

August 2023  
THE EAGLE GAZETTE  
JWH Oregon Senior Center  
4350 Navarre Avenue  
Oregon, Ohio 43616

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**THE EAGLE GAZETTE**

**James “Wes” Hancock OREGON SENIOR CENTER**

**Volume 266 ~ August ~ Issue 276**

**Senior Center and Nutrition Hours: Monday—Friday, 9:00 a.m.—2:00 p.m.**

**Phone: (419) 698-7078 - [www.oscoho.org](http://www.oscoho.org)**

# From Paula's Desk

Dear Oregon Senior Center Members,

Wow! Where did the month of July go? It seems like after the 4th, summer just flies by. Hope all of you are well and enjoying the sunshine. Remember the Center is a designated cooling station, even on the weekends. Just give us a call and we will do our best to accommodate. My phone number is in this newsletter and is posted on the doors of the Center.

June was a busy month with the Americana potluck. We have the best cooks. Thank you to all who contributed. Please if you are designated to bring a dish to share by the by the first letter of your last name and plan to donate money instead please do so a few days in advance (This month is R–Z.) Donations of money the day of does not help with food & supplies needed. July's potluck was a bit of a frenzy to say the least, but Brian Harmon from Elara Caring came through for us. Kroger contacted him that morning to let him know their fryer was broken and could only do the first 50 pieces. Brian and his wife had to really scramble to get enough chicken here in time to eat. THANKS BRIAN!

As most of you are aware we are working towards the Senior Service Levy being on the ballot in November. The ordinance was passed by Oregon council on July 10, 2023, followed by my presenting information and answering questions on July 17, 2023. Tonight at the Council meeting will be the last vote, then we move on to the County to be on the ballot in November. We have been asking for the Seniors to show-up at Council tonight to show support of the levy.

We had several speakers during the month of July. Thank you to those who were present and listening. Those of you who took snacks and/or give aways and then walked out is very disappointing. Be kind, be courteous and you just might learn something. We do get funds for presenting speakers. We were also very lean on the attendance to the Annual meeting. I don't know how to convey that the actual meeting is to review the year before finances. Activities and programing is a completely different topic. My door is always open, give me a heads up and we can set aside time to talk.

A BIG Thank You to the Anderson's for cleaning up the Euchre room. The help is greatly appreciated on all levels. Also, Thank You Marlene Danko for trying to help us with the cookie decorating project. What the heck, we tried.

So, we will finish July with "A Christmas in July Sale". We have lots of Christmas "stuff" available. We will be selling from 9–4 Friday and 9–2 on Saturday. Coffee pot is always on, ice tea will be chilling and of course, Christmas cookies! Santa hasn't RSVP'd as of yet, but he is probably avoiding the heat!

What's in store for August? Hawaiian potluck on Monday, August 14 at noon (yes, noon), Rollin' Farmers Market on Wednesday, August 2nd and 16th, and All Day Bingo on Monday, August 28.

My schedule has returned to some kind of normalcy. I am here most days, Monday thru Friday from 8:30am to 3:00pm. (usually till 5:00pm or 6:00pm). Lately I have been attending many meetings, so I have been in and out. If you need something the staff is here to help, or you can schedule with Jen a time to see me. My friend, Corky is doing much better, but we are probably facing another surgery soon. Thank you for all your well wishes.

Phil is coming home early part of August...Hip, Hip, hooray! Momma is excited!!

Remember to patronize our community sponsors, and thank the great staff for all they do.

Enjoy your summer, Blessings,

Paula

Bread is available for seniors 60+ Monday-Friday 11am-2pm while supplies last in the main room of the Center. For freshest supply, delivery is on Mondays & Wednesdays. Limit 2 items.



### **We're here for You! Contact Us**

**Senior Center 419-698-7078**  
Paula J Benton-Executive Director  
Paula@oscoho.org  
Amber Davis-Outreach Coordinator  
Amber@oscoho.org  
Questions? Comments?  
Suggestions?  
Contact@oscoho.org  
www.oscoho.org

### **Stay informed!**

- **Oregon Senior Center website**  
www.oscoho.org
- **City of Oregon**  
www.oregonohio.org
- **Area Office on Aging**  
419-382-0624
- **United Way**  
211

The Oregon Senior Center is funded by the Oregon Senior Services Levy, Lucas County Senior Levy, Title III-B, and grants administered through the Area Office on Aging of Northwest Ohio, Inc. The Center is also supported, in part, by the City of Oregon donations, Pandemic Cares Act funding, membership, and fundraisers also contribute to the operation of the Center. Donations always gratefully accepted.

# Oregon Senior Center



A new place to bloom!

## ***JWH Oregon Senior Center's Mission***

To provide a safe and welcoming place where older adults from all walks of life come together for services, programs, and activities that reflect their diverse needs and interests, while creating an atmosphere that affirms their dignity, self-worth, independence, and continued participation in the community.



Find us online at [WWW.OSCOHIO.ORG](http://WWW.OSCOHIO.ORG)

### **2023 Board of Directors**

#### *~OFFICERS~*

President: Bernard Wineland, Senior Center Rep  
Treasurer: Brett Tscherne, Eggleston Meinert  
Secretary: Peg Weisenburger, Attorney at Law

#### *~DIRECTORS~*

Sister Dorothy Thum, Mercy St. Charles Hospital  
John Eisenhart, Senior Center Advisor  
Beth Estep, DNP, RN, CEN,  
Assoc. CNO/VP Patient Care Service, Promedica Bay Park  
Erin Fisher, Eastern Community YMCA  
Maria Bradford, Orchard Villa  
Dylan Clement, Edward Jones  
Loretta Witte, Senior Center Rep  
Jen Kurtovic, Eastern Maumee Bay Chamber of Commerce  
Rex Powers, Senior Center Rep

#### *~ ADVISORS ~*

C.P.A.: Tucker Kissling & Associates  
Legal: Melissa Purpura  
Building: Keith Henninger  
Council: Dennis Walendzak

#### *~EXECUTIVE DIRECTOR~*

Paula J. Benton  
419-279-6541



### **Leave the driving to us!**

Appointments, shopping, medical, banking, hairdressers, to the Senior Center and more! Transportation provided to any Oregon resident 60 and older to and from anywhere in Oregon!

#### **SUGGESTED DONATION:**

Essential trips \$3.00 roundtrip for travel to/from the Center & medical appointments.

All other trips \$4.00 roundtrip for transport in the Oregon area.



### **Our JWH Oregon Senior Center CORPORATE MEMBERS**

#### **GOLD CLUB**

Baumann Ford Oregon, LLC, Toledo Refining Company, Dimech Services Inc.

#### **FOUNDER'S CLUB**

Eggleston Meinert Pavley, Funeral Home, Mercy Health St. Charles Hospital, VFW Post 9816, East Point Rehabilitation, LLC, Meijer, Bay Area Credit Union, Chemtrade Refinery Services, Compass Care Management, Ron & Deb Baker

#### **PRESIDENT'S CLUB**

Buckeye Broadband, Clay High School, Gladieux Home Center, Joseph R. Schmidbauer DDS, Inc, Kingston Healthcare, Walker Funeral Home, Mind Over Core, Oregon Insurance Agency, Tesco Transportation, Environmental Management Services, Gang Financial, LLC, Joseph Sexton DDS Inc, Orchard Villa, Croghan Colonial Bank, Dunn Chevy Buick

#### **DIRECTOR'S CLUB**

Alan Miller Jewelers/Gems, Inc., Calvin United Church of Christ, Envirosafe Services of Ohio, Freck Funeral Home, G. Scott Louderback, DDS, Genoa Bank, Maumee Bay Self Storage, Meinke Marina, RE/MAX Preferred Associates of Oregon/Chuck Bell, Tucker, Kissling & Associates, Inc., Bob's Home Service, Our Lady of Toledo Shrine, Oregon Police Division's Law Enforcement Trust Fund, Terry & Carol Brockett, Kateri Catholic Service/Cardinal Stritch High School, The future Wave Salon

#### **FRIENDS OF THE CENTER**

Bernie Stone Insurance, Complete Converting Inc., Eastern Community YMCA, HCR Manor Care, Mr. Emblem, Toledo Academy of Beauty Culture, Toledo Swiss Ladies Society, AFLAC/Amy Hilt, Michael's Gourmet Catering Inc, Assurance Health, Cornerstone Caregiving, Landings of Oregon, J.D. Cercek

Do you need transport across the river? Medical appointments only!

We can make those arrangements!

**72-HOUR ADVANCE NOTICE FOR PARATRANSIT &  
24-HOUR ADVANCE NOTICE FOR ALL OTHER TRIPS**

**ARE REQUIRED BY CALLING:**

**419-698-7078**



Amelia	Cope	8/1	Daniel	Ginn	8/14	Dennis	Keller	8/25
Christine	Terry	8/1	Dolores	Mutchler	8/14	Doris	Levy	8/25
Trudy	Bowersox	8/2	Del	Smith	8/14	Elva	Beckner	8/27
Virginia	Patterson	8/2	Charlie	Fogel	8/15	William	Bieber	8/27
Debra	Baker	8/7	Rex	Powers	8/15	Theresa	Zsigray	8/28
Dorothy	Farrell	8/8	Nancy	Storer	8/15	Bernard	Wineland	8/29
Delbert	Schwab	8/8	Jack	Carpenter	8/17	Bonnie	McMahon	8/30
Joanne	Benson	8/10	Carol	McEwen	8/20	Mark	Seeger	8/30
Mary-Etta	Betz	8/10	Ray	Bachmayer	8/22	Michael	Jaegly	8/31
Caryl Bernadine	Blasingim	8/10	Mary	Suchora	8/23	Jo	Kandik	8/31
Susan	Jones	8/13	Patricia	Warvell	8/23	Emily	Paluch	8/31
Thomas	Castellanos	8/14	Charlotte	Filka	8/24	Jim	Proffitt	8/31
Aurore	Farrand	8/14	Diane	Trinckler	8/24			

The Alzheimer's Association, Northwest Ohio Chapter provides services to Lucas County Residents! The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's Disease and all Dementia's through our 24/7 Helpline (800-272-3900), virtual/telephonic Care Consultations, Education Programs, and Caregiver Support Groups. If interested in registering for a virtual caregiver support group or education program please call the helpline at 800-272-3900. If interested in a Care Consultation please reach out locally to Dakota Stone at 567-302-3608. We are looking for program volunteers to help with education and outreach for more information on how to volunteer please contact Dakota Stone. Alzheimer Care Support Group at the Oregon Senior Center Thursday August 10th at 1:00pm.

### *Members under the weather or recovering*

Hassen Abdoney	Aurore Farrand	Marie Markovich
Gene Arnold	Marge Foust	Elroy Metzger
Ralph Bassler	Carol Freeman	Dolores Mutchler
Bernadine Blasingim	Elaine Hall	Barb Owen
Fatima Buck	Jim Harrell	Roseann Pastor
Pat Czerniejewski	Betty Hessling	Rex Powers
Alice Cobb	Ella Mae Iman	Pat Purty
Millie Cope	Charlene Kennedy	Ron Reynolds
Panka Eneff	Pauline Levesque	Mary Ann Suto
Leta Davis-Newman	Doris Levy	Rosie Whitt



*We extend our sincere sympathy  
to the family of:  
Cheryl Marquette*

### *Craft Class*



(Picture is an example of the craft.)

Come join us & a make set of decorative pumpkins !

**Friday August 25th at 11:00am**

All basic materials are provided by the Center. Limited spots are available, call to sign up today; 419-698-7078 or sign up at the Center on the board.

This class is free to Oregon residents 60+  
\$5.00 for Non-Residents

### *Rita's Soups*

St. Paul's Episcopal Church. 798 Coy Rd. Oregon, OH  
Every third Saturday of each month from 11am-1pm. Rita's Soups will offer soup, crackers or bread and a beverage to anyone who comes through the doors. A free will offering will be accepted from those wishing to contribute to this program.

**Supportive Services.... We are here to help you!**  
If you need help with billing problems, filling out forms, computer questions, etc. come in and talk to one of the staff members, we are always happy to help!





**Acrylic Painting with Instructor/artist Mary Claire Roe**  
 painting the East Channel Lighthouse in Munising, Mi  
**Every Thursday; August 3rd, 10th, 17th, 24th, 31st 12pm - 2pm**

No experience needed. Sign-up soon to reserve your spot. The class is free to Oregon residents and only \$5.00 per class for Non-Oregon residents. Students bring their own supplies.

**Supply List:**

11" x 14" canvases (this size recommended for beginners) or any sizes.

Acrylic Paint (not craft paint)

Red or Magenta

Yellow

Ultramarine blue, Phthlo blue (other blues optional)

Burnt sienna

Black

White

Other colors optional

tabletop easel optional

Brushes: synthetic:

3/4" flat, 1/4" flat or filbert, small liner (other brushes optional)

Natural sea-wool sponge

rags/ paper towels and large water container

foam plate or other palette



### *Euchre*

6/28	1st	Tony DeLeon
	2nd	Tom Castellanos
	3rd	John Tischinae Rob Judy
	Booby	Bernie Wineland
	Loaners	Bonnie Smith Bill Farrand
7/5	1st	Judy Kelley
	2nd	JR Wlodarz
	3rd	Bonnie Smith
	Booby	Janet Wlodarz
	Loaners	Ron Judy Eulan Tucker
7/12	1st	Rick Rowland
	2nd	JR Wlodarz
	3rd	Bill Rowland
	Booby	Bonnie Smith Betty Anderson
	Loaners	JR Wlodarz
7/19	1st	Sherry Van Camp
	2nd	Kathy Holter
	3rd	Bill Farrand
	Booby	Donna Koehn
	Loaners	Sherry Van Camp

### *Pinochle*

6/29	1st	Ed Pollauf
	2nd	Rick Friess
	3rd	Liz Buschmann
	Booby	Bonnie Smith
7/6	1st	Anyta Hoak
	2nd	Emily Paluch
	3rd	Rich Friess
	Booby	Ed Pollauf
7/13	1st	Bonnie Smith
	2nd	Liz Buschmann
	3rd	Anyta Hoak
	Booby	John Tischinae
7/20	1st	John Tischinae
	2nd	Anyta Hoak
	3rd	Bob Anderson
	Booby	Betty Anderson



### *Mah Jongg*

TOP 3 PLAYERS FROM 6/28-7/19	GAMES WON
Phyllis Guy	11
Becky Hrabovsky	4
Dee Mutchler Pauline Levesque	3
#1 TOP PLAYER	Phyllis Guy

#### **Online Grocery Shopping/Delivery Available Mon-Thurs 9am-1pm**

Do you have trouble getting around or are homebound and unable to grocery shop?

Then let us do the work for you!!!

- Call the Center with your grocery list
- We will place the order for you (using your payment method)
- We will pick it up and deliver it to you the next day!

That's it! Call 419-698-7078

# Summer Potlucks



**Monday, August 14th 2023 at NOON**

Please bring a side dish, salad, or dessert according to your last name. Please sign up at the board. The main dish will be Pulled Pork sponsored by John Eisenhart, Senior Center Advisor

**A-I Thank you!**

**J-Q Thank you!**

**R-Z Bring dish for August**



## Alzheimer Care Support Group

Join Tori Rotar Thursday August 10th at 1:00pm.  
These meetings are designed specifically for those caring for someone with Dementia. (Alzheimer's)



## Diabetic Support group

Come together at the Senior Center on  
Tuesday August 15th at 10:00am.  
Come together for group discussions, share stories and  
experiences and learn how to cope with this illness.



Penny Bingo EVERY Wednesday & EVERY Friday at 9:30am

High Stakes \$3 Bingo EVERY Thursday at 12:30!!

BINGO CALLERS AND MONEY COLLECTORS ARE WANTED!!  
SEE PAULA IF INTERESTED!

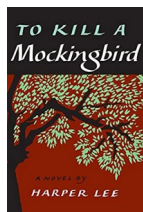


## Book Discussion

Oregon Branch Library Evening Book Group  
At the Oregon Library

**Thursday, September 7th 6:00pm-7:00pm**

Book: *To Kill a Mockingbird* by Harper Lee-  
(Classic movie tie in on September 26th)  
No registration is required, just show up!



A gripping, heart-wrenching, and wholly remarkable tale of coming-of-age in a South poisoned by virulent prejudice, it views a world of great beauty and savage inequities through the eyes of a young girl, as her father - a crusading local lawyer - risks everything to defend a black man unjustly accused of a terrible crime.



**Ice Cream Social!**  
Thursday, August 10th at 12:00pm  
Sponsored by Heritage Health Care  
Please sign up at the board!



## Daily Lunches

Come in for lunch and bring a friend!  
Lunches served daily Monday-Friday at  
11:30am. You **MUST** call 24 hours in  
advance to reserve your lunch.

## Wish List

- ♦ 6oz Styrofoam cups
- ♦ Paper towels
- ♦ 13 gallon trash bags

Thank you for your donations  
& generosity, we appreciate you!

## Fellowship

Tuesday August 1st & 15th  
12:00pm-2:00pm

Join fellowship with  
Jim & Carol Freeman.

Come explore how the teachings  
of the Bible relate to what is  
happening in the world today.



## Breakfast Club

Tuesday & Thursday's  
at 9:00am

**FREE to 60+ older.**  
**Bring a friend!**

Donations appreciated

## Grief Support

Join Julie Beitelschees

**Monday August 21st at 1:00pm at  
the Oregon Senior Center for grief,  
loneliness & loss support. We will explore the  
grieving process, thoughts, misperceptions,  
triggers, guilt, healing, finding meaning, and  
so much more. Everyone is welcomed to  
learn more about all aspects of grief.**



## Cooling Station

Please remember that the Oregon Senior Center is a cooling station! When it gets to hot, as it often does in the summer, The Oregon Senior Center offers a place for you to get out of the heat and cool down. Our doors are open Monday-Friday 9am-2pm (special hours by request) so don't sweat it out at home!

# *Healthy Lifestyle*

Call for program details and to sign up!! 419-698-7078

## **Informational Classes**

### **Grief Support Group**

**Monday August 21st at 1:00pm**

Located at OSC. Join Julie Beitelschees and come explore the grieving process, thoughts, triggers, healing and more.

### **Diabetic Support Group**

**Tuesday August 15th at 10:00am**

Located at OSC. Come together for group discussions, share stories and experiences and learn how to cope with this illness.

### **Fellowship**

**Tuesday August 1st & 15th 12:00pm-2:00pm**

Join Carol & Jim Freeman. Located at OSC. Come explore how the teachings of the Bible relate to what is happening in the world today.

### **ALZHEIMERS CARE SUPPORT GROUP**

**Thursday August 10th 1:00pm-2:00pm**

Join Tori Rotar at OSC. These meetings are designed specifically for those caring for someone with Dementia. (Alzheimer's)

## **Creative Classes**

### **Acrylics Class**

**Thursday August 3rd, 10th, 17th, 24th & 31st  
12:00pm-2:00pm**

Join instructor, Mary Claire at the OSC to create another amazing painting! Limited seating. Must sign up for class. Come in or call 419-698-7078. Bring your own supplies.

Free to Oregon seniors residents 60yrs & older.

**\$5.00 for NON-OREGON RESIDENTS**

### **Craft Class**

**Friday August 25th 11:00am-1:00pm**

Join instructor Dina Rohrs at OSC. Must sign up for the class. Limit spots available. Free to Oregon seniors residents 60yrs & older.

**\$5.00 for NON-OREGON RESIDENTS**

**VOTE YES!**

## **Volunteers Needed!**

**VOTE YES!**

The Levy is up for renewal this fall and we need volunteers to go with us to events this summer to spread the word to vote YES on the Levy this fall! If you are knowledgeable about the Center and would like to help please see Paula or Amber! We appreciate all the help!  
\*\*Make sure to stop out and see us at the Rollin' Farmers Market every month through October!

## **Medical Screenings**



### **BP Checks**

**Tuesday August 1st & 29th 9:30am-12:30pm**

Provided by Kelly from Lucas County Health Department

**Thursday August 10th 9:00am-10:00am**

Provided by Brian from Elara Caring

**Tuesday August 22nd 9:00am-11:00am**

Provided by Karen

## **Exercise & Dance Classes**

### **Cardio Drumming**

**Monday August 7th, 14th, 21st & 28th at 2:30pm**

**Thursday August 3rd, 10th, 17th, 24th & 31st at 10:30am**

Join instructor, Barb Pappas

Located at Mind Over Core. 842 S. Wheeling St. Oregon, OH. Must call Mind Over Core to sign up: 419-972-0015

\*Must be an Oregon resident and 60+ to participate for free\*  
\$5 fee per class for non Oregon Residents

### **Ballroom Dancing**

**Monday August 7th, 14th, 21st & 28th at 11:30am**

Join instructor Dina Rohrs. Located in OSC dance room.

### **Zumba Style**

**Thursday August 3rd, 10th, 17th, 24th & 31st at  
10:00am**

Join instructor, Dina Rohrs. Located in OSC dance room.

### **LINE DANCING**

**Friday August 4th & 18th at 10:00am**

Join instructor Jo Kandik. Located in OSC dance room.

### **Tai Chi**

**Friday August 4th & 11th at 11:15am**

Join Instructor, Kristen Calkins. Located in OSC dance room.

## **Card/Dice Games**

### **Mah Jongg**

**Wednesday August 2nd, 9th, 16th, 23rd & 30th at  
10:00am. Located at OSC.**

### **Euchre**

**Wednesday August 2nd, 9th, 16th, 23rd & 30th  
at 11:00am. Located at OSC inside.**

### **PINOCHLE**

**Thursday August 3rd, 10th, 17th, 24th & 31st  
at 10:00am. Located at OSC.**

### **Bridge**

**Friday August 4th & 18th at 11:00am**  
Located at OSC. Must have a minimum of 4 participants.



# BAUMANN AUTO GROUP

## 21<sup>ST</sup> ANNUAL BIG CHARITY

— RAFFLE —

100% OF VEHICLE DONATED BY THE BAUMANN AUTO GROUP

**WINNER WINS THE CHOICE OF:**



NEW CHEVROLET  
TRAILBLAZER\*



NEW FORD  
ESCAPE\*



NEW JEEP  
COMPASS\*

**OR CASH OPTION OF \$20,000**

\* MSRP UP TO \$27,000

\$5 per ticket

All ticket proceeds that  
we sell come back to  
the Center!

We are selling now  
through October 16th!  
Stop by & purchase  
your ticket!



## Save the Date

For Oregon Senior Center's

## Harvest Hoedown!

Friday October 20th, 2023

6:00pm-11:00pm

Tickets available in September!

Contact Amber for sponsorship  
opportunities! [Amber@oscoho.org](mailto:Amber@oscoho.org)



## All Day Bingo

Monday August 28th

9:00am - 2:00pm

Doors open at 8:30am - Breakfast served at 9:00am

**COST: \$3.00 per member      \$5.00 Guests & non members**

Price includes: Door prize ticket, Breakfast (served 8:30-9:00am) & delicious snacks

Morning Bingo-Session 1 & 2- A penny a card-Limit 9 cards

Afternoon Bingo- Session 3- an additional \$3.00- Limit 4 cards

Please sign up for you AOoA lunch-24hours in advance (suggested donation of \$2.50)

Choose between Swiss Steak OR Savory Chicken Patty



Or Lunch prepared by the Center Staff available for \$4.00







# August

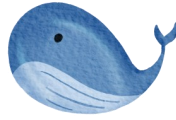
Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00am Breakfast Club 9:30am-12:30pm BP Checks w/Kelly 12:00-2:00pm Fellowship	2 9:30am Bingo 10:00am Mah Jongg 11:00am Euchre  <b>Rollin' Farmers Market @ 5401 Star Ext. 5-8pm</b>	3 9:00am Breakfast Club 10:00am Pinochle 10:00am Zumba 10:30am Cardio Drumming @ Mind Over Core 12:00-2:00pm Acrylic Class 12:30-2:00pm \$3 Bingo	4 9:30am Bingo 10:00am Line Dancing 11:00am Bridge 11:15am Tai Chi
	7 11:30am Ballroom Dancing 2:30pm Cardio Drumming @Mind Over Core	8 9:00am Breakfast Club	9 9:30am Bingo 10:00am Mah Jongg 11:00am Euchre	10 9:00am Breakfast Club 9:00-10:00am BP Checks w/Brian 10:00am Pinochle 10:00am Zumba 10:30am Cardio Drumming @Mind Over Core 12:00-2:00pm Acrylic Class 12:00pm Ice Cream Social 12:30-2:00pm \$3 Bingo 1:00pm Alzheimer's Care Support Group
14 11:30am Ballroom Dancing <b>12:00pm Summer Potluck</b> 2:30pm Cardio Drumming @Mind Over Core	15 9:00am Breakfast Club 10:00am Diabetic Support Group 12:00-2:00pm Fellowship	16 9:30am Bingo 10:00am Mah Jongg 11:00am Euchre  <b>Rollin' Farmers Market @ 5401 Star Ext. 5-8pm</b>	17 9:00am Breakfast Club 10:00am Pinochle 10:00am Zumba Style 10:30am Cardio Drumming @Mind Over Core 12:00-2:00pm Acrylic Class 12:30-2:00pm \$3 Bingo	18 9:30am Bingo 10:00am Line Dancing 11:00am Bridge
21 11:30am Ballroom Dancing 1:00pm Grief Counseling 2:30pm Cardio Drumming @Mind Over Core	22 9:00am Breakfast Club sponsored by MediGold 9:00-11:00am BP Checks w/Karen	23 9:30am Bingo 10:00am Mah Jongg 11:00am Euchre	24 9:00am Breakfast Club 10:00am Pinochle 10:00am Zumba Style 10:30am Cardio Drumming @Mind Over Core 12:00-2:00pm Acrylic Class 12:30-2:00pm \$3 Bingo	25 9:30am Bingo 11:00am Craft Class
28 <b>9:00am All Day Bingo</b> 11:30am Ballroom Dancing 2:30pm Cardio Drumming @Mind Over Core	29 9:00am Breakfast Club 9:30am-12:30pm BP Checks w/Kelly	30 9:30am Bingo 10:00am Mah Jongg 11:00am Euchre	31 9:00am Breakfast Club 10:00am Pinochle 10:00am Zumba Style 10:30am Cardio Drumming @Mind Over Core 12:00-2:00pm Acrylic Class 12:30-2:00pm \$3 Bingo	

Monthly overview of the Center's activities. If you are interested in something listed CALL THE CENTER to find out how to participate. 419-698-7078

# Oregon Senior Center Lunch Menu



## August



Monday-Friday 11:30am-12:00pm

The suggested donation is \$2.50

419-698-7078

**You must RSVP 24 hours in advance!**

**Served Onsite!**

Please specify when reserving your meal  
if you want lunch A or lunch B.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reservations must be made 24 hrs. in advance by calling 419-698-7078</p> <p>Ingredients lists related to allergies call: 419-382-5791</p> <p><u>Please choose "A" or "B" for your entree</u></p>	<p><b>1</b></p> <p>A. Pineapple Glazed Chicken B. Salisbury Beef Brown Gravy Country Potatoes Herbed Green Peas Wheat Bread Fresh Fruit Milk</p>	<p><b>2</b></p> <p>A. Turkey Chef Salad B. Ham Chef Salad Pasta Salad Saltine Crackers Fresh Fruit Milk</p>	<p><b>3</b></p> <p>A. Bowtie Casserole w/ Meat B. Chicken Cacciatore Whole Kernel Corn Broccoli &amp; Carrots Wheat Bread Fresh Fruit Milk</p>	<p><b>4</b></p> <p>A. Hamburger Patty B. BBQ Pork Rib Patty Lettuce/Tomato Baked Beans Oven Roasted Potatoes Hamburger Bun Oatmeal Raisin Cookie Milk</p>
<p><b>7</b></p> <p>A. Lemon Pepper Chicken B. Stroganoff Noodles w/ Meat Lima Beans Winter Vegetable Blend Multi-Grain Bread Fresh Fruit Milk</p>	<p><b>8</b></p> <p>A. Ham &amp; White Beans B. Cranberry Dijon Chicken Glazed Carrots Cucumber Salad Dinner Roll Peach Cobbler Milk</p>	<p><b>9</b></p> <p>A. Teriyaki Meatballs B. Liver &amp; Onions Oven Roasted Potatoes Herbed Green Beans Multi-Grain Bread Fresh Fruit Milk</p>	<p><b>10</b></p> <p>A. Macaroni &amp; Cheese B. Fiesta Macaroni w/Meat Spinach Succotash Wheat Roll Sugar Cookie Milk</p>	<p><b>11</b></p> <p>A. Pork Roast B. Sliced Roast Beef Brown Gravy Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk</p>
<p><b>14</b></p> <p>A. Meatloaf w/Brown Gravy B. Pineapple Glazed Chicken Cheesy Potatoes Herbed Green Peas Wheat Roll Fresh Fruit Milk</p>	<p><b>15</b></p> <p>A. Chicken Noodle Casserole B. Hamburger Patty Brown Gravy Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk</p>	<p><b>16</b></p> <p>A. Pasta Primavera B. Sliced Ham Baked Sweet Potato Garden Vegetable Blend Dinner Roll Strawberry Gelatin Milk</p>	<p><b>17</b></p> <p>A. Taco Meat B. Fajita Chicken Lettuce/Tomato Mexican Rice Mixed Beans Flour Tortilla Fresh Fruit Milk</p>	<p><b>18</b></p> <p>A. Turkey Chef Salad B. Ham Chef Salad Marinated Carrot Salad Saltine Crackers Fresh Fruit Milk</p>
<p><b>21</b></p> <p>A. Pork Roast w/Pork Sauce B. Mushroom Chicken Brown Rice Brussels Sprouts Dinner Roll Fresh Fruit Milk</p>	<p><b>22</b></p> <p>A. Beef Italiano B. Honey Mustard Chicken Baked Potato Broccoli &amp; Carrots Wheat Bread Fresh Fruit Milk</p>	<p><b>23</b></p> <p>A. Lemon Pepper Chicken B. Savory Beef Patty Oven Roasted Potatoes Mixed Vegetables Multi-Grain Bread Chocolate Chip Cookie Milk</p>	<p><b>24</b></p> <p>A. Spinach Lasagna B. Meat Spaghetti Sauce Spaghetti Noodles Green Beans Bread Stick Apple Crisp Milk</p>	<p><b>25</b></p> <p>A. Chicken A La King B. Mushroom Beef Whipped Potatoes Sliced Carrots Wheat Bread Fresh Fruit Birthday Cake Milk</p>
<p><b>28</b></p> <p>A. Swiss Steak B. Savory Chicken Patty Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk</p>	<p><b>29</b></p> <p>A. Vegetarian Chili B. White Chicken Chili Brown Rice Stewed Tomatoes Cornbread Chocolate Chip Cookie Milk</p>	<p><b>30</b></p> <p>A. Sloppy Joe Meatballs B. Chicken Primavera Whole Kernel Corn Brussels Sprouts Wheat Bread Fresh Fruit Milk</p>	<p><b>31</b></p> <p>A. Turkey w/Supreme Sauce B. Pork Roast Brown Gravy Buttermilk Potatoes Sprig Vegetable Blend Wheat Bread Fresh Fruit Milk</p>	<p>These meals are available for suggested donation of \$2.50 to anyone 60 years or older. <b>MEMBERS UNDER 60</b> Lunch is a <b>MANDATORY</b> cost of <b>\$5.61</b> and must be given directly to staff. (unless spouse of member is 60 or over.)</p>