

SENIORMOMENTS



June 2009

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•435- 257-9455 • 435-230-0309 • fax 435-257-9454 • 510 W 1000 N • mlayne@tremontonciv.com

Happenings

QUILTING EVERY DAY
Sitting Exercises daily 11:00

1st FOOT CLINIC

Call and make apt.

2nd Pink Ladies Blood
Pressure Clinic 11:00-12:00

3rd Card Making

 5th Odell Summers

10th BINGO 10:45-11:45

12th LIFE LINE

SCREENING call for apt.

 12th Becky Kimball
entertainment

16th Pink Ladies Blood
Pressure Clinic 11:00-12:00

18th Father's Day
Celebration

18th Rudd's Reservation
Reserve your lunch today

18th Self Essentials 5:30
Call for info

 19th Entertainment

21st Father's Day

23rd Blue Butterfly Day

 23rd Casper Run for Ice
Cream (Call for info.)

 24th Casper Run

 26th Best Friends
Come in and Check us OUT

What a busy month. We will be starting a computer class on Mondays and Thursdays at 10:00 am. You must register to take the class. The class is free to seniors. Remember our card making class the first Wed. of the month. Our trip this month is to Casper's Ice Cream. If you want to join, call for information. Life Line, will be here June 12th. Also, on the 3rd Thursday of the month (June 18th), congregate lunch is free for seniors. Courtesy of Joe Rudd. Please thank him when you take advantage of this service Please!! call us by the Tuesday before to make a reservation. Would you like to be in a JAM SESSION with some talented older folks. Dou you play the harmonica? They would love to have you in the group. Let me know.

H1N1 Flu (Swine Flu)

What You Can Do to Stay Healthy

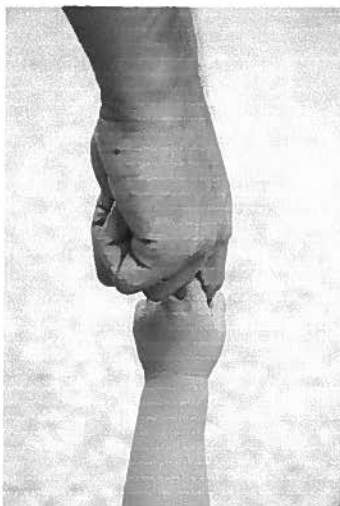
- **Stay informed.** This website will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

**COMPUTER CLASS MONDAY AND THURSDAY
10:00AM CALL AND REGISTER FOR THE CLASS**



Two little old ladies were attending a rather long church service. One leaned over and whispered, "My butt is going to sleep." "I know," replied her companion, "I heard it snore three times."

June



"Father's Day" on the 21st

Something for you to enjoy!

There's something like a line of gold thread running through a man's words when he talks to his daughter, and gradually over the years it gets to be long enough for you to pick up in your hands and weave into a cloth that feels like love itself. ~John Gregory Brown,

Decorations in a Ruined Cemetery, 1994

A father carries pictures where his money used to be.
~Author Unknown

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years. ~Mark Twain, "Old Times on the Mississippi"

Atlantic Monthly, 1874

Blessed indeed is the man who hears many gentle voices call him father! ~Lydia M. Child,
Philothea: A Romance, 1836

I don't care how poor a man is; if he has family, he's rich. ~M*A*S*H, Colonel Potter

Dad, your guiding hand on my shoulder will remain with me forever.

~Author Unknown



Spread the diaper in the position of the diamond with you at bat. Then fold second base down to home and set the baby on the pitcher's mound. Put first base and third together, bring up home plate and pin three together. Of course, in case of rain, you gotta call the game and start all over again. ~Jimmy Piersal, on how to diaper a baby, 1968

The greatest gift I ever had
Came from God;
I call him Dad!

~Author Unknown

Dear Lord...

So far today, I am doing all right.

*I have not gossiped, lost my temper, been greedy, grumpy,
nasty, selfish, or self-indulgent.*

I have not whined, bitched, cursed, or eaten any chocolate.

I have not charged on my credit card.

But I will be getting out of bed in a minute, and

I think that I'll really need your help then.

HAPPY BIRTHDAY

Verl Rose, Nola Hale,
Margaret Jensen, June
Garfield, Jerry Stam, Doris
Roche, Lamont Harris, Ray
Collom. Erma Bourne,
Marjorie Kidman, Melvin
Wysong, Delfinia Barela,
Voris Austin, Connie Rae
Miller, Phyllis Peterson,
Sherman Kitchen, Dale
McCombs, Thelma Austin,
Clair Holmgren, Roger
Phillips, Vivian Evans, Nickie
Smith, Shirley Josephson,
Marie Carter, Edith Berry,
Elizabeth Snow, Kay Oman,
Jean Dunn, Irene Payne,
Emily Jensen, Roma Jean
Bourne, Margie Goring,
Mareen McCardle, Bonnie
Sue Grover, Edna
Thompson, John Hughes,
Judy Mieure, Roger Oyler,
June Lewis, Garry Carter,
Mary courter, Evelyn
Isaacson, Dennis Barfuss,
Audrie Able, Judy Deakin,
Betty Hess, Robert Michaelis,
Sheila Burnett, tobert
Mendoza, Patsy Creager,
Mary Christensen, Ann
Potter, Mary Moriyama,
Marcus Lee, Max Adams,
Barbara Falk, Kim Tazoi,
Leona Austin, Carma
Bradshaw

*One must
have sunshine,
freedom, and
a little
flower.*

— Hans Christian Anderson

Read this and see if sounds like you or anyone you know!!!!

- ***“I have an illness or conditions that make me change the kind and /or amount of food I eat.”***

For many reasons, four out of five senior change what they eat. Sometimes it's because they have an illness or physical discomfort, take medication that makes them lose their appetite or simply don't have enough money to buy the foods they need. Others have difficulty getting around, don't understand a special doctor prescribed diet or are experiencing grief, sadness, memory loss, or confusion. Regardless of the reasons for changing your eating habits, there are many things you can do to make sure you get the nutrients you need. See your doctor regularly. Check with your doctor before you try a new diet, supplement or treatment for an illness. Sometimes these alternatives can be harmful when used together. Check with your Senior Center to find out about liquid nutritional supplements. They might be helpful in your situation.

- ***My Food's too expensive-****If this is a problem calling 435-257-9455 is a good place to start. They will let you know how to contact the food pantry in our area.*
- ***I have Trouble getting around-****See if you are eligible for Meals on Wheels or for transportation to lunch at noon.*
- ***I don't have Good food and good company every day-****Socializing helps you feel good and sharing meals with others is a great way to socialize. Your senior center can provide a nutritious meal, complete with friendship and good conversation. Give it a try.*

How about snacks? If you don't always feel like sitting down to a full meal, eat several nutritious snacks instead. Some ideas: cereal with milk, fruit and yogurt, peanut butter with banana, cottage cheese and fruit, or soup.

- *Limit salt, salty foods and highly processed foods.*
- *Eat a balanced diet, chose from a variety of foods.*
- *Maintain a healthy weight.*
- *Eat a low in fat, saturated fat and cholesterol.*
- *Eat plenty of fruits,, vegetables and whole grain products.*
- *Drink alcohol in moderation, or not at all.*
- *Eat a fiber rich diet (20 to 30 grams of fiber each day)*
- *Drink a least a quart of plain water daily – whether you're thirsty or not!*



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe Pasta Salad Green Beans Juice Surprise Cake	2 Chicken Rice Cass. Colorful Veg. Salad Mixed Veggies Bread Juice P B Cookie	3 Meat Loaf Baked Potato Juice Apple Cinn. Jell-O Peas & Carrots Cheese Cake	4 Tater tot Cass. Ambrosia Cabbage Bread Juice Bar Cookie	5 Turkey Steak Potatoes / gravy Green Beans Roll Seafoam Salad Banana Cake
8 Tamale Pie Fruit Cup Broccoli Cherry Cobbler	9 Mad Hatter meat balls / Rice Peas Fruity carrot balls Bread Juice Bread Pudding	10 Chef Salad Fruit Roll Rice Krispie Treat	11 Cowboy Delight Tropical Slaw Green Beans Bread Juice Robert Redford Cake	12 Roast Beef Potatoes /Gravy Lemon Pudding Jell-O Salad Roll Veggies Pumpkin Dessert
15 Tuna Casserole Creamy Fruit salad Peas Juice Apple Pudding	16 Enchilada Spinach Salad Beans Banana Lemon Squares	17 Corn Beef Cass. Mixed Berries Jell-o Cabbage Juice Snickerdoodles	18 Taco Salad Beets Corn Bread Chocolate Pudding	19 Baked Chicken Stuffing Coconut Fruit Salad Mixed Vegetables Roll Ice Cream
22 Chicken Pillows Pistachio Salad Beets Juice Carrot Cake	23 Chow Mein Rice Chinese Salad Egg Roll Juice Éclair Pie	24 Meat Balls/gravy Noodles Waldorf Ambrosia Cabbage Bread Raisin Cookie	25 Minestrone Working Girl Salad, Sandwich Better Than Anything Cake	26 Pork Roast Potatoes / gravy Jell-O Salad Green Beans Brownies
29 Chicken Pot Pie Fruit Cup Mixed Vegetables Bread Peanut Butter Pie	30 Spaghetti Green Salad Peas Bread Applesauce Cake	Menu subject to change without notice.	Bread and Milk available every day with meal.	PLEASE. . . Make reservations for coming to lunch each day

CALL TO RESERVE YOUR SPOT FOR LUNCH
257-9455 OR 230-0309

Fred and Don had been really good friends. Don had died and was in heaven just wandering around and came onto Fred. Don asked him what he had died of and Fred said hypothermia. Don said he had died of a heart attack. He had suspected his wife of having an affair and was trying to get some proof. He went home early one day and looked all over the house trying to do it without making his wife suspicious. He looked high and low and got so worked up, he had a heart attack and died. Fred said, "If you had looked in the freezer, we both might have lived."