

The Scoop

October 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

620-584-2332

commcenter@sktc.net

Clearwater Fall Festival Events

Time	Event	Location
Thursday, October 21st		
7:00PM	Movie Night	Methodist Life Center
Friday, October 22nd		
All Day	Garage Sales	Around Town
11:30AM	Lunch by Sr Gov't Class	In front of First State Bank
2:00PM	Chalk Drawing	Sidewalk in front of Athletic Field
2:00-5:00PM	Hooks, Shuttle and Needlework Entry Check-in	First Baptist Church
2:00-5:00PM	Sweet Tooth Contest Entry Check-in	First Baptist Church
3:30PM	Medallion Quest	CIC Front Lawn
6:00-8:00PM	Bingo	CIC Building
6:00-11:00PM	Carnival	Ross Street
7:00PM	CHS Football Game	Clearwater High School Football Stadium
After Game	Fireworks	Clearwater High School Football Stadium
Saturday, October 23rd		
7:00-9:30AM	Sausage Gravy & Biscuit Breakfast	Methodist Church
8:00AM-2:00PM	Cinnamon rolls & Sloppy joes	Methodist Church
9:00AM-6:00PM	Arts and Craft Fair	City Park
8:00-10:15AM	Hooks, Shuttles and Needlework Entry Check-in	First Baptist Church
8:00-10:15AM	Sweet Tooth Contest Entry Check-in	First Baptist Church
10:00AM	Parade	Ross Street
11:00AM-11:00PM	Carnival	Ross Street
11AM-11PM	Food Vendors	City Park & Ross Street
11:00AM-8:00PM	Aussiefox Games	Elementary East
11:30AM-5:00PM	Gabezo Acts	City Park's Gabezo
12:30PM	Cowtown Cowboys	City Park
12:30PM	Hooks, Shuttles and Needlework Winners Posted	First Baptist Church
12:30PM	Sweet Tooth Contest Winners Posted	First Baptist Church
12:00PM	Soapbox Derby	Ross and Prospect
1:00PM	Washer Toss	City Park
1:00PM	3 on 3 Basketball	Clearwater Middle School
3:00PM	Cowtown Cowboys	City Park
3:00PM	Car Show	Ross Street
3:00-6:00PM	Motorcycle Show	Downtown Ross Street
3:30PM	Ducky Dash	Bridge on Ross Street
5:00PM	Clearwater High School Reunion Social Hour	Clearwater High School Commons
6:30PM	Clearwater High School Reunion Dinner	Clearwater High School Commons
8:00PM	Street Dance Featuring Against the Grain	Ross Street
Sunday, October 24th		
11:00AM	Church Service	Methodist Life Center
11:00AM	Golf Tournament	Clearwater Golf Course
12:00PM	Community Lunch & Birthday Celebration	City Park Shelter House
12:00PM	Unshackled Praise Band	Gazebo



OCTOBER BIRTHDAYS

- 01 Shirlene Duncan
- 06 Jim Whitney
- 08 Twila Wiggins
- 09 Evert Gannaway
- 10 Reba Gross
- 11 Elna Fitch
- 13 Cheryl Wright
- 14 Cindy Peitz
- 14 Ethel Emberson
- 15 Austin Janne
- 21 Betty Jo Emery
- 21 Norman Rogers
- 21 Sheila Kester
- 22 Gene Dunbar
- 24 Violet Peterson
- 24 Howard Janzen
- 26 Bill Hammers
- 27 Jackie Matthews
- 31 Jim Ard

WHO TO CALL

THE SCOOP is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026. Publisher: Carl Shaffer, 620-584-2332

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THE SCOOP can also be seen online, in color, by going to City of Clearwater's website:

<http://www.clearwaterks.org>

ADVISORY COMMITTEE MEMBERS

- Chair - Terry Sullivan
- Co-Chair - Joan Fleming
- Secretary - Carla Butterfield
- Member at Large - James Charles
- Member at Large - Marlene Hand

PLANNING COMMITTEE MEMBERS

- Chair - Ruby Fisher
- Co-Chair - Angie Shaver
- Secretary - Barbara Hufford
- Historian - Helen Fesnock
- Education - June Finney
- RSVP Program - Farol McMillan

September Friendship Luncheon

Pre-luncheon activities included the Flag Salute and National Anthem led by Marlene Parret and the acknowledgement of September birthdays. Birthday honorees included John Chitwood, Lou Ann Jarboe, Irlene Kellogg, Louis Kellogg, Val Lange, Wayne McEntire and Wanda Stitt.

Guest speaker, following the luncheon, was Clearwater Police Chief Gene Garcia. He spoke to the 36 luncheon guests about theft, victims of theft, and how to help in recovering stolen property. Two things he felt we all should do is 1) have an identifying number placed on all personal property, and 2) be sure that we add 'KS' to the numbered item. He fielded a number of interesting questions from his audience. The local police staff has the necessary tools available to etch or stamp the property. We thanked Chief Garcia for taking the time to talk to us.

Speaking briefly to us and asking for local assistance was Mindy Brewer of Good Shepherd Hospice in Wichita. Mindy was needing people to help her on a regular basis, either daily, weekly, or otherwise, to keep contact with her local clients. Several ladies signed up to assist.

It was a pleasure to see so many gentlemen at the luncheon. For so long folks seemed to think this is a ladies only activity. We're finding that more men are learning that good food and interesting programs are for both the ladies and the gentlemen.

The October speaker will be Clearwater Fire Chief Marvin Schauf. He will talk about the new Emergency Shelter and Fire Safety Month. I wonder if he will tell how EDITH can help us in case of fire.

The meeting concluded with devotions read by Barbara Hufford.

ITEMS DISCUSSED AT SEPT. 7TH PLANNING MEETING

Director Carl Shaffer announced that he would not attend the luncheon the following week due to his wife, Kay, having a cornea transplant on that day.

It was determined that since the monthly luncheon was not a club, that it was unnecessary to have it conducted as a business meeting.

Other items discussed were 1) a meatloaf dinner Oct. 9, 2) a trip to the Prairie Rose Band near Benton, 3) a summary of the quilt sales and Fish Fry, 4) Fall Fest garage sale and bake sale, 5) Flu Shots, 6) a community garden, 7) inventory of kitchen items, and 8) talks by locals at monthly luncheon. Each of these topics are covered elsewhere in this month's Scoop.

LETTER FROM A GOOD FRIEND

Dear Carl, Ruby, Farol, June, etc., etc., etc., etc.,

I just finished reading the September Scoop--a real piece of journalism, chuckles and information.

In truth, it made me a little homesick for all of you. To see and read all the names and activities is great.

It seems I should get the Senior Center into my day. The "future" is getting shorter every day!! Right!

Keep up your good work for yourselves and the Clearwater Community.

Rita Gorges

GOOD NEIGHBORHOOD NUTRITION PROGRAM

Meals are served at 11:30 am each week, Monday through Friday, except holidays, at the Community Center, offered by the American Red Cross for only \$2.00 per meal. You must call in advance to reserve a meal.

If you are homebound, you may have your meals delivered to you by one of our volunteer drivers.

Meals are not available the second Tuesday of each month because the monthly Friendship Luncheon is held at the Center. If you enjoy the weekly meals, you may wish to join the group for the monthly luncheon. Eating and visiting with others outside of your family is not only beneficial to you, but it also helps in the digestion process.

CITY'S FOOD COMMODITY PROGRAM

Foods are available to low income people once a month, to help supplement their food supply. This low income program does not discriminate as to age, color, or religion. It is based solely on income for the size of the family. Folks should not be too embarrassed, proud, or ashamed to get this food if they qualify. You need only to call the city, **584-2311**, or make a trip to the City Building, to see if you qualify for the program.

The food is free, but **YOU** must take the initiative to see if you qualify for the program.

YOU NEED HELP? WE CAN HELP!

The Center offers a number of programs and other resources that can help you, whether it is yard work, cleaning, help taking care of a loved one, visitations, or other endeavors. We can only help if you call us.

Some of the resources are hospice, in-home care, our own RSVP program, and others who can help. But, again, **we can do nothing for YOU if YOU do not call us**. Our phone number is **584-2332**. Let us know how we can help you!

Working Together for Home Fire Safety

More than 4,000 Americans die each year in fires and 20,000 are injured. An overwhelming number of fires occur in the home. There are time-tested ways to prevent and survive a fire. It's not a question of luck. It's a matter of planning ahead.

- **Every home should have at least one working smoke alarm.** Buy a smoke alarm. It's inexpensive protection for you and your family. A working smoke alarm can double your chances of survival.
-

(Continue - Home Fire Safety)

- **Prevent electrical fires.** Never overload circuits or extension cords.
- **Use appliances wisely.** Overheating, unusual smells, shorts and sparks are all warning signs that appliances need to be shut off, then replaced or repaired. Unplug appliances when not in use.
- **Plan your escape.** Practice an escape plan from every room in the house. Stay low to the floor and never open doors that are hot. **GET OUT FIRST** and then call for help.
- **Caring for older people.** Every year over 1,200 senior citizens die in fires. Many of these fire deaths could have been prevented. Seniors are vulnerable because many live alone and can't respond quickly.

By Kay Sands, Farm Bureau Insurance Agent

Maxine's Senior Health Care Solution

So you're a senior citizen and the government says no healthcare for you, what do you do?

My plan gives anyone 65 years or older a gun and 6 bullets.. You're allowed to shoot 2 senators and 4 representatives.

Of course, this means you will be sent to prison, where you will get 3 meals a day, a roof over your head, and all the health care you need! New teeth? no problem! Need glasses? Great! New hip, knees, kidney, lungs, heart? All covered! And who will be paying for all of this? The same government that just told you that you are too old for health care. Plus, because you are a prisoner, you don't have to pay any income taxes.

IS THIS A GREAT COUNTRY or WHAT?

CLEARWATER ALUMNI REUNION

The Alumni Reunion will be held on Saturday, October 23, 2010, at the Clearwater High School Commons. The doors will open at 5:00 pm with dinner at 6:30 pm. Cost is \$10.00 per person with reservations due by Tuesday, October 19, 2010. **Call Betty Jo House at 620-584-2407 for more information.** All Alumni, Former Students, and CHS Faculty are invited to attend!

DID YOU KNOW?

****Multiplying 111,111,111 X 111,111,111 = 12,345,678,987,654,321**

A SUCCESSFUL FISH FRY (AGAIN)

By Carl Shaffer

We had a great turnout for this year's Fish Fry. We served 124 people, the largest group event this year. We thank all those who came to enjoy the meal and especially thank those volunteers who gave their time and effort to make it a success.

Included in the 124 who were served were State Representative Pete DeGraaf and his wife, Karen, from Mulvane; Cheryl Wright, City Clerk, and her husband, Bob; Jim Frischenmeyer, City Councilman, with 3 sisters and their spouses and friends; and happy diners from Belle Plaine, Conway Springs, Viola, Wichita, and other areas.

We are lucky to have so many good cooks that volunteer to make our fund-raising meals a success. A special thanks goes to Barbara Hufford, Farol McMillan, Mary Jo McMahan, Angie Shaver and Jean Watts who came early and got things started. They were followed by Val Lange, Maggie Liebold, Lois Winter, Lou Ann Jarboe, Ruby Fisher, Helen Fesnock, Clea Cornett, Joan Fleming and Peggy Brockman. Mary and Marvin Schauf were late diners, but stayed and helped until all the clean-up was finished.

It takes a good crew to put on a dinner for our community, plus, all the people's generosity in bringing food and giving support. We had all of our round tables full and had to use another small table to get everyone seated. We may have to enlarge our building as we were at capacity per fire regulations.

Again, thanks to all of you for making this year's Fish Fry a success!

AA & Al-Anon meetings are held at The Center each Tuesday and Thursday evening from 7 to 9 pm. Both group meetings are conducted by local leaders. These two official support groups are available to members of the community who might need to benefit from joining with their peers.

A "Quilt of Valor" has been constructed for John Swinehart's grandson who was injured in Iraq. The quilt, on display at the Fish Fry, had spaces where folks could sign their names and leave messages. It will be mailed to John's grandson when it is finished. Elroy and Betty Eaton have committed to pay the postage. We thank them and thank all who signed the quilt.

Business Expert Peter Drucker - "Plans are only good intentions unless they immediately degenerate into hard work."



Left: Pat Stewart, local resident, winner of this year's raffled quilt. Right: Peggy Brockman, leader of the 'Old Sew & Sews,' the name the quilters chose to identify themselves.

This year Peggy Brockman was in charge of the quilting group who meets each Friday. She was also in charge of the ticket sales for the raffle. Others who also were active in making the quilt shown above were Barbara Hufford, June Finney, Ima Kinkaid, and Angie Shaver.

Ticket sales were conducted at Mize's Thriftway and Casey's General Store by Farol McMillan, Jean Watts, Angie Shaver, Barbara Hufford, Barbara Callaway, Martena Gerlach, Clea Cornett, June Finney, Ima Kinkaid, Katie Kinkaid-Brinkerhoff, Lewis Kellogg, Lois Winter, Janetta Burris and Normae Sullivan.

We want to thank Earl Brockman for helping in carting the quilt from place to place (and for helping to catch the fish for the Fish Fry.)

A BIG THANK YOU goes to Mize's and to Casey's for allowing us conduct our raffle and to use their space for our sales tables and chairs.

Columnist James Dent said: "Intelligence is like underwear. It's important that we all have it, but it isn't necessary that we show it off."

SUFFERING FROM DEPRESSION? Read on!

Depression in people interferes with their ability to seek help, drains energy, and lowers self esteem. Most people are in denial when it comes to depression and they don't think of it as a real illness. Some are too proud or ashamed to ask for assistance. It can become a real burden for their families. No one should be afraid to ask for help. If you should know someone who you think is depressed, invite them out to lunch, go visit them, try to get them to talk to you. Encourage them to get more active socially, to eat better meals, make sure they are taking their medications, and exercise regularly. If they have relatives, try to get them involved with their loved ones. ---(from Carl's notebook on Active Aging)



L to R: Jerry Angstadt, steel guitar; Ernie Angstedt electric auto harp & vocal; Max Tjaden, rhythm guitar & vocal; Charlotte Dawson, bass guitar, flute, piano; Roger Dawson, rhythm guitar & vocal.

Those shown above entertained us at the September Music Jamboree. A late comer, Nathan Brown, son of City Manager Kent Brown, brought his guitar and sat in for the last half of the show. His picture did not turn out well. Sorry!

Jerry has been with us for the last 3 programs. He does a fantastic job on his steel! This time he talked his wife to join us, too. Ernie said she had only sung and played at church so her songs were gospel in a beautiful soprano voice, accompanying herself on the autoharp. She hopes to return for the Oct. session.

Max does some tricky fingering on his bluegrass music. A treat to listen to. One of his selections was "Sioux City Sue" with his own last verse added. I guess we can call him a vocalist and a lyricist now.

Charlotte and Roger work really well as a team. She plays the bass until he needs her to fill in with her flute in the musical bridge. Other times she accompanies him on the flute as he sings. They are both quite talented and a joy to listen to.

This was Nathan's first appearance this year. He played along while others performed, then did his own selections on his guitar. A promising young musician!

An article appeared in the Wichita Eagle on July 30, 2010, regarding a Japanese/American, Sogen Kato, born July 22, 1899. Checking and updating a list of centenarians before Japan's Respect for the Elderly Day in September, they found that he died 30 years ago but family had him dressed, in his bed, with a cover over him.

One of the comments on the article stated "interestingly enough he is still eligible to vote in Chicago."

***** **(Remember, we vote again in November)** *****

We will be needing help in the near future to inventory all items in The Center's kitchen. A date hasn't been set at this time, but if you'd like to help with this project, let Carl know, 584-2332. This is being done so the city has a complete record of what's at The Center.

OOOOOOPS !!!!

In reading back over material for this month's Scoop, I noticed that I failed to add information to the article on the quilts.

Wayland Whitlow, minister of the Clearwater Church of Christ, was the person who drew the lucky quilt ticket purchased by Pat Stewart.

OH, MY, ARE WE READY FOR HALLOWEEN? SURE HOPE SO!

FLU SHOTS

The Sedgwick County Health Dept. nurses arrived at The Center Sept. 16 to give flu shots to those who had signed up.

This year we had **62 individuals** who waited their turn patiently for their shot.

COMMUNITY GARDEN

Carl has been talking to Jim Lang in regards to a community garden. It would be located to the east of the Mennonite Housing next to The Center. The owner of the land has given permission for it to be used in this manner.

The one drawback at this time is the lack of water to the area.

As talks continue, we'll try to keep informed of the project.

RECYCLABLES

Some time ago the City of Clearwater sent a questionnaire to all city households concerning recycling. They wanted the resident to read through the proposal and then answer the questions and return the sheet to the city.

Since recycling is an important subject with both city officials and the individuals, my question is:

Did you return the filled-out form?



!!!! Let's Have a Bowl of Chili !!!!

Two local college students are planning a Chili Supper at The Center to raise money to help pay for an automatic door on the east side of the main room at The Center.

Kristy Stevens and Jeremy Watts (who is also one of Clearwater's police officers) are doing this project to earn credit in their class called 'The Emerging Leader' at Butler County Community College. They are working toward getting Certificates in Leadership. By having the Chili Supper they are getting practical Leadership training using their Leadership knowledge.

In the coming weeks you will see the results of their planned advertising when you enter any number of the local businesses.

Their Chili Supper will be held Friday, October 29th from 5 to 7 pm at The Center, 921 East Janet. They will be charging \$6.00 for adults and \$3.00 for children through the age of nine for an 'all you can eat' meal.

Let's help our leaders of tomorrow this month. ***Let's go have a bowl of Chili!***

This weekend, Sept. 25 & 26, I will be attending my 63rd year class reunion. We will be gathering at the Hotel at Old Town in Wichita. I graduated in a class of over 300 from Wichita High School East in 1947. My maiden name was Ruby Freeman. The folks lived in Wichita the 3 years I attended high school. I'm looking forward to seeing my former classmates.

In checking the Clearwater Graduating classes that I found listed in the 1985 edition of Clearwater, Alive in 85, KS, I found that there were 8 graduates in the year 1910. Fifty years later, 1960, the graduating class numbered 46. A number of those graduates still live in the Clearwater community. Twenty-five years later, 1985, a total of 68 students graduated from CHS. Of these graduates, a number of them are also still in the community or their parents or other relatives are still here. While the town has grown, it still has that small-town feel about it.

It's fun to check back into this kind of information once in a while.

OOOOPS!

In checking last month's story on the dedication of the new flag and flag pole two names of people attending were omitted: Stacy Nilles, head of the mill levy committee, Sedg. Co. Dept. on Aging, and Ashok Aurora, RSVP program director for Dept. on Aging.

COLUMBUS DAY - Oct. 11

Columbus Day first became an official state holiday in Colorado in 1906, and became a [federal holiday](#) in 1934. However, people have celebrated Columbus' voyage since the colonial period. In 1792, New York City and other U.S. cities celebrated the 300th anniversary of his landing in the New World. In 1892, President [Benjamin Harrison](#) called upon the people of the United States to celebrate Columbus Day on the 400th anniversary of the event. During the four hundredth anniversary, in 1892, teachers, preachers, poets and politicians used Columbus Day rituals to teach ideals of patriotism. These patriotic rituals were framed around themes such as support for war, citizenship boundaries, the importance of loyalty to the nation, and celebrating social progress.



Biscuits & Gravy

Biscuits and Gravy are always served at The Center on the 3rd Saturday of the month. It seems that several other groups had blocked that Saturday for their special events in September. We didn't have as large a crowd as we normally have, but those who came to eat weren't disappointed in their meals.

It was refreshing to see a number of the City Employees checking our food and service. So many folks who are employed feel that Saturdays are the days to relax and/or catch up around the house. It is always nice to see the working folks take time on Saturday to enjoy a meal and visit with their neighbors.

FOR SALE: Two bedroom, one bath home in midtown Clearwater on 3 lots. For information call Ruby at 584-2866 or Val at 584-2250.

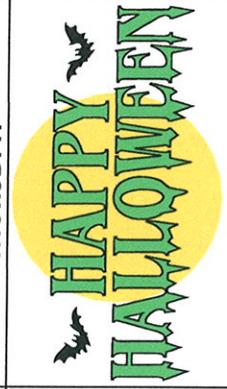
From Kay Sands email:

"Youth is like spring, an over-praised season more remarkable for biting winds than genial breezes. Autumn is the mellower season, and what we lose in flowers, we more than gain in fruits." - Samuel Butler

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

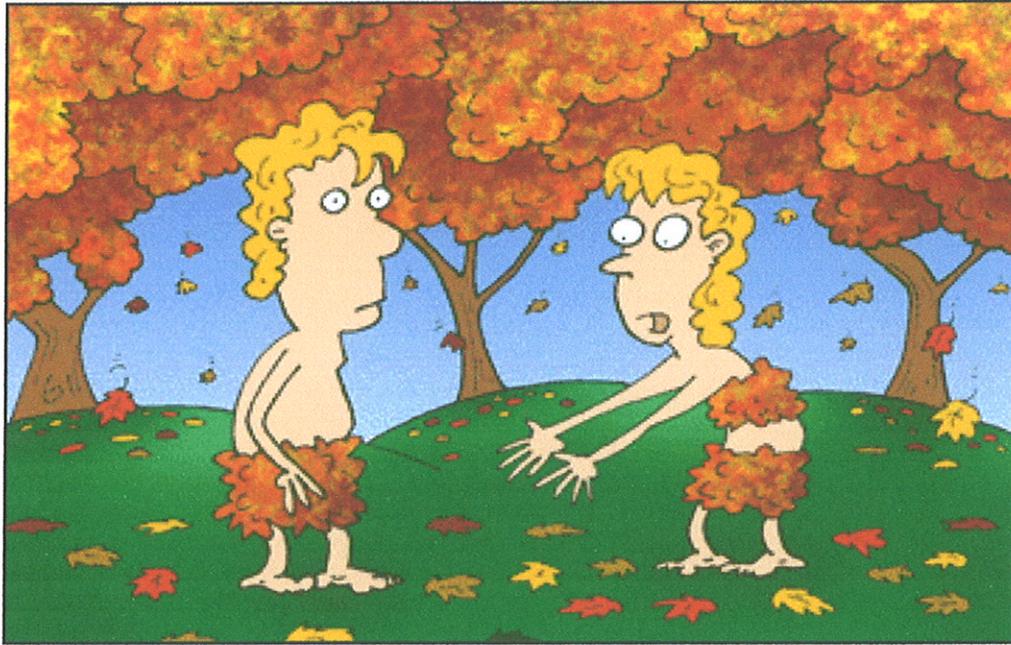
OCTOBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<ul style="list-style-type: none"> ● CONTAINS TURKEY ⊙ CONTAINS PORK 			<p>OVEN ROASTED CHICKEN CREAMY SCALLOPED POTATOES PICKLED BEETS SLICED PEACHES WHOLE WHEAT BREAD 22 Gm Fat 755 Calories</p>
<p>⊙ BRATWURST on BUN WHOLE KERNEL CORN ITALIAN PASTA SALAD PINEAPPLE & STRAWBERRIES</p>	<p>● SPAGHETTI w/MEATSAUCE CALIFORNIA VEGETABLES FRUITY AMBROSIA BREADSTICKS</p>	<p>CRANBERRY MEATBALL MASHED POTATOES LOOSE LEAF SALAD w/DRSG APRICOT MIX WHOLE WHEAT BREAD</p>	<p>● HAM & BEANS w/ONIONS DICED CARROTS CINNAMON APPLESAUCE CORNBREAD</p>	<p>CHICKEN FAJITA GREEN PEAS FRESH ORANGE CHOCOLATE PUDDING</p>
<p>34 Gm Fat 780 Calories 919 mg Sodium</p> <p>4</p> <p>CHILI with BEANS CAPRI VEGETABLES BERRY & PEAR FRUIT MIX SUGAR COOKIES SALTINE CRACKERS</p>	<p>21 Gm Fat 732 Calories 828 mg Sodium</p> <p>5</p> <p>● SCALLOPED POTATOES & HAM BUTTERED CABBAGE AUTUMN GELATIN SALAD POTATO ROLL</p>	<p>25 Gm Fat 798 Calories 1165 mg Sodium</p> <p>6</p> <p>HAMBURGER on BUN CALICO BAKED BEANS POTATO SALAD MANDARIN ORANGES</p>	<p>12 Gm Fat 667 Calories 1020 mg Sodium</p> <p>7</p> <p>● TURKEY & NOODLES BROCCOLI FRUIT COCKTAIL TAPIOCA PUDDING WHOLE WHEAT BREAD</p>	<p>25 Gm Fat 746 Calories 848 mg Sodium</p> <p>8</p> <p>SWISS STEAK MASHED POTATOES MIXED GREEN SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD</p>
<p>26 Gm Fat 712 Calories 886 mg Sodium</p> <p>11</p> <p>BEEFY MACARONI & CHEESE MEDITERRANEAN VEGETABLES ROSY APPLESAUCE CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD</p>	<p>21 Gm Fat 736 Calories 1094 mg Sodium</p> <p>12</p> <p>MEAT LOAF w/BROWN GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG QUICK FRUIT CUP POTATO ROLL</p>	<p>25 Gm Fat 808 Calories 801 mg Sodium</p> <p>13</p> <p>● PORK STEW SPINACH FRESH ORANGE BISCUIT</p>	<p>18 Gm Fat 625 Calories 1173 mg Sodium</p> <p>14</p> <p>BBQ CHICKEN on BUN BRUSSELS SPROUTS MACARONI SALAD PINEAPPLE CHUNKS</p>	<p>25 Gm Fat 758 Calories 617 mg Sodium</p> <p>15</p> <p>● APPLE WALNUT TURKEY SAL. On WHOLE WHEAT BREAD TOSSED SALAD w/DRSG BERRY FRUIT MIX OATMEAL COOKIES</p>
<p>31 Gm Fat 787 Calories 936 mg Sodium</p> <p>18</p> <p>LIVER & ONIONS BAKED POTATO RANCH BROCCOLI SALAD SLICED PEACHES WHOLE WHEAT BREAD</p>	<p>23 Gm Fat 752 Calories 1184 mg Sodium</p> <p>19</p> <p>SLOPPY JOE on BUN GREEN BEANS STRAWBERRIES & APRICOTS SUGAR COOKIES</p>	<p>21 Gm Fat 635 Calories 903 mg Sodium</p> <p>20</p> <p>● TURKEY TETRAZINNI CALIFORNIA VEGETABLES JELLIED STRAWB. PEAR SALAD WHOLE WHEAT BREAD</p>	<p>16 Gm Fat 634 Calories 602 mg Sodium</p> <p>21</p> <p>TACO SALAD CALICO CORN CITRUS SECTIONS</p>	<p>20 Gm Fat 631 Calories 1064 mg Sodium</p> <p>22</p> <p>⊙ ROAST PORK with GRAVY MASHED POTATOES THREE BEAN SALAD FRESH BANANA CHOC. CHIP CAKE w/TOPPING WHOLE WHEAT BREAD</p>
<p>22 Gm Fat 786 Calories 722 mg Sodium</p> <p>25</p>	<p>27 Gm Fat 736 Calories 785 mg Sodium</p> <p>26</p>	<p>20 Gm Fat 637 Calories 1140 mg Sodium</p> <p>27</p>	<p>28 Gm Fat 664 Calories 778 mg Sodium</p> <p>28</p>	<p>23 Gm Fat 853 Calories 831 mg Sodium</p> <p>29</p>

TRICK OR TREAT!!

October 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Don't forget Friday, Oct. 29, 5 to 7 pm, CHILI SUPPER.</p> <p>HALLOWEEN is Oct. 31. Watch out for the trick & treaters</p>						
3	4 Painting - both Beginners & Advanced 1 to 3 pm	5 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Planning Meet: 10 am AA & ALAnon : 7 pm	6	7 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	8 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	9
10 	11 Painting - both Beginners & Advanced 1 to 3 pm	12 Arts & Crafts 9:30 to 11:30 am Exercis: 9:30-10:30 am Luncheon: 12 noon AA & ALAnon: 7 pm	13	14 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	15 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	16 BISCUITS & GRAVY 7 TO 10 AM BOSSES' DAY
17	18 Painting - both Beginners & Advanced- 1 to 3 pm Columbus Day	19 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & ALAnon : 7 pm	20 MOVIE MATINEE 1:30 PM	21 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	22 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	23
24 United Nations Day	25 Painting - both Beginners & Advanced 1 to 3 pm	26 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & ALAnon : 7 pm	27	28 Knitting: 9:30 to 11:30 am AA & ALAnon : 7 pm	29 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	30
31 Halloween 	<p>Don't forget Friday, Oct. 29, 5 to 7 pm, CHILI SUPPER.</p> <p>HALLOWEEN is Oct. 31. Watch out for the trick & treaters.</p>					



10-06-2006

WILL YOU PLEASE PICK UP ALL YOUR
CLOTHES?

Clearwater Community/Senior Center
921 East Wood
Clearwater, KS 67026