

The

Golden

Times

Senior Services of Belmont County Publication



Senior Services of Belmont County

It is the purpose of Senior Services of Belmont County to promote advocacy and independence for seniors. The management team and dedicated staff take pride in the services that they supply to the seniors of Belmont County. For more information about our programs please call 740-695-4142



Senior Services of Belmont County
67650 Oakview Drive
St. Clairsville, Ohio 43950

Funded in part by Ohio Department of Aging through Area Agency on Aging Region 9, Belmont County Levies and Donations

Happy Valentine's Day

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Karen Derosa
Realtor®

Thinking About
Downsizing?



SRES
Senior Real Estate Specialist



The Seniors Real Estate Specialist Designation

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John Sambuco, Broker

KarenDerosa.com

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- ✓ Discover great books
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Location: Kennedy Park Dining Room

Date: 3rd Wednesday of every month

Time: 10:45am

Led by: Friendly library staff

Call Sarah for Details: 740-695-2062

*Kennedy Park - located behind Riesbeck's Corporate Office



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For ad info. call 1-800-477-4574 • www.4lpi.com

14-1139

Senior Services Of Belmont County

**Executive Director
Gary Armitage**

**Cory Clark
Fiscal Officer**

67650 Oakview Drive
St. Clairsville, Ohio 43950
(740)-695-4142 Fax (740)-695-4144
Toll Free 1-(800) 200-0320 or
Visit Our Website: SSOBC.com

Services:

- Senior Centers
- Nutrition Shopping-Check your local Center's calendar for dates and times.
- Nutritional Meals Served Daily in Centers
- Transportation to and from your local Senior Center.
- Transportation to Medical Appointments (Please schedule appointments ahead of time.)
- Home Delivered Meals
- Nutrition Program
- Homemaking
- Personal Care
- Health Education
- Passport Services
- HEAP Applications and Assistance with Filing
- Golden Buckeye Card Applications



Senior Centers

Barnesville	Kay Driscoll	425-9101
Bellaire	Tish Kinney	676-9473
Bethesda	Susan Hines	484-1416
Centerville	Donna Steadman	686-9832
Colerain	Sue Neavin	633-6823
Flushing	Maxine Jurovcik	968-2525
Glencoe	Karen & Sharon (Volunteers)	676-4484
Lansing	Patti Doty	609-5109
Martins Ferry	Daisy Braun	633-3146
Powhatan	Mary Beth Tennant	795-4350
St. Clairsville	Denise Starr	695-1944

**Shirley Jo Case
Program Administrator**

**TRANSPORTATION
DEPARTMENT**

PHONE: 740-695-6868

Mike McBride

Program Administrator

Hours of Operation: Monday-Friday
8:00 AM to 4:00 PM

Last Doctor's appointment made by
2:00 PM

We provide transportation both ways.

Please notify us of scheduled appointments ahead of time.

Priority Appointments

Dialysis

Chemotherapy

Radiation

Dr. Ordered Therapy

Dr. Appointments

Pro-Time (blood work)

Dr. Ordered Testing

NUTRITION DEPARTMENT

PHONE:740-695-4142

Tina Burkhart

Program Administrator

**To Resume or Cancel
Home Delivered Meals or
Senior Center Meals,
Call: (740)695-4142**

**Newsletter Proofreader
Georgia Mellott**



*We Love
Having
John
Hohman
As Our
Super Senior
Of the
Month!*

Hi ! My name is John Hohman.

I am 74 years old and was born on November 5th, 1944. I was born in North Wheeling Hospital. I live in Lansing, Ohio now but grew up in Wheeling WV. I have 4 sisters and several nieces and nephews. I no longer drive, but my favorite hobby is reading.

I love to play golf and did play up until 2 years ago. I have a Bachelor Degree in Chemistry and worked as a teacher at West Liberty College. I still work delivering 22 news papers. I walk all over Lansing going door to door delivering papers daily.

I joined the Lansing Senior Center in September of 2017, and I love the opportunity the Center provides (transportation) for all of us to get out and be a part of the community.

I encourage all Seniors to vote for the Senior Levy, because it provides all good services to the Seniors.

Valentines Day

		9				4	5	
			7	8				1
8				1		2		
			1	9				5
5			3			7		4
						7		
7	3		5		9			
	6	1						
9	5						8	2

WORD SCRAMBLE

EOLV _____

WRTSAEEEEHT _____

RRBYUFAE _____

CIDPU _____

YDANC _____

NKIP _____

OLETHCAOC _____

SFLERWO _____



WHAT DO YOU CALL TWO BIRDS IN LOVE?

WHAT DID THE CHOCOLATE SYRUP SAY TO THE ICE CREAM?

WHAT DID THE PICKLE SAY TO HIS VALENTINE?

WHY SHOULD YOU NOT FALL IN LOVE WITH THE PASTRY CHEF?



Tweet Hearts!
I'm sweet on you!
You mean a great Dill to me!
Because he will Dessert you!

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

GIFT
HUGS
LOVE









CANDY
CUPID
HEART

KISSES
FLOWERS
SWEET

ARROW
CHOCOLATE
VALENTINE

BARNESVILLE SENIOR CENTER

229 E. Main St, Barnesville, OH 43713
 Center Phone 740-425-9101
 FAX 740-425-9480
 Monday Thru Friday 8:00am—2:00pm

MON	TUE	WED	THU	FRI
				
3 SHOPPING IN BARNESVILLE CENTER MONTHLY MEETING 9:30	4 CAMPUS MARTIUS MUESUM (MARIETTA) 8:00 \$6.00 FEE	5 GAME OF CHOICE	6 OHIO VALLEY MALL 10:00	7 CINCH TOURNAMENT 9:00
10 SHOPPING IN BARNESVILLE	11 GAME OF CHOICE	12 MYSTERY TRIP 	13 VISITING CENTERVILLE 	14 
17 PRESIDENTS' DAY AGENCY CLOSED 	18 SHOPPING IN BARNESVILLE	19 COVERED DISH BINGO WITH LISA 10:00	20 CORN HOLE 10:00	21 CINCH TOURNAMENT BETHESDA COMING TO PLAY CARDS 9:00
24 SHOPPING IN BARNESVILLE EMERALD POINTE 10:00	25 OHIO VALLEY PLAZA 10:00	26 BAG GAME 10:00	27 COMMODITIES	28 GAME OF CHOICE

BELLAIRE SENIOR CENTER

3396 Belmont St, Bellaire, OH 43906

Center Phone 740-676-9473

FAX 740-676-2895

Monday Thru Friday 8:00am—3:00pm

MON	TUE	WED	THU	FRI
3 10:00 GAMES 11:00 GROCERY SHOPPING	4 10:00 GAMES 12:15 BINGO	5 9:00 BREAKFAST	6 10:00 GAMES 12:15 BINGO	7 9:45 BANKING IN SHADYSIDE
10 10:00 GAMES 11:00 GROCERY SHOPPING	11 10:00 GAMES 12:15 BINGO	12 10:00 BINGO WITH MELVIN FROM UNITED HEALTHCARE	13 9:00 LEAVE FOR CENTERVILLE CENTER	14 12:15 BINGO
17 PRESIDENTS' DAY AGENCY CLOSED	18 10:00 GAMES 12:15 BINGO	19 9:00 LEAVE FOR SHOPPING AND LUNCH AT FISH MARKET	20 10:00 GAMES 12:15 BINGO	21 9:45 BANKING IN SHADYSIDE
24 10:00 GAMES 11:00 GROCERY SHOPPING	25 10:00 GAMES 12:15 BINGO	26 10:00 CHAIR VOLLEYBALL	27 9:00 LEAVE FOR VISITING NURSING HOMES AND LUNCH OUT	28 12:15 BINGO



BETHESDA SENIOR CENTER

118 S. Main St, Bethesda, OH 43719
Center Phone 740-484-1416
FAX 740-484-1416
Monday Thru Friday 8:00am—2:00pm



MON

TUE

WED

THU

FRI

**ACTIVITIES ARE
WEATHER
PERMITTING**



HOSTESS
FOR FEBRUARY

RITA JEFFERIS
AND
FAYE VANHORN

3
10:00
BOARD MEETING

4
9:30
MALL
SHOPPING
BOB EVAN
WALMART
SHOPPING

5
10:00
BINGO/W
ARBORS OF
WOODSFIELD

6
10:00
MEXICAN TRAIN
GAME
12:00
LINE DANCING

7
10:15
TEXAS
ROADHOUSE
VALENTINE
LUNCH

10
10:00
MEXICAN TRAIN
GAME

11
10:00
UNITED HEALTH
CARE

12
11:30
SENIOR DINNER

13
9:30
VISITING
CENTERVILLE
CENTER

14
10:15
LUNCHEON AT
UNION LOCAL
SCHOOL
HIGH SCHOOL
COMMONS

17
PRESIDENTS' DAY
AGENCY CLOSED



18
8:30
WHEELING DOWNS
ABBY'S
BIG LOTS

19
10:00
BINGO W/
UNITED HEALTH
CARE

20
10:00
MEXICAN TRAIN
GAME
12:00
LINE DANCING

21
8:30
VISITING
BARNESVILLE
CENTER
CINCH
TOURNAMENT

24
10:00
KFC BINGO AT
CENTER

25 10:00
BINGO W/
FLUSHING
CENTER
12:00
NUTRITION
SHOPPING

26
10:00
BINGO W/
ASTORIA

27
10:00
MEXICAN TRAIN
GAME
12:00
LINE DANCING

28
10:00
CINCH





FEBRUARY CENTERVILLE SENIOR CENTER

46642 Main St, (Centerville) Jacobsburg, OH 43933

Center Phone 740-686-9832

FAX 740-686-2064

Monday Thru Friday 7:00am-2:00pm

MON	TUE	WED	THU	FRI
<p>3 10:30 SENIOR MEETING 12:00 DINOSAUR RACE BRING DIMES</p>	<p>4. 8:00 WATER EXERCISE PASS A'S</p>	<p>5 10:00 BINGO WITH MELVIN HEALTH CARE</p>	<p>6 9:00 BREAKFAST & NUTRITION SHOPPING RIESBECKS BIBLE STUDY</p>	<p>7 10:15 BALLOON VOLLEYBALL 12:00 UNO ATTACK</p>
<p>10 10:15 BALLOON VOLLEYBALL 12:00 PENNY BINGO</p>	<p>11 8:00 WATER EXERCISE</p> 	<p>12 VALENTINE CELEBRATION WITH PRESCHOOL FROM UPSTAIRS PIZZA LUNCH</p>	<p>13 10:00 MEET IN CENTERVILLE</p> 	<p>14 10:15 CHAIR VOLLEYBALL YARDZEE CORNHOLE SHOOT HOOPS</p>
<p>17 CLOSED</p> 	<p>18 8:00 WATER EXERCISE 4:00 STEAK NIGHT AT UNDO</p>	<p>19 10:00 BUNCO</p>  <p>LUNCH GAME OF CHOICE</p>	<p>20 10:00 BLOOD PRESSURE W/ STONERISE BIBLE STUDY 1:00 TO 2:00</p>	<p>21 10:00 COUNTRY CLUB RETIREMENT CORNHOLE /W MICHEAL VOK</p>
<p>24 10:15 CHAIR VOLLEYBALL LEFT RIGHT CENTER</p>	<p>25 8:00 WATER EXERCISE MEXICAN TRAIN</p>	<p>26 FEBRUARY BIRTHDAY CELEBRATION GIFT CARD GIVAWAY 12:00 ROLL DOUBLES</p>	<p>27 NO TRANSPORTATION COMMODITY DELIVERY</p>	<p>28 10:15 BALLOON VOLLEYBALL EUCHRE</p>
<p>NO DATE MUSIC NIGHT EVERYTHING IS WEATHER PERMITTING</p>	<p>BIBLE STUDY THURSDAY'S 1:00 TO 2:00 SPONSORED BY CONCORD</p>		<p>BOOK SIGNING FOR JOE ROSEN CHILDREN'S BOOK SMALLY THE BIG SHINY YELLOW BULLDOZER</p>	<p>FEBURARY 8TH. BOOK SIGNING CENTER MEMBER</p> 



COLERAIN SENIOR CENTER

Box 343, 72581 US 250,
Colerain OH 43916
Phone and Fax 740-633-6823
Mon-Fri 8:00am-2:00pm



MON	TUE	WED	THU	FRI
3 BINGO 10:00A LUNCH 11:30A GAMES AFTER CLEAN-UP	4 BUSINESS MEETING 10:00A ADVISORY MEETING AFTER LUNCH 11:30 BOOKCLUB	5 EUCHRE 9:30A LUNCH 11:30A GAMES AFTER CLEAN-UP	6 WOODCARVING 9:00A LUNCH 11:30A GAMES AFTER CLEAN-UP	7 BINGO 10:00A LUNCH 11:30A GAMES AFTER CLEAN-UP
10 BINGO 10:00A LUNCH 11:30A GAMES AFTER CLEAN-UP	11 BRIDGE 9:30 LUNCH 11:30A GAMES AFTER CLEAN-UP	12 EUCHRE 9:30A LUNCH 11:30A GAMES AFTER CLEAN-UP	13 VISITING CENTERVILLE AND LUNCH LEAVE AT 9:00 WOODCARVING 9:00A LUNCH 11:30 GAMES	14 BIRTHDAY BINGO 10:00 LUNCH 11:30A GAMES AFTER CLEAN-UP
17 CENTER CLOSED PRESIDENTS' DAY	18 BINGO 10:00 LUNCH 11:30A GAMES AFTER CLEAN-UP	19 EUCHRE 9:30A LUNCH 11:30A GAMES AFTER CLEAN-UP	20 WOODCARVING 9 BOWLING AND LUNCH IN ST CLAIRSVILLE LEAVE AT 9:30 LUNCH 11:30A GAMES AFTER CLEAN-UP	21 BINGO 10:00A LUNCH 11:30A GAMES AFTER CLEAN-UP
24 SIENNA HILLS BP/ GL TESTING BINGO 10:00 LUNCH HAMSTER RACES AFTER CLEAN-UP	25 BRIDGE 9:30A LUNCH 11:30A GAMES AFTER CLEAN-UP	26 EUCHRE 9:30A BOOKMOBILE LUNCH 11:30A GAMES AFTER CLEAN-UP	27 WOODCARVING 9:00A WHEELING DOWNS LEAVE AT 9A L UNCH 11:30A COMMODITY PICK UP AFTER 1:00P	28 BINGO 10:00A LUNCH 11:30A GAMES AFTER CLEAN-UP





FLUSHING SENIOR CENTER

208 High St, Flushing, OH 43977
 Center Phone 740-968-2525
 FAX 740-968-2525
 Monday Thru Friday 8:00am-2:00pm



MON

TUE

WED

THU

FRI

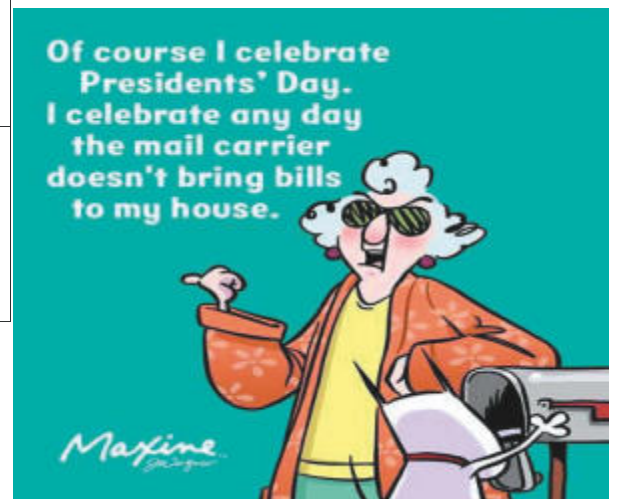


<p>3</p>  <p>10:00AM</p>	<p>4</p> <p>10:00AM MEXICAN TRAIN GAME</p>	<p>5</p> <p>10:00AM 10 CENT BINGO</p>	<p>6</p> <p>10:30AM WHEELING DOWNS AND EATING LUNCH</p>	<p>7</p> <p>10:00AM ZILCH BIBLE STUDY</p>
<p>10</p> <p>VISITING GLENCOE CENTER LEAVE AT 9:30</p>	<p>11</p> <p>10:00 GAME OF CHOICE</p>	<p>12</p> <p>10:00AM 10 CENT BINGO</p>	<p>13</p> <p>10:00 GAME OF CHOICE</p>	
<p>17</p> <p>PRESIDENTS' DAY AGENCY CLOSED</p> 	<p>18</p> <p>OHIO VALLEY MALL & PIZZA HUT LEAVE AT 9:30</p>	<p>19</p> <p>10:00AM 10 CENT BINGO</p>	<p>20</p> <p>10:00AM BINGO WITH MELVIN FROM UNITED HEALTH CARE</p>	<p>21</p> <p>10:00AM ZILCH BIBLE STUDY</p>
<p>24</p>  <p>10:00AM</p>	<p>25</p> <p>VISITING AT BETHESDA CENTER LEAVE AT 9:30</p>	<p>26</p> <p>10:00AM 10 CENT BINGO</p>	<p>27</p> <p>10:00AM MEXICAN TRAIN GAME</p>	<p>28</p> <p>10:00AM ZILCH</p>

GLENCOE SENIOR CENTER

3rd St., Box 91, Glencoe, OH 43928
 Center Phone 740-676-4484
 Monday, Tuesday, Wednesday
 9:00am—12:00pm

MON	TUE	WED
3 OUTING TO MOUNDSVILLE DOLLAR STORE AND LUNCH	4 DECORATE FOR VALENTINE'S DAY SOUP LUNCH	5 GAMES OF CHOICE
10 VISITORS FROM FLUSHING FOR GAMES AND LUNCH	11 MOVIE & POPCORN	12 WHEELING DOWNS AND LUNCH
17 PRESIDENTS' DAY AGENCY CLOSED	18 BAKING DAY RECIPE FROM "THE GOLDEN TIMES" RECIPE PAGE	19 GAMES; LEFT RIGHT, CENTER
24 OHIO VALLEY MALL AND LUNCH	25 TACO TUESDAY	26 GAMES; "KINGS IN THE CORNER"



A word search grid with the following text overlaid diagonally: **C U U V A L E N T I N E S J**

2	8	3	1	7	6	4	5	9
7	9	5	3	4	8	1	6	2
6	4	1	9	2	5	8	3	7
9	2	8	7	5	4	3	1	6
4	1	7	8	6	3	2	9	5
5	3	6	2	9	1	7	8	4
3	7	2	5	1	9	6	4	8
1	6	9	4	8	7	5	2	3
8	5	4	6	3	2	9	7	1



LANSING SENIOR CENTER

68583 Scott St., Box 294, Lansing, Ohio 43934

Center Phone 740-609-5109

Monday - Friday 8:30am—2:30pm

MON	TUE	WED	THU	FRI
SUBJECT TO CHANGE				
3 CENTER MONTHLY MEETING@9:30 BUNNY RACES@10	4 GAMES OF CHOICE	5 VOLLEYBALL@10 	6 CORN HOLE TOSS W/MIKE FROM COUNTRY CLUB REHABILITATION @10	7 LUNCH AT ST.C EAGLES
10 CONTINUOUS CARE GAMES @10 LANSING COMMUNITY DANCE 6-8 THE CHESTER GARAGE BAND	11 BOWLING/ LUNCH@10-1	12 VOLLEYBALL 	13 VISITING SENIORS OF CENTERVILLE	14 BINGO @10 VALENTINE PARTY AT NOON
17 PRESIDENTS' DAY AGENCY CLOSED	18 GAMES OF CHOICE	19 VOLLEYBALL 	20 GAMES OF CHOICE	21 BINGO@10 MONTHLY BIRTHDAY PARTY
24 GAMES OF CHOICE	25 UNITED HEALTH CARE BINGO @10	26 VOLLEYBALL 	27 GAMES OF CHOICE COMMODITY DAY 12-2	28 BINGO @10



Flushing, Barnesville, Lansing, Bethesda, Centerville, Bellaire, Colerain, St. Clairsville, Martins Ferry, Colerain and Glencoe center members! See how many you can name!



Powhatan members enjoying a game of Balloon Volleyball, great eye & hand coordination!



Bethesda members enjoyed a day at SSOBC



Barnesville members enjoying a great day with Santa and Mrs. Clause.
Kay you must have been a good girl.



Bellaire & Centerville members enjoyed a New Years Party in Bellaire!
"Happy 2020"
What great fellowship and good food!
Thanks Dave Milovac for the entertainment!



Martins Ferry members enjoyed a day out for lunch at Quaker Steak and Lube.
It was a great day.
Come join the fun!!!



Lansing members enjoy cornhole every month with Mike from Country Club Retirement.
Thanks Mike for our gifts.



MARTINS FERRY SENIOR CENTER

14 N. 5th St, Martins Ferry, OH 43935
 Center Phone 740-633-3146,
 FAX 740-633-8828
 Monday Thru Friday 8:00am—2:00pm



MON

TUE

WED

THU

FRI



Activities are subject to change without prior notice. We apologize for any inconvenience.



3
 10:00 KROGER
 11:30 BP'S & BINGO W/CAROL FROM STONERISE

4
 WALMART PLAZA SHOPPING DAY LUNCH ON YOUR OWN



5
 10:15 BIBLE STUDY
 12:00 MONTHLY MEETING

6
 10:30 7 UP

 12:00 DIME BINGO

7
 10:30 BUNCO


10
 10:00 KROGER
 12:00 POKENO


11
 PERKINS RESTAURANT AND MT. DECHANTAL KROGER




12
 10:15 BIBLE STUDY
 12:00 GOLF (CARDS)


13
 VISITING CENTERVILLE

14
 10:30 BUNCO


17
PRESIDENTS' DAY AGENCY CLOSED


18
 10:00 KROGER
 12:00 BINGO MELVIN HARRIS W/UNITED HEALTH CARE


19
 10:15 BIBLE STUDY
 10:30—BP' S CARRIE/PARK H.
 12:00 DIME BINGO


20
 10:00 CRAFT IN AM
 12:00 BOWLING


21
 10:30 BUNCO


24
 10:00 KROGER
 12:00 BINGO WITH NANCY FROM CAPITAL HEALTH


25
 GULLA'S HOT DOGS AND DOLLAR TREE


26
 10:15 BIBLE STUDY
 12:00 BINGO
 RASHELLE WITH CUMBERLAND PT.


27
 12:00 CORN TOSS
 MICHAEL VOK COUNTRY CLUB REHABILITATION CAMPUS

28
 10:30 BUNCO


POWHATAN SENIOR CENTER

155 Clark St, Powhatan Point, OH 43942

Center Phone 740-795-4350

FAX 740-795-4366

Monday Thru Friday 8:00am—2:00pm

MON	TUE	WED	THU	FRI
BIBLE STUDY TUESDAYS CALL CENTER FOR TIME 740-795-4350				
3 8:00 AM GAME OF CHOICE AFTERNOON: "POWHATAN POMS" PRACTICE	4 HEY GOOGLE!! SONG AND DANCE AFTERNOON: GAME OF BLITZ OR FIVE CROWNS CARD GAME	5 AM UNO AFTERNOON: BLITZ CARD GAME OR EUCHRE	6 BOWLING ST. CLAIRSVILLE LEAVE AT 9AM	7 AM UNO AFTERNOON: CARD GAME OF GOLF OR EUCHRE
10 8:00 AM GAME OF CHOICE AFTERNOON: "POWHATAN POMS" PRACTICE	11AM UNO AFTERNOON: BLITZ CARD GAME OR EUCHRE	12 GAME OF CHOICE UNITED HEALTH CARE BINGO 1PM	13 VISIT CENTERVILLE LEAVE AT 9AM	14 AM FIVE CROWNS CARD GAME PM MEXICAN TRAIN GAME
17 PRESIDENTS' DAY AGENCY CLOSED	18 HEY GOOGLE!! SONG AND DANCE AFTERNOON: GAME OF BLITZ OR FIVE CROWNS CARD GAME	19 9:00AM STOP YOUR NEIGHBOR CARD AFTERNOON: SKIP-O	20 BOWLING ST. CLAIRSVILLE LEAVE AT 9 AM	AM FIVE CROWNS CARD GAME PM MEXICAN TRAIN GAME OR EUCHRE
24 8:00 AM GAME OF CHOICE AFTERNOON: "POWHATAN POMS" PRACTICE	25 GAME OF CHOICE AFTERNOON CORNHOLE GAME- (INSIDE)	26 9:00AM STOP YOUR NEIGHBOR CARD AFTERNOON: SKIP-O	27 CHEDDARS RESTAURANT AND RUSSEL STOVER LEAVE AT 10:00AM	28 8:00 AM GAME OF CHOICE AFTERNOON: MEXICAN TRAIN

ST. CLAIRSVILLE SENIOR CENTER

101 N. Market St., St. Clairsville, OH 43950

Center Phone 740-695-1944

FAX 740-695-1944

Monday Thru Friday 8:00am—2:00pm

MON	TUE	WED	THU	FRI
				
<p>3 DOLLAR TREE SAKURA FOR LUNCH IN BELLAIRE BIG LOTS LEAVE 10:00</p>	<p>4 THIRTY ONE KNOCK POKER</p> <p>NUTRITION SHOPPING WALMART 10:30</p>	<p>5 BUSINESS MEETING 10:00</p> <p>BINGO AFTER LUNCH</p>	<p>6 BRUNCH @ CENTER 10:30 JENNIFER FROM WESTWOOD VISITING 12:00</p>	<p>7 WHEELING UNIVERSITY STUDENTS VISITING 12:00</p>
<p>10 GAME OF CHOICE</p>	<p>11 PLAY NINE GAME</p> <p>NUTRITION SHOPPING RIESBECKS 10:30</p>	<p>12 CELEBRATE FEB. MEMBERS BIRTHDAYS CAKE, ICE CREAM</p> 	<p>13 VISITING CENTERVILLE LEAVE 9:30</p>	<p>14 LUNCH AMERICAN LEGION FISH FRY LEAVE @ 11:00</p>
<p>17 PRESIDENTS' DAY AGENCY CLOSED</p>	<p>18 BLANKET BRIDGADE 10:00 LUNCH W/BOOKS RIVER EDGE WHEELING LEAVE 11:15</p>	<p>19</p>  <p>AFTER LUNCH NUTRITION SHOPPING IGA 10:30</p>	<p>20</p>  <p>W/ CENTERS @ ST.C. LANES LEAVE 9:30</p>	<p>21 WHEELING UNIVERSITY STUDENTS VISITING 12:00</p>
<p>24 CONTINUING HEALTHCARE VISITING 12:00</p>	<p>25 CAROL, MICHELE FROM STONERISE 10:00</p> <p>NUTRITION SHOPPING RIESBECKS 10:30</p>	<p>26</p>  <p>AFTER LUNCH</p>	<p>27 CORN-TOSS W/ MIKE 10:00 COUNTRY CLUB REHABILITATION CAMPUS</p>	<p>28 WHEELING UNIVERSITY STUDENTS VISITING 12:00</p>



A robber robs a bank, gets all the money and is about to leave, but before that he asks a customer who's lying on the floor, "Have you seen me rob this bank?"

"Yes, sir," says the customer and gets promptly shot.
 "Did you see me rob this bank?" the robber asks another customer.
 "Absolutely not, sir, but my wife here saw everything!"



A man is dining in a fancy restaurant and there is a gorgeous redhead sitting at the next table. He has been checking her out since he sat down, but lacks the nerve to talk with her.

Suddenly she sneezes, and her glass eye comes flying out of its socket towards the man.

He reflexively reaches out, grabs it out of the air, and hands it back. Oh my, I am so sorry, " the woman says as she pops her eye back in place.

"Let me buy your dinner to make it up to you, " she says.

They enjoy a wonderful dinner together, and afterwards they go to the theater followed by drinks. They talk, they laugh, she shares her deepest dreams and he shares his.

She listens. After paying for everything, she asks him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful wonderful time.

The next morning, she cooks a gourmet meal with all the trimmings. The guy is amazed! ! Everything had been SO incredible! ! ! "You know, "

he said, "you are the perfect woman. Are you this nice to every guy you meet?"

"No," she replies...

"You just happened to catch my EYE."



HEAP

HOME ENERGY ASSISTANCE PROGRAM

A federally funded program designed to help eligible Ohioans meet the rising cost of home heating this winter.

Eligibility

A household whose total income is at or below 175 percent of the Federal poverty guidelines may be eligible. Guidelines are listed below. Households with zero income are required to provide an IRS transcript. Visit www.irs.gov/Individuals/Get-Transcript or call 1-800-908-9946 for assistance with IRS transcripts.

Size of Household

1 person.....	up to \$21,857.
2 persons.....	up to \$29,592.
3 persons.....	up to \$37,327.
4 persons.....	up to \$45,062.
5 persons.....	up to \$52,797.
6 persons.....	up to \$60,532.
7 persons.....	up to \$68,267.
8 persons.....	up to \$79,002.

For households with more than eight members, add \$7,735. for each individual member.

What do you need to apply? Proof of income, for all residents 18 years or older, for the past 12 months.
A copy of your most recent utility bill. Your completed and signed HEAP application.
Social Security number and birth date for all residents in the home.

You May Be Eligible

Contact:

**CALL OR VISIT YOUR LOCAL
SSOBC SENIOR CENTER**

A listing of our senior centers and their phone numbers can be found on page 3 of this newsletter.

For more information contact energyhelp.ohio.gov, and click "contact us" or call toll free 1-800-282-0880, or (614) 644-6900. Hearing impaired applicants with a telecommunications device for the deaf (TDD) can call toll-free 1-800-686-1557, or in Franklin County call 614-752-8808.



Mike DeWine, Governor
Jon Husted, Lt. Governor

Department of
Development
Lydia L. Mihalik,
Director

The State of Ohio is an Equal Opportunity Employer and Provider of ADA Services

COMMODITIES

If you are 60 years or older and struggle at the end of the month finding enough food to get you to your next check, you may be eligible for a supplemental food program.

The Commodity Supplemental Food Program for seniors is a federal USDA food and nutrition program serving the elderly of Belmont County.

The administration of this program is a cooperative effort of the Mid Ohio Food Bank, SSOBC, Ohio Department of Job and Family Services and the Centerville Senior Center.

To be eligible for groceries a person must be at least 60 years of age, live in Belmont County and meet the income guidelines. Household income for one (1) person is \$ 1,354.00 per month, \$1,832.00 per month for two people in the household and \$2,311.00 for three (3) people.

If you want to apply please contact

Donna Steadman of the Centerville Senior Center at 740-686-9832 or

your local senior center Monday through Friday from 8:00 am to 2:00 pm. Locations for local senior centers and their phone numbers are listed on page 3 of this publication.



Commodity Pick Up Days:

January 23, 2020	July 23, 2020
February 27, 2020	August 27, 2020
March 26, 2020	September 24, 2020
April 23, 2020	October 22, 2020
May 28, 2020	November 19, 2020
June 25, 2020	December 17, 2020

DONATION FORM

NAME _____
ADDRESS _____
CITY _____

I wish to donate to
**SENIOR SERVICES
OF BELMONT COUNTY**

Make checks payable to;

Senior Services of Belmont County

67650 Oakview Drive
St. Clairsville, Ohio 43950

THANK YOU!

SAUSAGE & VEGETABLE SKILLET DINNER

TOTAL TIME: 30 min. **YIELD:** 4 servings.

Ingredients:

- 1 tablespoon olive oil
- 1 pkg (12 oz.) fully cooked Italian chicken sausage links, cut into 1-inch pieces
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1/4 teaspoon crushed red pepper flakes
- 1-1/2 lbs. red potatoes (about 5 medium), thinly sliced
- 1 package (10 ounces) frozen corn
- 1/4 teaspoon pepper
- 1-1/4 cups vegetable broth
- 2 cups fresh baby spinach



Directions:

1. In a 12-in. skillet, heat oil over medium-high heat; sauté sausage and onion until onion is tender. Add garlic and pepper flakes; cook and stir 1 minute.
2. Add potatoes, corn, pepper and broth; bring to a boil. Reduce heat to medium; cook, covered, until potatoes are tender, 15-20 minutes. Stir in spinach until wilted.

Nutrition Facts: 1-1/2 cups: 371 calories, 11g fat (3g saturated fat), 65mg cholesterol, 715mg sodium, 48g carbohydrate (6g sugars, 5g fiber), 22g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat, 1 fat.

NEW ORLEANS BEIGNETS

Total Time: Prep: 25 min. +chilling; **Cook:** 5min./batch
Yield: 4 dozen

Ingredients:

- 1 package (1/4 ounce) active dry yeast
- 1/4 cup warm water (110-115 degrees)
- 1 cup evaporated milk
- 1/2 cup canola oil
- 1/4 cup sugar
- 1 large egg
- 4 1/2 cups self-rising flour
- Oil for deep-fat frying
- Confectioner's sugar



Directions:

1. In a large bowl, dissolve yeast in warm water. Add milk, oil, sugar, egg and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky). Do not knead. Cover and refrigerate overnight.
2. Punch down dough. Turn onto a floured surface; roll into a 16X12 inch rectangle. Cut into 2-inch squares.
3. In a deep cast-iron or electric skillet, heat 1 inch oil to 375. Fry squares, in batches, until golden brown on both sides. Drain on paper towels. Roll warm beignets in confectioner's sugar.

Nutrition Facts: 1 beignet: 104 calories; 5g fat (1 g saturated fat); 6 mg cholesterol; 142 mg sodium; 14g carbohydrate (5g sugars, 0 fiber); 2g protein.

Note: This month's recipes came from Taste of Home email or my friends on Face book.

BBQ POTATOES

Total Time: 40 mins. **Prep Time:** 10 Mins.

Yield: Serves 4

Ingredients

- 5 tablespoons olive oil
- 6 tablespoons barbecue sauce
- 1/2 to 1 teaspoon hot pepper sauce
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika (optional)
- 1/4 teaspoon ground cumin (optional)
- 2 pounds russet or baking potatoes (3 potatoes), scrubbed
- sour cream (optional)



How to Make It

Step 1. Heat oven to 450° F.

Step 2. Drizzle 1 tablespoon of the oil onto a rimmed baking sheet.

Step 3. In a large bowl, combine oil, the barbecue sauce, hot pepper sauce, black pepper, and paprika and cumin (if using).

Step 4. Cut each potato lengthwise into 8 to 10 wedges. Add them to the bowl and toss. Spread the potatoes in a single layer on the prepared sheet. Bake, turning once, until golden and tender, 25 to 30 minutes. Serve hot with the sour cream for dipping (if desired).

Cherry Bombs

Total Time: 15 min. + freezing

YIELD: 2 servings.

Ingredients

- 1 cup vanilla ice cream, softened if necessary
- 2 chocolate-covered cherries
- 2 tablespoons seedless raspberry jam
- 1/3 cup chocolate hard-shell ice cream topping
- 1/4 cup whipped cream
- 2 tablespoons chocolate syrup



Directions

1. Line two muffin cups with plastic wrap. Divide ice cream between cups. Press a chocolate-covered cherry into each; smooth ice cream over cherries. Freeze overnight or until firm.

2. Invert ice cream onto a waxed paper-lined plate; remove and discard plastic wrap. Spread jam over ice cream; freeze until firm.

3. Place a wire rack over a sheet of waxed paper. Using a fork, transfer ice cream to rack. Pour ice cream topping over each to coat. Transfer to dessert plates; freeze until serving. Serve with whipped cream and chocolate syrup.

Nutrition Facts: 1 serving: 622 calories, 38g fat (20g saturated fat), 50mg cholesterol, 98mg sodium, 72g carbohydrate (64g sugars, 2g fiber), 5g protein.



Happy Birthday!



1st

Ellen Allar
James Huff
Daniel Yoby
Evelyn Cochran
Sharon Disantis
Ablan Maroon
George Thornton

2nd

Phyllis Saner
Leona Sorge
Katherine Hayes
Agnes Perlic
Ronald George
Joseph Nace

3rd

Phyllis Smith
Edith Burdette
John Schmidt
Rose Patrone
David Barries
Mary Frye
Rose Malin
Diana Hugus
Barbara Gallaher

4th

Judy Wigal
Dolores Czap

5th

Susanne Weigand
Delores Pantelis
Beatrice Muklewicz
David Taylor
Sharon Morley
Marianne Finan
Karen Chappell
Chelsea Conley
Rosetta Whitaker



6th

Dominic Sabatino
Marilou Criswell
Anita Bodnar
Doris Butler
Bonnie Higgins
Margaret Heskett

7th

Elsie Binger
Mildred Walton
Dorothy Morgan
Shirley Soltesz
Raymond Day
Angelina Walker
Jim Janeda
Tom Kucera

8th

Laurel Paul

9th

Eleanor Dunfee
Dolores Matuska
Mary Perry
Anthony Kelich

10th

James Thomas
Delrhea Bella
Edna Steele
Florence DeNoble
Mary Cordery

11th

Margaret Kolb
Richard Reichley
Mary Usenick
Diane Miroslaw
Richard Respole
Miriam Hyde
Lorna Myers
Shirley Kaczor
Diana Marr

12th

Sandra Poole
James Skidmore
Bernice Moore
Janet Roberts

13th

Linda Lococo
Charles Blum
Ronald Kettler
William Reynolds
Wilda Sambuco

14th

Doris McNeal
★ *Ralph Merryman*
Jennifer Wiggins
Denise Starr
Virginia Wiggins

15th

Earl Smith
Agnes Brown
Florence Bamhouse
Norma Thomas
Jeffery Tozer
Bonnie Miller

16th

Frances Hartman
Ramona Mayhugh
Dolores Burkhart
Marilyn Schlantz
Nancy Garrison
James Thatcher
Lucinda McGuire
Carolyn Cox



17th

Lawanna Stonebreaker
Donna Slevin
June Tucker
Melissa Williams
Judith Graybill

18th

Carol Dippel
Rose Barnes
Carole Valentine
Dennis Givens
Marie Heath
Suzann Furney
Fanny Stambolis
Gloria Arn
Mildred Swallie

19th

★ Connie Smith
★ *Dessie Roby*
Mary Miller
Vera Midcap
George Rice
Dorothea Myers
Phyllis Barker

20th

Walter McCabe
Ruth Betts
Margaret Pyle

21st

Lloyd Baker
Richard Fiscus
Robert Barnes
Betty Patroski

22nd

Janice Kovack
Faye Brown
George Hess
Donald Taddia
William Roberts

23rd

Barbara Gay

24th

James Petschauer
John Harris
Connie Priore

25th

William McDougal
Darlene Locq
Patricia O'Conner
Dorothy Stewart
Kathleen Garber
Shirley Duch
Patricia Crooks
David Call

26th

Betty Barylak
Sherman Lyons, Jr
Dorothy Thurnes
Kenneth Imer

27th

Nancy Theaker
Glenn Prager
William Kovalyk, Jr
Donald Nau
Raymond Basluke
Dorothy Holmes
Doris Milhoan

28th

Barbara King
Joann Henderson
Emily Ruskowski
Charles Gresak
Nancy Connley
Leonard Matchett

29th

Louis Degenova



Inclement Winter Weather Policy Senior Services of Belmont County

The policy regarding Belmont County Senior Centers' operations for inclement weather conditions are as follows.

LEVEL I SNOW EMERGENCY:

All programs will operate unless closed at the Executive Director's discretion.

LEVEL II SNOW EMERGENCY:

CENTERS: Closed (no congregate meals or center transportation) **STAFF REPORTS** (Center Director's discretion on if center is open to members or public.)

MEALS: Operation under the Executive Director's DISCRETION.

MEDICAL TRANSPORTATION: Operating ONLY to transport dialysis patients.*

HOMEMAKING SERVICES: As indicated by the Homemaking Contract Agency.

LEVEL III SNOW EMERGENCY: **ALL OPERATIONS CLOSED**

*If the Executive Director cancels all transportation services, dialysis patients can receive transportation via EMS services.

School delays and/or cancelations are not considered factors when deciding to cancel services for the day(s). Remember, the Agency's primary concerns are for yours and our staff's personal safety. Please use extreme caution before deciding to drive to your center or any destination.

To obtain information about closings, listen to your local TV and/or radio stations or call your local senior center. If you get a recording, the center is most likely closed.

Revised by SSOBC 1.20.2016

Revised 10/18/18 [Signature]

Winter Weather Safety For Older Adults

- Visit weatherstafety.ohio.gov to learn the latest weather terms and know what to do.
- Assemble an emergency kit with water, food, radio, flashlight etc.
- Include special considerations in your emergency kit, such as medications and medical equipment.
- Have a plan for where to go and how to get there if you can't stay in your home.
- Check on older loved ones and neighbors during severe weather.
- Contact your area agency on aging (1-866-243-5678) for help.



WINTER DRIVING TIPS FOR THE ELDERLY

Driving becomes more difficult as we age, and can be especially difficult throughout the winter season. Wet, slick roads can quickly freeze when temperatures drop, causing roads to become icy and dangerous. By taking certain precautions and being mindful of the roads, the elderly can safely navigate the roads this winter.

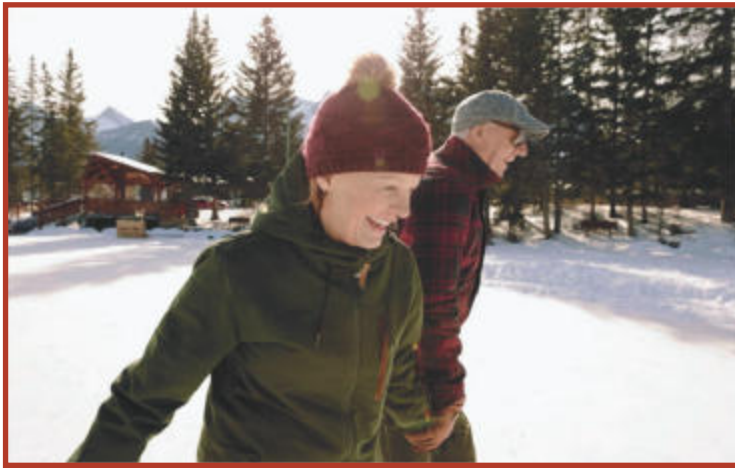
•**Parking Lot Dangers:** Slipping and falling on ice can hurt, no matter what your age. For the elderly, recuperation time can be prolonged due to the age of the bones and muscles in the body. Worse, elderly people who face slip-and-fall injuries may face lasting, permanent damages. If you're headed out for a drive, be sure to wear winter boots or another type of skid-resistant shoe. Be mindful of the area your car is parked in, and look out for any puddles that may have frozen to ice.

•**Vehicle Check-list:** Have your car inspected to ensure it is in optimum driving condition. Check the basics like oil, tires, battery, and windshield wipers. Your battery will have more trouble starting in the cold, so if it needs to be replaced do so immediately. Windshield wipers should be intact and functional to clear away any melted snow or ice. Be sure to also check your windshield wiper fluid. Murky water can easily fly up from the tires of vehicles in front of you and quickly freeze onto your windshield.

•**Emergency Safety Kit:** Make your trunk your safety blanket. We mean that figuratively, of course! Pack your trunk with certain provisions in case of an emergency, such as a blanket, shovel, spare ice scraper, an extra set of warm clothing, and cat litter or ice melt. If you find your car stuck in the ice, cat litter can act as a slip-resistant surface for your tire to create traction on. It is recommended that you store an extra jug of wiper fluid in your trunk in case you run out while you're out on the road.

•**Personal Health:** As you age, your body loses the sharpness abilities like vision, hearing, and motor reflexes. Certain pains or ailments that you may experience in old age can make driving difficult. For example, pain or stiffness in your neck can make it hard to look left and right when turning your vehicle. Poor vision can limit you to driving to a certain time of day, in order to drive safely. Pay attention to the ways that your body is changing, and schedule regular appointments with your doctor to ensure you are in driving condition, especially throughout the winter.

•**Car Control:** Automatic transmission, power steering and breaks are all features that will make driving in your old age easier, but you should still be mindful of other drivers on the road. In the winter months, allow more time for slowing and stopping to avoid problems with ice. Pay close attention to the roads, being mindful of pot holes and snow banks. Watch out for erratic drivers who may think the roads are less slick than they really are. Keep yourself safe this winter with these elderly driving tips !



7 WINTER SAFETY TIPS FOR SENIORS AND THEIR CAREGIVERS

During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for seniors.

Finding elderly care to assist seniors on a regular basis can help keep them safe during any season. Check out the tips below for preventing common cold-weather dangers to seniors.

1. Avoid slipping on ice

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications, which can be a leading cause of death from injury in men and women over the age of 65. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2. Dress for warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65. So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95° if it does get medical assistance immediately.

3. Fight wintertime depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible. A short, daily phone call can also make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily. They can also join their local senior center for activities, fellowship and available resources.

4. Check the car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies. If driving is necessary during the winter, review safe and reliable senior transportation options.

5. Prepare for power outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

6. Eat a varied diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits especially Vitamin D deficiency can be a problem. Consuming foods that are fortified with Vitamin D, such as milk, grains and seafood or options like tuna and salmon are recommended.

7. Prevent carbon monoxide poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to. The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

February

MON	TUE	WED	THU	FRI
RESUME MEALS AND /OR CANCEL MEALS CALL 24/7 740-695-4142 OR 1-800-200-0320	CHOICE OF BREAD: WHITE OR WHEAT CHOICE OF MILK: SKIM, 2%, CHOCOLATE OR JUICE	THANK YOU FOR YOUR DONATIONS!! DONATIONS MAY BE MAILED TO: SSOBC 67650 OAKVIEW DRI. ST.CLAIRSVILLE, OH 43950		
3 BBQ CHICKEN PARTY POTATOES BRUSSEL SPROUTS PEARS, ROLL, MARG., MILK	4 CHILI TOSSED SALAD, DRESSING APPLESAUCE CHEESE & CRACKERS MILK	5 NEW ENGLAND BOIL FRUITED JELL-O CORN MUFFIN, MARG., MILK	6 FRIED CHICKEN BAKED BEANS CALIFORNIA-BLEND VEGGIES BANANA, MUFFIN, MARG., MILK	7 BEEF STROGANOFF PEAS AND CARROTS HARVARD BEETS APRICOTS BREAD, MARG., MILK
10 PATTY MELT TATER TOTS CAULIFLOWER MANDARIN ORANGES RYE BUN, MUSTARD, MILK	11 HAM AND BEAN SOUP TOMATO JUICE COTTAGE CHEESE PINEAPPLE CORN MUFFIN, MARG., MILK	12 CHICKEN PECAN SALAD RASPBERRY DRESSING APPLE -CARAMEL DIP PUDDING, MILK	13 ITALIAN MEATLOAF AU GRATIN POTATOES GREEN BEAN CASS. FRUITED RED JELL-O, ROLL, MARG., MILK	14 CHICKEN NOODLE CASS. CHERRY CRISP MIXED VEGGIES PEA SALAD BREAD, MARG. MILK
17 CLOSED PRESIDENTS' DAY	18 SLOPPY JOES LOADED MINI BAKERS SUCCOTASH FRUIT CUP BUN, MILK	19 VEGETABLE SOUP PEACHES COTTAGE CHEESE PB&J SANDWICH CRACKERS, MILK	20 BAKED PORK CHOP AU GRATIN POTATOES CALIFORNIA-BLEND, ROLL, APPLESauce MARG., MILK	21 HAWAIIAN CHICKEN RICE-BROCCOLI, BABY CARROTS, PINEAPPLE, BREAD, MARG., MILK
24 STUFFED PEPPER MASHED POTATOES CREAMED CORN PEARS, ROLL, MARG., MILK	25 TURKEY & DRESSING SWEET POTATOES SPINACH CRANBERRY JUICE BREAD, MARG., MILK	26 ASH WEDNESDAY MACARONI & CHEESE STEWED TOMATOES BUTTERED PEAS GRAPES, BREAD, MARG., MILK	27 HAM LOAF SCALLOPED POTATOES BRUSSELS SPROUTS AMBROSIA SALAD ROLL, MARG. MILK	28 FISH SANDWICH PARSLEY POTATOES GREEN BEAN CASS. COLESLAW, TANGERINE, BUN, TARTAR SAUCE, MILK

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



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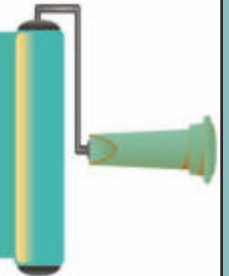
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