

# The Scoop



February 2011



## CLEARWATER

## COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue  
Clearwater, Kansas 67026

620-584-2332

[commcenter@sktc.net](mailto:commcenter@sktc.net)



**FEBRUARY BIRTHDAYS**

- 02 Jerry Stitt**
- 03 Janetta Burris**
- 03 Larry Carter**
- 04 Marlene Parret**
- 06 Yvonne Coon**
- 06 Gary Hunt**
- 09 Gene Garcia**
- 09 Vivian Maechtlen**
- 13 Don Shue**
- 14 Robert Cumming**
- 21 Peggy Brockman**
- 21 Nobuko Osborn**
- 21 Charles Rinehart**
- 22 Jack Bates**
- 23 Lorena Hinkley**
- 29 David Don**



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**“It takes a long  
time to grow  
young.”**

**Pablo Picasso**

**JANUARY LUNCHEON**



By Cindy Eason

Ruby Fisher opened the luncheon meeting. The salute to the flag and the singing of the national anthem were led by Marlene Parret. Ruby thanked Valera Lange and Cindy Eason for hosting the January luncheon which was chicken and beef enchiladas. It was noted that none of the January birthday people were present at the luncheon. Carl blessed the meal.

The speaker for the January Pot Luck Luncheon was introduced after we all had a chance to partake of the meal. Wendy Irwin of the Angel Care Home Health has spoken to us before and we were glad to have her back. This month she updated us on the new Medicare guidelines for home healthcare. One of the main points in the new guidelines is that the patient **must** see his/her primary care physician or specialist for home health certification to certify medical need and homebound status either 90 days prior or 30 days after being admitted. As always, Wendy’s information was very helpful and timely.

Ruby announced that Carl would go over the January planning meeting. Carl recapped the last year. He reminded us of the goal to increase the Community Center’s level for government support. We actually exceeded the necessary requirements and will be at the new level beginning January 2012. Carl also went over the improvements made to the Center over the past year. He said the success of the Center is due to the participation of the community and its volunteers. Thanks to all!

The meeting move to a lighter note with Ruby telling a joke to be followed by a stream of jokes by Carl (who had to practice beforehand to keep a straight face). A lot of laughs we had and a good time by all.

We receive a Happy New Year wish from Gerry Denninger in absentia. Ruby closed with a poem from a friend.

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The Winter 2011 issue of the Sedgwick County Department on Aging’s RSVP Volunteer Program had an article entitled ‘Welcome New Volunteers to RSVP.’ Included in this list were Jerelean Barrow, Jim Frischenmeyer, Waymina Pearson, Farrell Calloway, Barbara Calloway, Bruce Hopson, Jan Hopson, and Mary Schauf- Clearwater volunteers.

## A.A.A.D.D.

From Peggy Brockman's email

### KNOW THE SYMPTOMS:

Thank goodness there's a name for this disorder. Somehow I feel better even though I have it!!

Recently, I was diagnosed with A.A.A.D.D. - **Age Activated Attention Deficit Disorder.**

This is how it manifests. I decide to water my garden. As I turn on the hose in the driveway I look over at my car and decide it needs washing. As I start toward the garage, I notice mail on the porch table that I brought up from the mailbox earlier. I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my checkbook off the table and see that there is only one check left. My extra checks are in my desk in the study so I go inside the house to my desk where I find the can of Pepsi I'd been drinking. I'm going to look for my checks, but first I need to push the Pepsi aside so that I don't accidentally knock it over. The Pepsi is getting warm and I decide to put it in the fridge to keep it cold.

As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye - they need water. I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water, and suddenly spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor so I set the remote back on the table, get some towels and wipe up the spill. Then I head down the hall trying to remember what I was planning to do.

At the end of the day the car isn't washed, the bills aren't paid, there is a warm can of Pepsi sitting on the counter, the flowers don't have enough water, there is still only 1 check in my checkbook, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day and I'm really tired. I realize this is a serious problem and I'll try to get some help for it, but first I'll check my email.

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**Welsh poet Dylan Thomas thinks about making choices:** "When one burns one's bridges, what a very nice fire it makes."



## Fantastic Bluegrass Concert

Two local bluegrass groups performed at The Center Sunday afternoon, Jan. 9. A group called K.B.A. Treblemakers is a new Kansas Bluegrass Assn. youth band who did the first set, followed by The Southwind Ramblers.

The Treblemakers played for about 45 minutes with each musician having an opportunity to star. Their manager, Mark Johnson, who also played the string base, told about the group and threw in a few good jokes. They ended with their rendition of Orange Blossom Special. If you'd like to hear and see it again, some kind soul taped it and it is now on You Tube. Go to the website below:

[http://www.youtube.com/watch?v=bUghv\\_pW5p0](http://www.youtube.com/watch?v=bUghv_pW5p0).



The Southwind Ramblers took over the stage following a short intermission. Bill Hammers, the ramrod of the group, kept up a lively patter between selections. They have performed at The Center previously, and it's always a pleasure to have them back to entertain us.

If you'd like to see and hear more from the Ramblers, go to <http://www.southwindramblers.com/> Good site!



This was a fantastic afternoon of entertainment! By the time the music started, there wasn't an empty seat in the room. Over 100 folks (of all ages) came to listen to two hours of GREAT bluegrass music.

As people were leaving, I asked a group if they enjoyed the afternoon. One lady answered, "Hallelujah!" and the others answered, "Amen!"

## **CENTER'S EXERCISE CLASS**

By Lew Kellogg

Robert Pugh and Lew Kellogg were very pleased with the good turn out for the start of a New Year. We started with several new members for a total of sixteen (16). We welcome Don and Virginia McSwain, Rita Gorges and friend Wanda Lutkie, Valeta Nelson and Betty Schmidt. We can still make room for a few more participants. Several regulars have dropped out and it's been awhile since we have seen you in class. Hope to see you back again real soon.

We thank Maggie Leibold for the exercise items she donated to the Center. Best! LewKellogg

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### **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

[commcenter@sktc.net](mailto:commcenter@sktc.net)

Editor: Ruby Fisher, 620-584-2866

[ruby67026@sktc.net](mailto:ruby67026@sktc.net)

Print Engineer: Jimmy Charles

Charles Engineering, Clearwater.

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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>

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### **ADVISORY COMMITTEE MEMBERS**

Chair - Terry Sullivan

Co-Chair - Joan Fleming

Secretary - Carla Butterfield

Member at Large - James Charles

Member at Large - Marlene Hand

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### **PLANNING COMMITTEE MEMBERS**

Chair - Ruby Fisher

Co-Chair - Angie Shaver

Secretary - Barbara Hufford

Historian - Helen Fesnok

Education - June Finney

RSVP Program - Farol McMillan



## **Clearwater Sew and Sew's**

By Peggy Brockman

January's first meeting was a review of the projects we finished in 2010. The Sew and Sew's completed 9 projects, which includes 6 Quilts of Valor and The Center's 2010 Raffle quilt.

Individuals in the group completed 21 home projects in 2010.

Goals for 2011 and a review of the past year, personal UFO's (UnFinished Objects) - 30. New to-do's 17. UFO's and New to do's, are to be worked on and the date completed recorded, total's will be shared at the 2012 January meeting.

Design work continues on the 2011 raffle quilt. The next project will be a disappearing nine patch. We plan to try new and increasingly challenging patterns through 2012.

Meeting time will continue to be Friday's, 9 to ??, at The Center. The group's next field trip will be to Newton. Field trips include lunch, shopping, lots of visiting and new fabric!!

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### **NEW CALLING LIST**

By Angie Shaver

I have three new ladies on my calling list. They are Farol McMillan, Peggy Brockman and Grace Godwin.

We call people to let them know what is happening at the Community Center each month. We would like people to come and have good times and fellowship with us.

These ladies are joining Mary Mitchell, Ruby Morehead, Carol Loker and Joan Fleming as callers.

They call people who have signed cards at the center. If you'd like to be called, let one of us know.

## **My Lunch Debacle**

By Ruby Fisher

Friday, Jan. 21, I went to the exercise class at The Center. The class finished at 11 am, just as they were preparing for the lunch group. Two of the diners chose to not eat when they found the menu had changed, so another lady and myself said we'd stay for lunch. The charge is only \$2.00 and I decided I could afford that.

Of course, you have to realize that I stay up late, sleep late in the morning, and eat breakfast around 11 am. I thought, what the heck, food's food and my pills will go down with any of it.

That day we were to have ham loaf w/ cream gravy, mashed potatoes, combination salad w/dressing, quick fruit cup, and a potato roll. The day before the menu was turkey & cavatappi, brussels sprouts, peach crisp, and whole wheat bread.

Since Thursday, Jan. 20, was a storm with the roads covered with ice, the Red Cross chose to not have their drivers out on the road, called the various locations and said no lunches would be served. Can you guess what the Friday lunch was? You're right, we had Thursday's lunch which had been prepared early Thursday morning.

The turkey was pretty good but the only thing I found good about the brussels sprouts was the vinegar and garlic salt I sprinkled on it. The peach crisp was small diced sections of peach mixed with the crisp that after sitting for a day was more like dough.

I realize that the Red Cross, as we do, try to conserve at every opportunity. But, I can't understand how those in charge would allow this type of service to the elder population. If this same lunch was served to all their sites, it's a wonder that folks sign up for their meals.

This may have been a once in a lifetime occurrence, but even that is one too many. I usually do not think in a derogatory manner, let alone write in that way. After giving to the Red Cross for many years, I feel that they certainly let us down with their scrimping and saving.

## ***What I Learned About Clearwater When I Checked the Official Website***

By Ruby Fisher

The Homepage of the city website has a new look for the start of the New Year. Looks Good!

It listed an article from the Dec. 17, 2010 Wichita Eagle concerning Kansas town and cities. The facts were taken from the 2010 Census. Rather than copy the total article, I only pulled out Clearwater's rating. Fourteen categories were listed.

01. Clearwater was listed #37 of 285 towns showing a Median Home Value of \$124,900.

02. Of homes costing one million plus, Clearwater was not listed but Wichita showed 180 homes, Andover 39, Hesston 14, and Valley Center 12 in the area surrounding Wichita.

03. We were #258 of 264 cities showing a Percentage of Mobile Homes to be 0.4%.

04. Percentage of Empty Homes was 7.1% and classified as #208 of 281 towns.

05. Median Household Income was listed \$54,783, #43 of 286 towns.

06. Poverty Rate- 9.3% - #179 of 282 towns

07. Percentage of High School Graduates- 89.7%- #118 of 286

08. Percentage of College Graduates- 22.6%, #27 of 281

09. Average Commute Time- 21.2 minutes-#100 of 281

10. Percentage of Workers Whose Commute Starts Before 7 am- 28.8%- #142 of 286

11. Families in Which Both Spouses Have Jobs-63.6%- #95 of 286

12. Percentage of Veterans- 8.4%- #249 of 285

13. Single Men per 100 Single Women - 103- # 183 of 285

14. Percentage of Residents Who Speak Spanish At Home- I couldn't find Clearwater in this list of over 280 towns !

To see more of this list go to the city's website

<http://www.clearwaterks.org/>

This column isn't advice to the lovelorn, but if you're male you might want to move to Bucklin where there are only 29 men to 100 female, Norton at 44 to 100 or Lindsborg at 49 to 100.

If you're female you might want to move to Onager, Plains, Johnson City, Linn Valley or Rossville where the rate is over 300 men to 100 women.

Remember, this month has Valentine's Day



## ***KEEP YOUR HOME WINTERIZED***

By Kay Sands, Farm Bureau Ins. Rep.

- Open cabinets under the sinks in your kitchen and bathrooms to allow heated indoor air to circulate around water pipes.
- If the temperature plummets, let faucets drip, but don't run a big stream of water.
- Have a week's worth of food and safety supplies, such as bottled water, canned/no cook food, a non-electric can opener, prescription drugs and other medicine, ice melt pellets for walkways, flashlights and batteries on hand.
- Avoid using candles for lighting, and never leave lit candles unattended.
- Don't use a portable generator or appliances if they are wet.

***The following was sent to members of our church on Jan. 5, 2011, by Sharon Bolin. She gave permission for it to be included in the Scoop's news.***

Good news! Jeremy regained full consciousness this morning. Talking clearly, aware of surroundings, though unaware of all the turmoil we've been through. I want to pass the word to all of you with adult children. As a parent, even if you come to the hospital and stay with the patient and they can see you have a good relationship, if the patient is unconscious, whether at the time of admittance or if it happens while in the hospital, the hospital personnel, has complete say so of where he/she goes and what treatment is received. They do not even give you time to make alternate arrangements or get information on the condition of the patient. You need a Power of Attorney for Health Care signed by your adult child in order to have any say or to get information re their condition. My attorney sent me one this a.m. and I have already printed out extra ones for our other children. If your child has a spouse there is always the chance that the both of them could be in a car accident and if the spouse is unconscious or deceased then you have no legal say so in your child's health care decisions. I know this is lengthy but I would hate for others to be in the kind of turmoil we have been in the past 24 hrs. Blessings. Sharon Bolin

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***On a lighter note:*** You deserve to be Happy. Wouldn't it be wonderful if each new day felt like an opportunity instead of an emergency? It can! **The Secret:** remembering that life isn't a marathon of problems that need solving, it's an abundance of joys waiting to be discovered.. There are so many reasons to smile once you open your heart to them! -----Submitted by Marlene Parret



**Wendy Irwin**, representative of Angel's Health Care of Winfield was the speaker at the January luncheon and will again be talking to us at the Feb. 8<sup>th</sup> Luncheon on care of the Alzheimer patient.

It was asked at the Jan. luncheon for people to submit a Valentine story prior to the February meal, (happy, sad, funny, exciting,) not using any names so we can try to guess who submitted it.

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The weather was cold but there were 52 brave souls who came out to enjoy the **BISCUITS & GRAVY** on January 22. Since the date for the breakfast was moved back a week to keep from conflicting with the Lion's Club's annual pancake and sausage day, we didn't have any idea as to the totals to be served.

The two new warming ovens have been installed in the kitchen so we should never have to wait for the biscuits to finish baking.

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The Mize family should be quite proud of Logan as the Logan Mize Band played at Gov. Brownback's inaugural ball at the Kansas Expo Center in Topeka last month.

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There's a **new Sound System at the Center** now. We're hoping to have it set up for this month's Country Music Jamboree. Hope to see many of you at the Jamboree on the 5<sup>th</sup>.

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Q. Who sends 1,000 Valentine's Day cards signed "Guess Who?" A. A divorce lawyer.

### **Funny Valentine Quotes**

**Mae West:** "Women with pasts interest men - they hope history will repeat itself."

**Mickey Rooney:** "Get married early in the morning. That way, if it doesn't work out, you haven't wasted a whole day."

**Barbara Bush:** "I married the first man I ever kissed. When I tell my children that, they just about throw up."

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### **7<sup>th</sup> ANNUAL CLEARWATER SENIOR HEALTH FAIR**

**February 23, 2011**

**Noon to 4 pm**

**Community Center**

**921 E. Janet**

Join us for all your service and health needs!

Participants include:

- Clearwater Retirement Community
- The Community/Senior Center
- Rivercross Hospice
- A Hand At Home
- Progressive Home Health
- Allied Medical

(Durable Medical Equipment)

\*Participant list subject to change

Lunch provided by Clearwater Retirement Community, Clearwater Community/Senior Center, and Rivercross Hospice.

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### **NEW CREDIT CARD SCAM**

From Carl's email

You get a call from someone saying they are from one of your credit card companies. They have all the correct information about you and your card. They say they are verifying a charge to your card. They want to verify that the card is yours, so they ask you to give them the 3 numbers on the back of your card. **DO NOT**, and I repeat, **DO NOT** give them the numbers. Call your card company and report your phone conversation to them. Report the attempted fraud to Police!!

### **SENIOR SUMMIT MEETING**

The summit meeting was held on Jan. 24 at the Sedgwick County Dept. on Aging office at 2622 W. Central, Wichita.

Shirley Jefferson gave a lesson accreditation. There are 9 steps in reaching the accreditation level:

PURPOSE - why do you exist

COMMUNITY - Getting businesses involved

GOVERNANCE - How you ran your business

ADMINISTRATION - Your Operation

PROGRAM PLANNING - What you are planning to do this month, next month and on

EVALUATION - People from the Dept. on Aging comes to the senior site and evaluates the operation

FISCAL MANAGEMENT - How you spend your money

RECORDS & REPORTS - How you report your service to the community and the Department on Aging

THE FACILITY - Do you kkeep it clean? Are you keeping it and your people safe?

Some of the money at each center comes from Sedgwick County and is for Senior Multi-level two and above. We will not reach that level in my or most of your lifetimes. Right now there are NO accredited Senior Center in Kansas. There are 4 Centers in Wichita working on their accreditability programs for over a year and two are just starting. It takes a year or more to complete all the requirements.

By Carl Shaffer

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### **VISION PROBLEMS?**

Envision's Rehabilitation Center at 610 No. Main, Wichita, has a project called *Focus* to help those with vision problems. They are having an event on February 7 from 10 am to 12 pm. Anyone wishing to attend should call Carl at the Center, 584-2332. The Center will provide transportation to the event.

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## ***The Center's Accomplishments in 2010***

First of all, it's with pride we announce that we met or beat every goal we set for the year in attendance, base line activities, special events, and educational classes. This shows us we have the support of everyone in the community and we are thankful for their help. Secondly, a big 'Thank You' to all the businesses for their support and a bigger 'Thank You' for all the volunteers who gave of their time and energy to make things happen. We are truly blessed.

Some of our accomplishments are as follows:

Installing an automatic door opener on the east side of the building -- This is a great help for those with wheel chairs, walkers, or canes, as the door stays open for 30 seconds. When it's cold outside, it seems much longer. The door makes it easier for people carrying in dishes for our monthly luncheons. It also helps the musicians as they transport instruments in and out at the monthly Country Music Jamborees.

Installation of the flag pole and flag -- The American Legion did a great job on the dedication ceremony. Robert Pugh also gave us some interesting facts about the flag and was very instrumental in helping us obtain the flag and pole. Betty Rich and LeRoy Eaton donated 3 more flags to the Center.

The annual Fish Fry -- The fish did not co-operate as well this year, but our Fish Fry was still a big success. Again, we gave a quilt away at the Fish Fry. It was won by Pat Stewart.

Speaking of quilts, Peggy Prockman's "Old Sew & Sews" made 6 Quilts of Valor. We were fortunate to give one of them to Marine John Mevey of Norwich at one of our Biscuits & Gravy breakfasts. It was a very moving time, but well worth the effort on everyone's part.

Our Biscuits & Gravy breakfasts are still going strong, as well as our soup and chili suppers.

AARP tax preparers did their usual great job. It is hard for them to work us in as some of the preparers have quit doing taxes. They have warned us that they will only be doing short form returns in February through mid March in 2011.

Jeri Deninger moved to Colorado and left a big hole in the Art & Craft work. Helen Fesnock has taken over the painting class, but we still need someone to take over the Crafts. We have several materials that need to be used and we also need someone to lead the ceramics.

Our exercise class has been fairly steady and the exercise is designed to help our mobility, breathing, and keeping us in good balance. Falls are very common in older people. Let's exercise and stay health.

In summing it up, The Year 2010 was a very good year at the Center. Let's keep up the good work in 2011.

Submitted by Carl Shaffer, Director of The Center

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### ***TAX HELP***

***It's Tax Time Again!*** There will be trained AARP volunteers available to do your SIMPLE taxes. This year the tax service is changing. There is a list of criteria that will not be allowed for the Simple tax. Locations offering the AARP tax services are Derby, 788-0223, Linwood (in Wichita) 263-3703, Haysville, 529-5903, Rose Hill, 776-0170. They will not prepare returns for taxpayers with total income of \$65,000 or greater, even if it was done in the past. They have a list available of what you should bring when you visit an AARP Tax-Aide site.

At this time, it is unknown if a tax preparer will be able to help at the Clearwater Community/Senior Center.

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### ***ARE YOU ARTISTICALLY INCLINED?***

***2011 Art Is Ageless*** is a program for people who are 65 and older, living in the Wichita area. There are a number of categories that a person can enter: Christmas, Drawing, Fiber Arts, Needlework, Mixed Media, Painting, Photography, New-Quilting, and Sculpture/3D. For more information concerning this program, call Carl at the Center 584-2332, or call Amy Watson at 316-942-7456. The judging will be done the early part of February. Should your project win first, second, or third, your project may be displayed in Topeka in May to celebrate Older American month.

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***QUOTES BY ABRAHAM LINCOLN:*** "It is better to remain silent and be thought a fool than to open one's mouth and remove all doubt." "America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves." "Nearly all men can stand adversity, but if you want to test a man's character, give him power." "If I were two-faced, would I be wearing this one?"

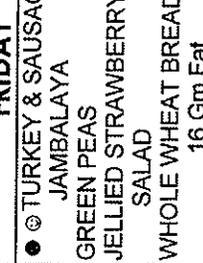
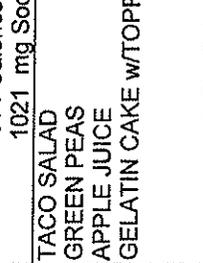
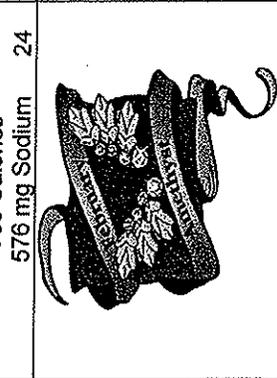
# February 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exercise: 10 to 11am <b>Plan Meeting: 10am</b> AA & AI Anon: 7 pm	2 <b>FOR MEN ONLY</b> Pool, Cards, Dominos: 1 to ? <b>GROUNDHOG DAY</b>	3 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	4 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	5 <b>COUNTRY MUSIC JAMBOREE</b> 7 TO 10 PM
6 <b>ATTEND THE</b>	7 Painting - both Beginners & Advanced 1 to 3 PM	8 Exercise: 10 to 11 am <b>LUNCHEON</b> Starts at 12 noon AA & AI Anon: 7 pm	9 <b>FOR MEN ONLY</b> Pool, Cards, Dominos 1 pm to ????	10 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	11 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	12 <b>LINCOLN'S B.D.</b>
13 <b>CHURCH</b>	14 Painting - both Beginners & Advanced 1 to 3 PM <b>VALENTINE'S DAY</b>	15 Exercise: 10 to 11am AA & AI Anon: 7 pm	16 <b>MOVIE</b> 1:30 pm	17 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	18 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	19 <b>BISCUITS AND GRAVY</b> 7 TO 10 AM
20 <b>OF YOUR</b>	21 Painting - both Beginners & Advanced 1 to 3 PM	22 Exercise: 10 to 11am AA & AI Anon: 7 pm <b>WASHINGTON'S BIRTHDAY</b>	23 <b>SENIOR HEALTH FAIR</b> <i>Noon to 4 pm</i>	24 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	25 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	26
27 <b>CHOICE</b>	28 Painting - both Beginners & Advanced 1 to 3 PM					

**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**FEBRUARY 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>SPAGHETTI w/MEATSAUCE GREEN BEANS PINEAPPLE &amp; STRAWBERRIES BREADSTICKS</p> <p>17 Gm Fat 673 Calories 936 mg Sodium</p>	<p>PEPPERSTEAK MASHED POTATOES COMBINATION SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>26 Gm Fat 672 Calories 822 mg Sodium</p>	<p>HAM &amp; BEANS w/ONIONS SPINACH CINNAMON APPLESAUCE CORNBREAD</p> <p>12 Gm Fat 670 Calories 1069 mg Sodium</p>	<p>● TURKEY &amp; SAUSAGE JAMBALAYA GREEN PEAS JELLIED STRAWBERRY PEAR SALAD WHOLE WHEAT BREAD</p> <p>16 Gm Fat 637 Calories 1159 mg Sodium</p>
<p>CHILI w/BEANS POTATO ROUNDS STRAWBERRY CUP OATMEAL COOKIES SALTINE CRACKERS</p> <p>31 Gm Fat 859 Calories 1088 mg Sodium</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG DICED PEACHES POTATO ROLL</p> <p>26 Gm Fat 751 Calories 681 mg Sodium</p>	<p>● TURKEY &amp; CAVATAPPI BROCCOLI PINEAPPLE CHUNKS TAPIOCA PUDDING WHOLE WHEAT BREAD</p> <p>18 Gm Fat 645 Calories 1059 mg Sodium</p>	<p>BBQ BEEF BRISKET on BUN WHOLE KERNEL CORN THREE BEAN SALAD MANDARIN ORANGES</p> <p>19 Gm Fat 664 Calories 591 mg Sodium</p>	<p>OVEN ROASTED CHICKEN CHEESY POTATOES TOSSED SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD</p> <p>26 Gm Fat 754 Calories 663 mg Sodium</p>
<p>SLOPPY JOE on BUN CALIFORNIA VEGETABLES MACARONI SALAD APRICOT MIX</p> <p>24 Gm Fat 741 Calories 700 mg Sodium</p>	<p>● SCALLOPED POTATOES With HAM GREEN PEAS ROSY APPLESAUCE ORANGE GELATIN WHOLE WHEAT BREAD</p> <p>17 Gm Fat 728 Calories 1098 mg Sodium</p>	<p>CRANBERRY MEATBALL MASHED POTATOES SPINACH SALAD w/DRSG FRESH BANANA POTATO ROLL</p> <p>25 Gm Fat 848 Calories 1204 mg Sodium</p>	<p>BEEF &amp; MACARONI CAPRI VEGETABLES CITRUS SECTIONS CHOCOLATE PUDDING WHOLE WHEAT BREAD</p> <p>23 Gm Fat 714 Calories 734 mg Sodium</p>	<p>● TURKEY TORTILLA SOUP LOOSE LEAF SALAD w/DRSG PEACH CUP SUGAR COOKIES SALTINE CRACKERS</p> <p>25 Gm Fat 771 Calories 1021 mg Sodium</p>
 <p>CLOSED FOR PRESIDENT'S DAY</p>	<p>MEATLOAF w/TOMATO SAUCE MASHED POTATOES PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>19 Gm Fat 655 Calories 1030 mg Sodium</p>	<p>HAMBURGER on BUN CALICO BAKED BEANS POTATO SALAD FRESH ORANGE</p> <p>25 Gm Fat 790 Calories 791 mg Sodium</p>	<p>BEEF MINESTRONE SOUP BAKED POTATO STRAWBERRIES &amp; APRICOTS SALTINE CRACKERS</p> <p>21 Gm Fat 750 Calories 576 mg Sodium</p>	<p>TACO SALAD GREEN PEAS APPLE JUICE GELATIN CAKE w/TOPPING</p> <p>37 Gm Fat 868 Calories 1159 mg Sodium</p>
<p>GROUND BEEF STROGANOFF MEDITERRANEAN VEGETABLES CINNAMON APPLESAUCE WHOLE WHEAT BREAD</p> <p>27 Gm Fat 670 Calories 708 mg Sodium</p>	 <p>VALENTINE'S DAY FEBRUARY 14TH</p>			<p>● CONTAINS TURKEY ⊙ CONTAINS PORK</p>

# Happy Valentine's Day



Clearwater Community/Senior Center  
921 Janet Avenue  
Clearwater, KS 67026