



## Welcome to Mid-County

Our mission is to be a welcoming and enriching community for adults age 50+.

At Mid-County, we strive to offer social, recreational, and fitness-oriented programs.

Nestled in the back of the Sherwood Park II neighborhood, we're thankful to be part of the Delaware National Guard building; in fact, we've called it "home" for over 40 years! Mid-County operates in the heart of New Castle County, primarily serving the Newark, Mill Creek, Pike Creek, and Hockessin areas.

As a guest of the National Guard, our hours are subject to change.  
Please check our Facebook page for updates.

## Updates

### CLOSINGS

Mid-County will be closed on Monday, February 17, 2025 in observance of Presidents' Day.

## FEBRUARY HIGHLIGHTS (FOOTBALL EDITION)

- The Super Bowl square game is back! Square space(s) are \$5.00 per square. Cash only. On Friday, February 7th at 10AM, the numbers will be randomly chosen for the board. The four winners will be called to collect their prize money.

- Speaking of the Super Bowl, you can watch the game at Mid-County! Join our fantastic volunteer Bob Zap for food and football on Sunday, February 9 from 5:30PM - 10:30PM. Stop by the office for more info or to fill out the potluck form!

## Mission Statement

The welcoming community of Mid-County Center offers healthy, fun, and nurturing activities and programs to people 50+ that enable them to age well, with purpose and dignity.

## Title VI Notice

Mid-County Center, Inc. operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act.

## Mid-County Center

Hours of Operation: Monday - Friday, 8AM - 3:30PM

Phone: 302-995-6728 | Fax: 302-995-6515 | Email: [sencen@midcountyseniorcenter.org](mailto:sencen@midcountyseniorcenter.org)  
First Regiment Road, Sherwood Park II, Wilmington, DE 19808  
[midcountyseniorcenter.org](http://midcountyseniorcenter.org) | [facebook.com/midcountycenter](https://facebook.com/midcountycenter)

# 2024 Annual Appeal

Thank you for your generous donations - Mid-County Center would not be possible without you!

Sylvia Adams	Patricia Creutzburg	Susan Hennessey	Donnitta Scott	Frank Secoda
Laddie Amini	Edward Crumlish	Janie Hewitt	John Mose	Camille Shea
Laura Anderson	Annette DeMarco	Ellen Hinrichs	Michele Mowbray	John Simmens
John Augustine	Susan DePace	Elizabeth Hughes	Linda & Ling Moy	Marge & Bob Spittle
Rudy Azzanesi	James Dickinson	George & Stephanie Humeniuk	Judith Myers	Deborah Squadrito
Elizabeth & Bill Baker	Dorothy DiFebo	Anne & Bob Hurlock	Teresa Nash	Cecelia Stegura
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John Banaszak	Jenny Dotson	Christine Iannone	Theresa O'Connor	Elizabeth Stirk
Fran Battaglia	Rocky & Sue Dubia	Marie Keating	Margaret Olivero	Marian Taylor
Donald Bauman	Laneita Dunphy	Kathy Kerstetter	Marlene & Joe Papillo	Terry Taylor
Len Beck	Jill Eastep	Theodore Killheffer	William Parten	Barbara Teoli
Richard Behling	Linda Eklund	Kathryn Kirchenbauer	Marie Perrone	Arlene Thompson
Susan Benson	Lon Elmer	Marge Knitowski	Jodei Pezner	Nan Tian
Carol Bergner	James Farrell	Barbara Krajewski	Diane Profita	Shirley Tielleman
Patricia Bihary	Dorma Finrock	Mary Jo Kulp	Filomena Protack	Lydia Titus
Betsy Bohenic	Sue & Bill Getman	Stacie Larkin	Thomas & Melanie Ramsey	Nola Townsend
Olivia Bohenic	Lisa Graef	Phillip Lau	Dottie Randazzo	Nancy & Buddy Turner
Mary Anne Bonner	Katherine Grandine	Jeanette Lavecchia	Mariagnes Rash	Patricia Valdes
Rob & Susan Boyer	Sally & Don Green	Barbara LeFrancois	Fran & Nancy Raymond	Herbert Vendler
David Brownlee	Mary Ellen Gruber	Deborah Lopez	Margaret Renai	Junko Wahl
Daniel & Marlene Carr	Sharon Gue	Mary Anne Lougheed	Rose Resende	Joann Wallace
Joann Cern	Becky Gutin	Kathleen Lumley	Carol Reule	David White
Paul Chalfant	Ilene Guzik	Karen Lynch	Shirley Riley	Sara Wolhar
Sandra Chambers	Mary Kate Hall	Margaret Mackelcan	George & Patricia Rittenhouse	Margo Woodacre
Cathy Ciolek	Anne Hamilton	Caroline Maloney	Eleanor Ryan	Mary Jane Yanaitis
Dennis Clark	Catherine Hanna	Elizabeth Margerison	Connie & Dominic Sansone	Robert Zappaterrini
Joanne Coil	Barbara Harris	Kathleen Marsilii	Christine Schaal	Gail Zimmerman
Alice Conlin	John Haug	William Matt	William Schadel	Senior Olympics DE
Helen Cooper	Jeanne Havrilla	Marjory McConnell	Nancy Schlott	Mid-County Volleyball
Mary Coumatos	Bonnie Heist	William Morabito	Brenda Scott	

## Mid-County Information

### FEBRUARY MESSAGE FROM HANNAH

After a long, cold January I'm happy to report February is here and I'm going to be slipping that groundhog a \$50 to ignore his shadow so we can have an early spring. Whether it warms up or not, we have a great February planned for Mid-County Center!

Starting strong, we'll be supporting our Philadelphia Eagles when they return to the Super Bowl for redemption on February 9th – if you want to cheer them on with some of your members, be sure to check out our Watch Party starting at 5pm at Mid-County! Even if you can't make it, you can still participate with our Squares game to test your luck at \$5 a square! Not a football fan? Be sure to check out our Valentine's Day Party on Feb 11th, which will include events throughout the morning including Valentine's Inspired Bingo with prizes, a much anticipated performance from Miguel, "Guess that Love Song", and return of Jackpot Bingo.

If you're looking to get healthier this year, be sure to stop by the office to learn about or sign up for our Empowered Aging: Nutrition and Physical Activity 12 Week Program. By participating you'll receive a free journal, pedometer, cookbook, weekly recipe cards, free lunch the day of program, and up to \$15 worth of free produce each week! All that on top of education from a registered dietitian, a public health professional, and more! We can only accept up to 25 people, so be sure to register early.

Lastly, we have many different educational sessions so be sure to check out our Activities page and mark those calendars! Also be sure to check out our website where we have our first blog post on Mahjong, and be on the lookout for the next on LCR Night! Warmer weather will be here soon but while you wait, join us for some fun!

### MAE'S CATS

Mae needs donations to continue taking care of the stray cats at Mid-County. Please donate if you're able. Please see Mae to donate.

### BUS REMINDERS

- Transportation to and from Mid-County is available to those living in our area for \$2.00 a day. \$2.25 will be charged for no shows. This service bills monthly; prompt payment is encouraged
- Our bus leaves Mid-County to start the morning bus route at 8 a.m. Riders need to be ready by 8 a.m. Bus riders need to be ready to board the bus and leave Mid-County by 2 p.m.
- If you have any questions about our bus route or riding the bus, please call us!

### Staff

**Hannah Ciolek** - Executive Director

**Larry Dineen** - Maintenance Supervisor

**Nancy Schlott** - Fitness Instructor

**Samantha Healey-Smith** - Growth Director

**Mae Stepler** - Program Coordinator

**Lori Lentz** - Nutrition Site Manager

**Haley Williams** - Info. & Design Director

# Weekly Gym Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM		Walking 8AM - 9AM	Walking 8AM - 9AM	Walking 8AM - 9AM	Walking 8AM - 9AM	Walking 8AM - 9AM	
9AM		Strength Training 9:15AM - 10:15AM	Bocce 8AM - 9:15AM On the Move 9:30AM - 10:15AM	Strength Training 9:15AM - 10:15AM	Bocce 9:15AM - 10:15AM	Strength Training 9:15AM - 10:15AM	
9:30AM							
10AM	Pickleball [3, 4, 5] 10AM - 12PM Select Dates	Pickleball [4] 10:30AM - 11:30AM	Tai Chi 10:30AM - 11:15AM	Pickleball [4] 10:30AM - 11:30AM	Tai Chi 10:30AM - 11:15AM	Pickleball New Player Clinic [0, 1] Select Dates	Pickleball [2, 3, 4] 10AM - 12PM Select Dates
10:30AM							
11AM							
11:30AM		Pickleball [2,3] 11:30AM - 12:30PM	Badminton 11:30AM - 1PM	Pickleball [4] 11:30AM - 12:30PM	Pickleball [4] 11:30AM - 12:30AM	Pickleball [2] 11:30AM - 12:30PM	
12PM							
12:30PM	Pickleball [3,4] 12:30PM - 1:30PM	Badminton 1:30PM - 3PM	Pickleball [2, 3] 12:30PM - 1:30PM	Volleyball 1PM - 3PM	Pickleball [3, 4] 12:30PM - 1:30PM	Pickleball Skills & Drills Class 12:30PM - 2:30PM Select Dates	
1PM							
1:30PM							
2PM							
3PM							
4PM		Pickleball [3, 4] 3:30PM - 5:30PM	Pickleball [2] 3:30PM - 5:30PM		Pickleball [2, 3] 3:30PM - 5:30PM		
5PM							
6PM		Pickleball [2, 3] 6PM - 8PM	Pickleball [4, 5] 6PM - 8PM		Pickleball [4, 5] 6PM - 8PM		
7PM							
8PM							

## PICKLEBALL GUIDELINES

Evening and weekend play is offered by the generosity of our Pickleball Ambassadors. Weekend and evening play times are scheduled in accordance with the National Guard facility needs and Ambassador availability. Please check our website for specific weekends each month. Mid-County Center is a guest of the National Guard. We are grateful for their support, service, and leadership.

MCC program scheduling is subject to change. Any fees paid to play will be credited to player's accounts when play is cancelled due to scheduling needs or lack of players. Players will be charged for no shows and late cancellations (within 24 hours). Thank you for your patience and understanding.

- Please arrive in the 10-minute window before your scheduled play time. Facility doors are locked at game time.
- Please keep a pre-pay balance on your account or bring exact change to improve check-in efficiency.
- Please use your membership card to check-in, select your time, then save using the green button in the upper left corner of the computer screen.

Play is open to Mid-County members first. Please join online through our website. Membership is free for anyone age 50+. Register to play pickleball on our website. Pickleball fees are \$2.50 per hour with additional fees for special events. Weekend Skills & Drills clinics are \$10.00 for 2 hours. For more information, please see Mid-County's Pickleball Guidelines, available at Mid-County and on our website.

## PICKLEBALL SKILL LEVELS

### Level #01: New Player

1. Desire to learn about the game
2. Prepared to listen, learn, practice skills, and have fun

### Level #02: Beginner

1. Minimal understanding of the basic rules of the game (i.e. 2 bounce rule)
2. Demonstrates a forehand
3. Demonstrates a backhand
4. Demonstrates a volley and with direction
5. Has good mobility, moving in a safe and balanced manner
6. Accurately places serve into correct square focusing on direction

### Level #03: Intermediate

1. All of Beginner [2]
2. Able to hit a medium-paced forehand with direction & consistency
3. Able to hit a medium-paced backhand with direction & consistency
4. Able to hit a medium-paced serve with depth, direction, & consistency
5. Able to consistently sustain a dink rally with control
6. Able to hit a medium-paced volley with direction & consistency
7. Server requirement: 7 out of 10
8. Server return requirement: 7 out of 10

### Level #04: Experienced

1. All of Intermediate [3]
2. Able to use forehand with moderate level of shot control
3. Able to use backhand with moderate level of shot control
4. Consistently gets serve in
5. Consistently gets return of serve in
6. Able to place serve deep in the court
7. Able to dink and sustains medium length rallies
8. Able to volley with medium paced shots with control
9. Sustains a short volley session at the net with placement and control
10. Server requirement: 8 out of 10
11. Server return requirement: 8 out of 10

### Level #05: Advanced

1. All of Experienced [4]
2. Consistently hits forehand, backhand, serve with depth, control, speed
3. Consistently gets return of serve in with varying depth and speed
4. Accurate in placing lobs
5. Able to block and return fast, hard volleys
6. Aware of partner's position on the court and moves as a team
7. Has good mobility, quickness, and hand-eye coordination
8. Server requirement: 9 out of 10
9. Server return requirement: 9 out of 10

# Activity Schedule

Listed below are the general times for activities at Mid-County. Programs listed in the room will have preference, however no room is completely reserved for any group – please be accommodating of members participating in other activities. Please also note these activities and times are subject to change and monthly clubs or other programming may alter schedules as determined by staff.

	MON	TUES	WED	THUR	FRI
<b>Puzzles/Wii</b> <i>Main Room</i>	All Day	All Day	All Day	All Day	All Day
<b>Pool Table</b> <i>Stage</i>	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM	8AM - 10AM
<b>Playing Cards</b> <i>Main Room</i>	8AM - 10:30AM	8AM - 10:30AM	8AM - 10:30AM	8AM - 10:30AM	8AM - 10:30AM
<b>Shuffleboard</b> <i>Main Room</i>	9:30AM - 10:30AM		9:30AM - 10:30AM		
<b>Yoga - Day</b> <i>Garden Room</i>	11AM - 12PM		11AM - 12PM		
<b>E-Z-CISE</b> <i>Main Room</i>		10:30AM - 11:30AM			10:30AM - 11:30AM
<b>Lunch</b> <i>Main Room</i>	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM	11:45AM - 12: 15PM
<b>Penny Bingo</b> <i>Main Room</i>	12:15PM – 2PM	12:15PM – 2PM	12:15PM – 2PM		12:15PM – 2PM
<b>Pinochle</b> <i>Garden Room</i>	12:15PM - 2:30PM	12:15PM - 2:30PM		12:15PM - 2:30PM	
<b>Mahjong</b> <i>Garden Room</i>	12PM - 3PM		12PM - 3PM	12PM - 3PM	12PM - 3PM <i>(Beginner friendly)</i>
<b>Ping Pong</b> <i>Annex</i>	12PM - 3PM	12PM - 3PM	12PM - 3PM	12PM - 3PM	12PM - 3PM
<b>Rummikub</b> <i>Main Room</i>		1PM - 2:30PM		10:30AM - 11:30AM	

## Held Weekly:

Ceramics: Tuesdays from 10AM - 1:30PM in our **Ceramics Room**  
 Bridge: Tuesdays from 9:30AM - 12:15PM in our **Garden Room**  
 Balance with Nancy: Wednesdays 10:30AM - 11AM in our **Main Room**  
 Bible Study: Thursdays 10:30AM - 11:30AM in our **Annex Room**  
 Corn Hole: Last Friday of the month 9:30AM - 10:30AM in our **Main Room**

## ACTIVITY PRICES

*Every effort is made to keep activities at low or no cost. If you need financial assistance, please see our Executive Director.*

**Ceramics** - \$10.00 per session, paid to instructor; **Quilting** - free  
**Fitness Program (Fitness Center & Strength Training)** - \$20.00 per month, paid to Mid-County  
**Pickleball** - \$2.50 per 1 hour session, \$5.00 per 2 hour session, \$10.00 for Skills & Drills clinics, paid to Mid-County - fees may be paid at the time of online registration with PayPal or select the “pay later” icon to pay with cash, check or card in the office  
**Penny Bingo** - 1¢ per card, paid to the community pots

# In Person Programs / Activities

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## **PRESENTATION WITH DE CENTER FOR JUSTICE**

Monday, February 3 | 10AM - 11AM | Garden Room

DE Center for Justice provides support to adults 50+ that are being/have been victims of crimes in New Castle County.

## **EMPOWERED AGING - INFORMATION SESSION**

Monday, February 3 | 10AM

Learn more about this FREE 12-week program on health and nutrition!

## **KNITTING CLUB**

Fridays in February (Feb. 7, 14, 21, 28) | 10AM

All skill levels are welcome! Join instructor Leslie Healey as she teaches how to knit a cowl scarf! Yarn will be provided. Please bring a size 7 (14" long) pair of knitting needles.

## **VALENTINE'S ENTERTAINMENT WITH MIGUEL**

Tuesday, February 11, 2025 | 10:30 a.m.

Everyone's favorite crooner Miguel will be back to celebrate Valentine's Day at Mid-County! Join us at 9:30AM for themed games and trivia - and be sure to stick around for jackpot bingo!

## **BOOK CLUB**

Tuesday, February 11 | 12:30PM - 2PM

Book: The Maid by Nita Prose

## **FEBRUARY PICKLEBALL REGISTRATION**

Friday, February 21 | 8AM

## **BROOKDALE SENIOR LIVING INFORMATION SESSION**

Monday, February 24 | 10AM

## **DAYTIME YOGA, EVENING YOGA, & TAI CHI**

Daytime yoga, evening yoga, and tai chi will continue for free through winter 2024.

Daytime yoga

Mondays at 11 a.m. | Wednesdays at 11 a.m.

Evening yoga

Tuesday evenings from 5:30 p.m. - 6:30 p.m. | February 4, 11, 18, 25

Tai Chi

Tuesdays from 10:30 a.m. - 11:15 a.m. | Thursdays from 10:30 a.m. - 11:15 a.m.

## **Virtual Programs**

*Links to all programs are on our website*

## **CARING AND SHARING GROUP**

The Caring and Sharing group will meet virtually on Monday, January 13 at 10:30 a.m.

## DE-JUNKING YOUR DIET

Eating healthy isn't always easy. Expert-recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can be expensive and time-consuming. Highly processed foods are often cheap and convenient. But they also tend to be high in calories, added sugar, saturated fat, and salt, and low in fiber. Scientists are starting to learn that highly processed foods can have certain effects on your body that may make sticking to your healthy eating goals even harder. Eating too much of them may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

### What Are Ultra-Processed Foods?

Most foods that we eat are processed to some extent—they're modified from how they exist in nature. Chopping, grinding, drying, cooking, and freezing are all forms of food processing. Some forms of processing are good for your health. For example, cooking meat and pasteurizing milk can help prevent foodborne diseases. But if your food is processed too much, it may be harmful to your health.

Ultra-processed foods are those that have undergone the greatest level of processing. As a general rule, ultra-processed foods are those that have been made using additives, ingredients that you wouldn't likely have in your home kitchen. These include things like hydrogenated oils, isolated proteins, and high-fructose corn syrup. Ultra-processed foods are often made using industrial processes that you can't easily do at home.

"If you're standing in the grocery store, in one of the middle aisles, and the thing that you're holding is in a crinkly package, you're probably holding an ultra-processed food," says Dr. Alexandra DiFelicantonio, a neuroscientist who studies health behaviors at Virginia Tech.

Ultra-processed foods are designed to be low cost and have long shelf lives. They're tasty, convenient, and ready to eat. Examples include carbonated soft drinks, chips, chicken nuggets, and sausages. Having too much of these in your diet may result in overeating and can be harmful to your health.

### Changing the Brain

One way that ultra-processed foods might lead to overeating is by altering the brain. DiFelicantonio's team is using MRI scans to see how ultra-processed foods affect the brain's reward system. These are the parts of the brain that are activated by pleasure and drive us to seek it out. DiFelicantonio is studying whether a diet high in ultra-processed foods affect this system, and if the changes lead to people eating more when they're not hungry. If consuming ultra-processed foods and drinks might make you want more, does that mean you can get addicted to them? Right now, it's not clear whether ultra-processed foods are addictive. But some studies suggest they might be.

"These ultra-processed, highly rewarding foods have way more in common with a cigarette than they do with an apple or an orange or black beans," says Dr. Ashley Gearhardt, a clinical psychologist who studies overeating behaviors at the University of Michigan. "Some of the same brain circuitry turns on when we're craving drugs as when we're craving these ultra-processed foods."

Gearhardt says that eating ultra-processed foods may lead to a compulsive habit. This means you have difficulty cutting back even when you want to. This is similar to what happens with addictive substances.

Addictive substances can also cause withdrawal symptoms when you stop taking them. Symptoms can include irritability, agitation, depression, and strong cravings for the substance. Gearhardt and others are studying whether cutting back on ultra-processed foods can cause similar withdrawal symptoms. This research may help explain why eating healthier can be harder for some people.

"Right now, we tell people they should feel better if they're eating healthier," Gearhardt says. "But we hear a lot of people say: 'When I start to eat healthier, I feel so irritable and agitated. My cravings are so strong that I don't feel better. I feel worse.'"

If we recognize that these symptoms can occur, we could give people strategies to manage them, says Gearhardt. That might make it easier for people to change their eating habits.

PLACE	DATE	PRICE
Mae's Mystery Lunch	Wednesday, 2/5/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
Dover Downs Casino <i>Dover, DE</i>	Wednesday, 2/19/25 8:30AM - 3PM	\$15.00 <i>Lunch on own</i>
Mae's Mystery Lunch	Tuesday, 3/4/25 10:45AM - 2PM	\$5.00 <i>Lunch on own</i>
Hollywood Casino <i>Perryville, MD</i>	Wednesday, 3/12/25 8:45AM - 3PM	\$15.00 <i>Lunch on own</i>
Boscov's and Lunch <i>Wilmington, DE</i>	Friday, 3/21/25 9:30AM - 2PM	\$5.00 <i>Lunch on own</i>
<b>2025 FUTURE TRIPS</b>		
Escape to Margaritaville <i>At Candlelight Dinner Theatre Arden, DE</i>	Wednesday, 8/20/25 10AM - 3PM	\$80.00 <i>Lunch included</i>

## TRIP GUIDELINES

- There are no refunds on trips.

- Members must make transportation arrangements for trips that run past normal hours.
- "Lunch on own" means members will buy their own lunch during the trip. If a trip runs during "normal" lunch hours (11 - 2), a lunch pit stop will be included in the trip timeline.
- We try to keep trips within an hour of Mid-County. Additionally, we typically don't go to big cities (i.e. Philadelphia) on trips.

### Mid-County Center Code of Conduct

1. Profane or abusive language is not permitted.
2. Should an argument occur, all parties will be asked to report to the office for conflict resolution.
3. Inappropriate conduct (talking, excessive heckling, arguments, etc.) during announcements or programs with guests will result in all involved being asked to leave the room.
4. No smoking on the premises at any time.
5. **If space is at a premium**, do not rest coats, pocketbooks, or other items on chairs.
6. Respect class activities and the instructor teaching them.
7. Respect closed doors.
8. Respect designated spaces for the disabled.
9. Treat others the way you would like to be treated.
10. Have fun and be kind!



# FEBRUARY 2025 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pierogis with Caramelized Onions & Sour Cream Broccoli White/Wheat Bread Fresh Plum	<b>4</b> Sausage, Peppers, & Onions on Club Roll Tater Tots Apple Slices	<b>5</b> Pot Roast in Gravy Mashed Potatoes Carrots Split Top Roll Strawberry Waffle Graham Cookie	<b>6</b> Chicken Wings Sweet Potato Fries Coleslaw Corn Muffin Chocolate Chip Cookie	<b>7</b> Cheesesteak Flatbread Side Salad with Cucumbers and Tomatoes Applesauce
<b>10</b> Broccoli & Cheese Stuffed Chicken Italian Blend Vegetables Brown Rice Mixed Fruit	<b>11</b> Breaded Flounder with Tartar Sauce Stewed Tomatoes Mac and Cheese Applesauce	<b>12</b> Chili with Shredded Cheese Baked Potato Corn Muffin Baked Apples	<b>13</b> Cheese Ravioli Broccoli Diced Pears Garlic Bread Chocolate Cake	<b>14</b> General Tso's Chicken Peppers & Onions Brown Rice Fresh Orange
<b>17</b>  CLOSED	<b>18</b> Blush Sauce Chicken & Penne Broccoli Mixed Fruit Split Top Roll	<b>19</b> Shepard's Pie (Mashed Potatoes, Ground Beef, & Peas & Carrots) 12 Grain Bread Fresh Orange	<b>20</b> Swedish Meatballs Green Beans Egg Noodles Baked Apples	<b>21</b> Lasagna Roll Up with Meat Sauce Italian Blend Vegetables White/Wheat Bread Applesauce
<b>24</b> BBQ Chicken Bites Seasoned Greens Carrots Cheesy Grits	<b>25</b> Stuffed Cabbage in Marinara Sauce with Sour Cream Baked Potato Hawaiian Roll Mixed Fruit	<b>26</b> Chicken & Dumplings Caribbean Vegetable Blend Apple Slices	<b>27</b> Meatloaf Mashed Potatoes Spinach White/Wheat Bread Fresh Orange	<b>28</b> Ham with Scalloped Potatoes Green Beans Hawaiian Roll Apple Cobbler

- Lunch is \$3.00 for those over 60. Special lunches are \$4.00 for those over 60.

- Our meals are ordered in advance. Because of this, the amount of food we have for any given day is based precisely on how many members sign up to eat. You must call or sign up for lunch in person by 11 a.m. the day before. For example, if you want to eat with us on a Wednesday, you have to be signed up by 11 a.m. on Tuesday.

- Your signature is REQUIRED in the City Fare sign in book located on Lori's desk. City Fare requires us to authenticate each meal provided to ensure accuracy of distribution.

# Word Search: Valentine's Day

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

girlfriend  
chocolate  
dances  
movie  
hugs

teddy bear  
bouquets  
dates  
heart  
love

friendship  
flowers  
arrow  
cupid  
red

boyfriend  
cookies  
candy  
pink

valentine  
romance  
roses  
kiss