 9:30 & 11:00 Cards 1:00 Shell Creek Piney Homemakers 1:30	Ceramics 9:00 Unfinished Fiberobjects 9:30 Loose Thread Crafts 12:30 Bingo 1:30	Ceramics 9:00 Fitness 9:30 & 11:00 Cards 1:00	<b>CLOSED</b>
8	9	10	11	12	13	14
	Senior Fitness 9:30 & 11:00 Carving 1:00 Cards 1:00 Trip to Sheridan 12:45	Traditional & Digital Scrapbooking 9:00 Pool 9:00 Bridge 1:00 History and Coffee 1:00	Ceramics 9:00 Sr. Fitness 9:30 & 11:00 Cards 1:00 Friends in Council 2:00	Ceramics 9:00 Unfinished Fiberobjects 9:30 Loose Thread Crafts 12:30 Bingo 1:30	Ceramics 9:00 Senior Fitness 9:30 & 11:00 Cards 1:00 Caregiver Class Home Safety 3:00pm to 4:30	<b>CLOSED</b>
15	16	17	18	19	20	21
	Senior Fitness 9:30 & 11:00 Carving 1:00 Cards 1:00 Visually Impaired Support Group 1:00	Traditional & Digital Scrapbooking 9:00 Pool 9:00 Bridge 1:00	Ceramics 9:00 Senior Fitness 9:30 & 11:00 Cards 1:00 Advisory Council Meeting 10:00	Ceramics 9:00 Unfinished Fiberobjects 9:30 Loose Thread Crafts 12:30 Cancer Support Group 1:15 Board Meeting at 4:00 Dining w/ diabetics 4:30	Ceramics 9:00 Fitness 9:30 & 11:00 Cards 1:00 Pancake Super 5:30 to 7:30	<b>CLOSED</b>
22	23	24	25	26	27	28
	Senior Fitness 9:30 & 11:00 Carving 1:00	Traditional & Digital Scrapbooking 9:00 Pool 9:00 Bridge 1:00	Ceramics 9:00 Senior Fitness 9:30 & 11:00 Cards 1:00 Friends in Council 2:00	Ceramics 9:00 Unfinished Fiberobjects 9:30 Loose Thread Crafts 12:30 Bingo 1:30 Dining w/ diabetics 4:30	Ceramics 9:00 Fitness 9:30 & 11:00 Cards 1:00 Commodities 8:30 till 11:00	<b>Closed</b>
29	30	31				
	Senior Fitness 9:30 & 11:00 Carving 1:00	Traditional & Digital Scrapbooking 9:00 Pool 9:00 Bridge 1:00				

# JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken Cordon Bleu Rice Pilaf spinach carrot raisin salad homemade bread fruit pizza	Polish Dog w/ sauerkraut parsley potatoes glazed carrots apricots our cream & chive bread chocolate pudding	Hamburger Stew broccoli & cauliflower salad plums cheese & onion biscuit cookie	Fried Chicken mashed potatoes & gravy asparagus 3 bean salad cherry cheese cake	BBQ pork wing buttered corn potato salad pig picking cake marble rye	Baked Cod Spanish Rice Baby Carrots Cold Vegetable Salad Homemade Wheat Bread Sherbet
<b>8</b>	<b>9</b>	<b>10</b>	<b>11 1st national</b>	<b>12</b>	<b>13</b>
Veal Cutlet w/ Mushroom Gravy White Rice Sliced Beets Celery w/ peanut butter Cinnamon Apples Vanilla Pudding	Beef Stroganoff on egg noodles lima beans tomato & cucumber salad fruited jello homemade bread pineapple upside down cake	Fish Sandwich w/ cheese baked beans Cole slaw peaches oatmeal caramel bars	Honey Glazed ham Candied Yams Scalloped potatoes corn salad pumpnickel roll blueberry cheese cake	Beef enchilada w/ lettuce, tomato onion, olives & cheese refried beans salsa mandarin oranges & cherries cookie	China Town Chicken White rice stewed tomatoes pickled beets & onions tropical fruit homemade bread fortune cookie
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Salisbury steak w/ gravy mashed potatoes green beans perfection salad black forest cake	Chicken rice Milano tossed salad fruit salad Boston brown bread sherbet	Cold Cheese Sandwich Tomato soup spaghetti salad crackers fruit parfait	Pork Roast w/ gravy cornbread stuffing Italian vegetables tomato juice apple sauce chocolate cream pie	Meat loaf <b>O'Brian potatoes</b> peas w/ cheese sauce creamy pepper salad cornmeal roll peaches and cream	Baked Tilapia wild rice Scandinavian vegetables tossed salad cornbread whipped cherries
<b>22</b>	<b>23</b>	<b>24</b>	<b>25 BOB</b>	<b>26</b>	<b>27</b>
Smothered pork chop au gratin potatoes wax beans Mediterranean salad homemade wheat bread cinnamon applesauce ice cream	Mushroom Swiss Burger sweet potato puffs harvest vegetable salad strawberry pretzel dessert	Shepard's Pie Tossed Salad Marble Rye Fruit Pizza	Roast beef w/ gravy mashed potato cheesy broccoli cucumber & onion salad homemade bread cake & ice cream	Turkey tetrazzini on spaghetti noodles baby carrots lettuce & tomato salad homemade bread apple cobbler	Lasagna butter beans tossed salad pears garlic bread cookie
<b>29</b>	<b>30</b>	<b>31</b>			
Beef pinwheels w/ gravy hash browns broccoli 7 layer salad fruit cocktail coconut cream pie	Ham salad Sandwich w/ lettuce & tomato cream of asparagus soup cherry festival salad m&m rice Krispy treat	Shrimp Confetti on noodles tossed salad mandarin oranges & pears garlic bread cupcake surprise	<b>Menu Subject to Change Without Notice!</b>	<b>Senior Center Closed on Saturdays</b>	To order/Cancel a Home Delivered Meal Please Call by 10:30 a.m. To Order a Substitute Meal Please Call by 9:00 a.m. 684-9551