

Warrensburg Senior Center Newsletter

Senior Moments

February 2012

Melissa's Message



National Wear Red Day... Friday, February 3th

- Heart disease is the #1 killer of women, taking 1/3 of women who die a year.
- On the 3rd, your Senior Center will be serving some Red food options but more heart health tips can be obtained at www.goredforwomen.org
- You can donate to help fund continuing research by logging on to www.goredforwomen.org
- On National Wear Red Day, February 3, 2012, millions of Americans will join the fight against heart disease.
- Wear something Red on Friday the 3rd and support the hearts of the women in your life.

A recent song says, "The Sun is shining, not a cloud in sight, and I guess that I'm doing all Right."



With our goal of \$8,000.00 more than met, we are indeed doing all right, with our thanks to all of you who contributed. We regret finding it necessary to even ask, but we know when we do, your generosity will always help us achieve our goals. Thank you Johnson County.



Beginning February 1, our team of tax preparers will be at the Center to help you with your Taxes and your

Circuit Breaker preparations. We will continue with 2 preparers on Mondays, Wednesdays and Fridays from 9-12. We will be using only the quick e-file preparations this year. We allow 15 minutes for the Circuit Breaker forms and ask that you bring your rent verification, last year's filing and your property tax receipt, which must be paid before filing. For Income Tax filings we require an hour. Please call 747-2624 for your appt. and with any questions.

THANK A FARMER DAY

Farmer's Breakfast

<p style="text-align: center;">Menu</p> <p>Biscuits & Gravy Sausage Eggs Grits Pancakes Coffee Juice</p>	<p style="text-align: center;">Saturday February 4, 2012 from 8-10 am at the Warrensburg Senior Center Free Will Donation to go to the Center</p>
--	---



WPR HAPPENINGS	2
BIRTHDAYS	3
WORD SEARCH & BIRTHDAYS	3
PROG FEATURE	4
AROUND TOWN	4
VOL. OF THE MO	5
ACTIVITY CALENDAR	6
MENU	7
CONTACT INFO	8

VALENTINE STUFF

Valentine may have been a saint
But nowadays most gen'lmen ain't
Now guys, don't use no naughty names
Just cause there's no more football games
Remember, it's the second month
When we must be aware
That flowers and candy are for sale
To gratify all them fine females
Men could demonstrate a real affection
By offering a bit of sweet confection.
Yet lots would sooner wash their socks
Than send some chocolate in a box.

Anon.

Laura's Letter

Do you qualify for extra help on your Medicare prescription coverage

In times like these, every dollar counts save an average of \$3,900 per year.

Apply now for Extra Help with Medicare prescription drug costs.

Extra Help is a program through Social Security to help pay for the costs of monthly premiums, annual deductibles, and prescription co-payments related to a Medicare prescription drug plan.

Contact Laura at 1-800-748-7826 to see if you qualify.

Laura Miles
Care Manager Certified
Care Connection for Aging Services

Care Connection
for Aging Services

P.O. Box 1078 -
106 W. Young
Warrensburg, MO 64093
1-800-748-7826 or 1-660-747-3107

www.goaging.org
e-mail: lmiles@goaging.org

We Care, We Connect



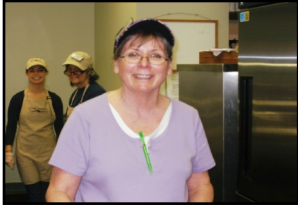
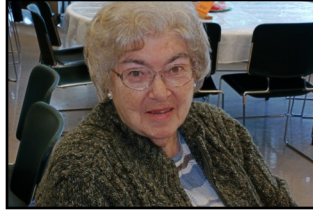
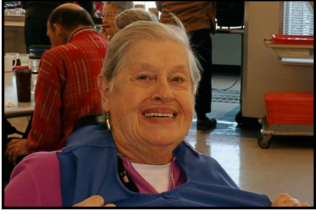
did you know ????

Activity of the Month

This month we focus on a time each month that takes place at the Murphy Lake Apts. The Stitch and Chatter group gathers each 2nd Tuesday at 2 pm to knit up a storm. They have been meeting for well over 5 years although just in the past year have they been meeting at Murphy, but that is where the majority of the knitters live so it was just convenient to change the location. There are about 5 regular attendees but they say they would love to have anyone who is interested to join them. Whether you have been knitting for a long time or if you're not sure what the difference between a knitting needle and a darning needle is, no matter, they would love to teach you all about it.. If interested just give Pat Neubauger a call at 238-6573 or Melissa at 747-2624.

- Linda Thomas is offering a free class to help you write your spiritual memoirs. If this is something you have always wanted to do, to register contact Linda at 747-8671 or www.grandmaslettersfromafrica.blogspot.com to check out her blog.
- On February 15th, we are offering a painting class from 9-3. There is a sign up in the Center hall. The cost is \$25.00, bring brushes, canvas, hair dryer and sponges.
- We will be going to see the Blues Brothers concert at UCM on Friday the 3rd. We will go out to eat and will leave a 5:30.
- The Men's Ministry at First Baptist Church of Warrensburg is looking for small volunteer projects to do for seniors, single moms, handicap. Projects can consist of but are not limited to small construction jobs, yard work, cleaning out gutters, moving, snow removal and some automobile repairs. Contact Eric at 660-656-3245 or eb11869@msn.com.

January Happenings



We have a great time on Thursdays, Fried Chicken Day, but on the 2nd Thursday-Birthday Day— we have some serious fun. Some of this month's birthday people are above. To the left Bud Matthews shows his radio controlled plane at our display day and Harold Turpin strolled in one day last month for a surprise visit... Great people

JANUARY VOLUNTEER HIGHLIGHT!!

Marilyn Hurt is one lady who knows all about long term volunteering and about how to do her job well, no matter what. She is not quite sure when she started taking blood pressure and sugar levels at the Warrensburg and Holden Senior Centers, but I know she was doing it before November 2007. So we can safely say that for 5 years she has held the second Tuesday of each month open to travel from her home in Holden to service her friends in Warrensburg. Marilyn is a nurse that is contracted through the Holden Manor Nursing Home in Holden and they were delighted when they learned that Marilyn was to be recognized for her years of service. Marilyn is dedicated to her fellow man and has great compassion for everyone but especially those with chronic conditions. Marilyn herself deals with conditions that could give her reason to stop and focus on her own needs, but she knows that life is richer when we are in service to others. When we stay active and engaged we are giving meaning and purpose that helps us think less of our needs and issues and make a difference in someone else's life. Thank you, Marilyn, for your spirit of dedication and service that you model for us all.



WARRENSBURG PARKS AND RECREATION FEBRUARY HAPPENINGS

START

Senior Toning and Resistance Training (START) uses gentle activities to increase joint flexibility, range of motion, and to maintain muscle strength.

Fee: \$13.00

MWF	9:30-10:30am	3/2-3/30
MWF	9:30-10:30am	4/2-4/30

BASIC SIGN LANGUAGE

Learn a useful skill and have fun, too! Participants will learn the basics of sign language. They will do this by using one of the easiest, fastest and most practical methods designed!

Instructor: Patricia Grandfield.

Fee: Wed \$75.00/Thu \$125.00

Wed	1-2pm	2/29-3/21
Thu	6-7:30pm	3/01-4/05

POTTERY

Try out the potter's wheel and hand build too! This eight-week class will accommodate beginners and intermediate skill levels. All materials and firing are included in the fee.

Space is limited so register early!

Instructor: Elizabeth Socolofsky-Howe

Fee: \$92.00

Tue	6-8pm	3/13-5/08
-----	-------	-----------

50+ FITNESS

This group exercise class helps individuals maintain strength, flexibility, mobility, endurance and cardiovascular strength. The class will use light weights, kettle bells, resistance bands, weight machines and cardio machines.

Fee: \$12.00

T/Th	9:30-10:30am	2/28-3/29
T/Th	9:30-10:30am	4/03-4/26

CUPID'S CHASE 5K

Come and join the fun by running or walking with WPR. Water will be provided.

Pre-register one week prior to be guaranteed a t-shirt.

Fee: \$10.00

Sat	9am	2/11
-----	-----	------

HYDRO EXERCISE

This class will help you feel good everyday! It's great for those who want a gentle workout that includes stretching and toning.

Instructor: Kelly Plott

Fee: \$50.00

Mon/Wed	10-11am	3/21-5/23
---------	---------	-----------



Register:
445 East Gay St.
Warrensburg, MO 64093
660-747-7178
www.warrensburg-mo.com

FEBRUARY BIRTHDAYS



Sadie Mapes

Dorothy Parsons

John Cecilia

Colleen Maddux

Karen Smith

Joan Marr

Eldridge Caple

Zola Magin

Betty McDaniel

Aylo Williams

Vilas Bielefeldt

L.T. Ross

Lena Sproat

Jerry McGlaughlin

Helen Rabel

Forrest Rabel

Sarah McWhirt

David Huffmaster

Jerry Shields

Don McWhirt

Happy Birthday

US Presidents Word Search

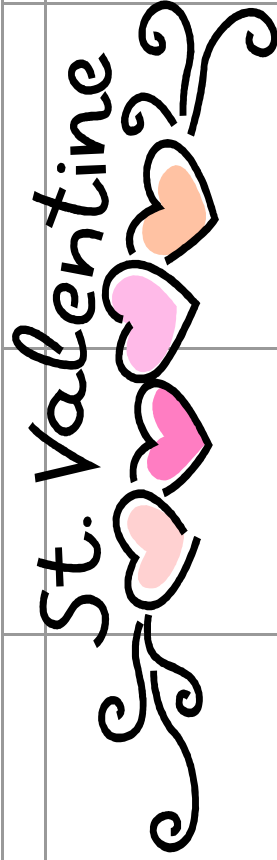
Find the hidden names of U.S. Presidents. See if you can get them all!

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

WASHINGTON
 ADAMS
 JEFFERSON
 MADISON
 MONROE
 JACKSON
 VANBUREN
 HARRISON
 TYLER
 POLK
 TAYLOR
 FILLMORE
 PIERCE
 BUCHANAN
 LINCOLN
 JOHNSON
 GRANT
 HAYES
 GARFIELD
 ARTHUR
 CLEVELAND
 HARRISON
 MCKINLEY
 ROOSEVELT
 TAFT
 WILSON
 HARDING
 COOLIDGE
 HOOVER
 TRUMAN
 EISENHOWER
 KENNEDY
 NIXON
 CARTER
 REAGAN
 BUSH
 CLINTON
 OBAMA

WARRENSBURG SR CENTER

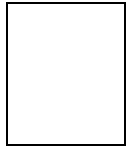
February 2012



			<p>1 Card & Book Clubs @ 8 START @ 9:30 Laura @ 10 Alzheimer's group-10:30 Knob Sr. Dinner @ 11 Cards & Canasta @ 12:30</p>	<p>2 Cards @ 8, 50+ 9:30 Tai Chi @ 10 JCCH BIPres @ 10:30 Center Board Meeting @ 1 GROUNDHOG DAY</p>	<p>3 WEAR RED DAY Cards @ 8 START @ 9:30 Blues Bro. at UCM-5:50 WII Bowling @ 12:30 Bridge-12:30</p>	<p>4 FARMERS BREAKFAST 8-10 Free will donation.. At Center...</p>
5	<p>6 Cards @ 8 START @ 9:30 Bingo @ 12:30</p>	<p>7 Cards-8,50+fitness 9:30 Tai Chi @ 10, Computer Class-10:30 Art @ 1</p>	<p>8 Cards Book Club @ 8 START & WD40 \$9:30 Laura @ 10, Cards @ 12:30 Stitch @ Chatter-Murphy-2</p>	<p>9 Cards @ 8 50+fitness 9:30 Tai Chi @ 10 Alzheimer's group @ 10 BIRTHDAY DAY @ 11</p>	<p>10 Cards @ 8 START @ 9:30 VALENTINE PARTY UCM THEATER PRESENTS-12</p>	<p>11</p>
	<p>13 Cards @ 8 START @ 9:30 Toe Nails-Trivia 10:30</p>	<p>14 GOLDEN AGERS HoldMan BIPres @ 10:30 Cards @ 8,50+fitness 9:30 Tai Chi @ 10 Computer Class-10:30 Art @ 1 Pot Luck & Cards-6</p>	<p>15 PAINTING CLASS Card, Book Clubs @ 8 START & WD40 \$9:30 Laura @ 10 Alzheimer's group-10:30 Cards & Canasta @ 12:30</p>	<p>16 Cards @ 8 50+fitness 9:30 Tai Chi-10 Chilbonee Sr Dinner @ 11</p>	<p>17 Cards @ 8 START @ 9:30 Dispelling Hospice Myths-10:30 Bridge-12:30 WII Bowling @ 12:30 Dinner and Dance @ 7</p>	<p>LIFELONG LEARNING PRESENTS— Steven Moore <i>What you Learn from Music about Success in Life.</i> 2pm at the Trails Regional Lib</p>
19	<p>Jam Session 1-4 PM ABC Building</p>	<p>21 Cards @ 8 50+fitness 9:30 Computer Class-10:30 Tai Chi @ 10 Warr. Manor Pres @ 10:30 Art @ 1</p>	<p>22 Card Book Clubs @ 8 START & WD40 \$9:30 Laura @ 10 PUZZLE PARTY-11 Cards @ 12:30</p>	<p>23 Cards @ 8 50+fitness 9:30 Tai Chi @ 10 Lloyd Allen Band-11</p>	<p>24 Cards @ 8 START @ 9:30</p>	
26	<p>27 Cards @ 8 START @ 9:30</p>	<p>28 KOKO 8:30 Cards @ 8,50+fitness 9:30 Computer Class-10:30 Tai Chi @ 10 Art @ 1 Pot Luck & Cards-6</p>	<p>29 Card, Book Clubs @ 8 START & WD40 \$9:30 Laura @ 10 Alzheimer's group-10:30 Cards & Canasta @ 12:30 LEAP YEAR DAY</p>	<p>1 Cards @ 8 50+fitness 9:30 Tai Chi @ 10</p>	<p>2 Cards @ 8 START @ 9:30 Bridge-12:30</p>	

Monday	Tuesday	Wednesday	Thursday	Friday																				
		<p>February 6 <u>Turkey Pot Roast w/Veg</u> Goulash Tossed Salad ♥ <u>Spinach</u> ♥ <u>Country Blend Veg</u> <u>Wheat Roll</u> Banana Pudding/Vanilla Wafer ♥ <u>Sliced Apples & Raisins</u></p>	<p>February 7 <u>Spaghetti & Meat Sauce</u> Chicken Pot Pie Corn ♥ <u>Cabbage</u> ♥ <u>Green Beans</u> <u>Garlic bread</u> Cherry Starburst Cake ♥ <u>Apricots</u></p>	<p>February 8 <u>Turkey w/ Wild Rice</u> Country Fried Pork Chop Mashed potatoes/Gravy ♥ <u>Mixed Vegetables</u> ♥ <u>Yam Patties</u> <u>Whole wheat roll</u> Poppy Seed Cake ♥ <u>Cinnamon Applesauce</u></p>	<p>February 13 <u>Chicken & Noodles</u> Country Fried Steak Mashed Potatoes/Gravy ♥ <u>Beets</u> ♥ <u>Peas</u> <u>Wheat roll</u> Taptoca Pudding ♥ <u>Blushed Pears</u></p>	<p>February 14 <u>Lasagna</u> BBQ Chicken Corn ♥ <u>California Blend</u> ♥ <u>Herbed Green Beans</u> <u>Garlic Bread</u> Lemon Bars ♥ <u>Cinnamon Apples</u></p>	<p>February 15 <u>Glazed Apple Pork Loin</u> Swedish Meatballs/Rice AuGratin Potatoes ♥ <u>Carrots</u> ♥ <u>Black Eyed Peas</u> <u>Wheat Bread</u> Cinnamon Roll ♥ <u>Brownie Cookies</u></p>	<p>February 16 Home Style Fried Chicken Salisbury Steak Mashed Potatoes & Gravy ♥ <u>Italian Vegetables</u> Corn <u>Wheat Roll</u> Peanut Butter Cake ♥ <u>Sugar Cookie</u></p>	<p>February 17 <u>Whitefish Basa Italiano</u> Harvest Soup Cole Slaw ♥ <u>Dilled Green Beans</u> ♥ <u>Hot Rosy Applesauce</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Pineapple Pudding Cake</u></p>	<p>February 20 <u>Chili</u> Chicken Pasta Casserole Corn ♥ <u>Baked Potato</u> ♥ <u>Broccoli</u> <u>Wheat Roll/Crackers</u> Pudding with Topping ♥ <u>Cinnamon Apples</u></p>	<p>February 21 <u>Baked Chicken</u> Liver n' Onions Mashed Potatoes/Gravy ♥ <u>Peas</u> ♥ <u>Diced Tomatoes</u> <u>Wheat Roll</u> Iced Prune Cake ♥ <u>Spiced Peaches</u></p>	<p>February 22 <u>Pork Roast</u> BBQ Beef on Wheat Bun Mashed Potatoes/Gravy ♥ <u>Honey Carrots</u> ♥ <u>Oriental Vegetables</u> <u>Wheat Bread/Bun</u> Banana Pudding/Vanilla Wafers ♥ <u>Frosted fruit</u></p>	<p>February 23 Home Style Fried Chicken Polish Sausage/Kraut Mashed Potatoes & Gravy ♥ <u>Green Beans</u> ♥ <u>Tossed Salad</u> <u>Wheat Roll</u> Apple Crisp ♥ <u>Frosted Fruit</u></p>	<p>February 24 <u>Lemon Baked Fish</u> Grilled Cheese on Wheat Bread Tomato Soup ♥ <u>Cabbage</u> ♥ <u>Italian Vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Fruit Fluff</u></p>	<p>February 27 <u>Smothered Hamb Stk w/Onion</u> BBQ Chicken Tossed Salad ♥ <u>Carrots</u> ♥ <u>Broccoli</u> <u>Wheat Roll/Bun</u> Rocky Road Dessert ♥ <u>Frosted fruit</u></p>	<p>February 28 <u>Ravioli w/Alfredo Sauce</u> Baked Ham Sweet Potatoes ♥ <u>Peas</u> ♥ <u>California Mix</u> <u>Wheat roll</u> Apple Spice Cake ♥ <u>Pumpkin Torte</u></p>	<p>February 29 Salisbury Steak Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 9 Happy Birthday Home Style Fried Chicken Roast Beef Mashed Potatoes & Gravy ♥ <u>Green Beans</u> Hominy Wheat Roll Cake & Ice Cream ♥ <u>Angel Food Cake/Sherbet</u></p>	<p>February 10 <u>Tater Crusted Pollack</u> Ham & Beans Tri Taters ♥ <u>Broccoli</u> ♥ <u>Diced Tomatoes</u> <u>Cornbread</u> Cook's Feature ♥ <u>Peach Crisp</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 1 <u>Salisbury Steak</u> Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat Bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>
<p>February 13 <u>Chicken & Noodles</u> Country Fried Steak Mashed Potatoes/Gravy ♥ <u>Beets</u> ♥ <u>Peas</u> <u>Wheat roll</u> Taptoca Pudding ♥ <u>Blushed Pears</u></p>	<p>February 14 <u>Lasagna</u> BBQ Chicken Corn ♥ <u>California Blend</u> ♥ <u>Herbed Green Beans</u> <u>Garlic Bread</u> Lemon Bars ♥ <u>Cinnamon Apples</u></p>	<p>February 15 <u>Glazed Apple Pork Loin</u> Swedish Meatballs/Rice AuGratin Potatoes ♥ <u>Carrots</u> ♥ <u>Black Eyed Peas</u> <u>Wheat Bread</u> Cinnamon Roll ♥ <u>Brownie Cookies</u></p>	<p>February 16 Home Style Fried Chicken Salisbury Steak Mashed Potatoes & Gravy ♥ <u>Italian Vegetables</u> Corn <u>Wheat Roll</u> Peanut Butter Cake ♥ <u>Sugar Cookie</u></p>	<p>February 17 <u>Whitefish Basa Italiano</u> Harvest Soup Cole Slaw ♥ <u>Dilled Green Beans</u> ♥ <u>Hot Rosy Applesauce</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Pineapple Pudding Cake</u></p>	<p>February 20 <u>Chili</u> Chicken Pasta Casserole Corn ♥ <u>Baked Potato</u> ♥ <u>Broccoli</u> <u>Wheat Roll/Crackers</u> Pudding with Topping ♥ <u>Cinnamon Apples</u></p>	<p>February 21 <u>Baked Chicken</u> Liver n' Onions Mashed Potatoes/Gravy ♥ <u>Peas</u> ♥ <u>Diced Tomatoes</u> <u>Wheat Roll</u> Iced Prune Cake ♥ <u>Spiced Peaches</u></p>	<p>February 22 <u>Pork Roast</u> BBQ Beef on Wheat Bun Mashed Potatoes/Gravy ♥ <u>Honey Carrots</u> ♥ <u>Oriental Vegetables</u> <u>Wheat Bread/Bun</u> Banana Pudding/Vanilla Wafers ♥ <u>Frosted fruit</u></p>	<p>February 23 Home Style Fried Chicken Polish Sausage/Kraut Mashed Potatoes & Gravy ♥ <u>Green Beans</u> ♥ <u>Tossed Salad</u> <u>Wheat Roll</u> Apple Crisp ♥ <u>Frosted Fruit</u></p>	<p>February 24 <u>Lemon Baked Fish</u> Grilled Cheese on Wheat Bread Tomato Soup ♥ <u>Cabbage</u> ♥ <u>Italian Vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Fruit Fluff</u></p>	<p>February 27 <u>Smothered Hamb Stk w/Onion</u> BBQ Chicken Tossed Salad ♥ <u>Carrots</u> ♥ <u>Broccoli</u> <u>Wheat Roll/Bun</u> Rocky Road Dessert ♥ <u>Frosted fruit</u></p>	<p>February 28 <u>Ravioli w/Alfredo Sauce</u> Baked Ham Sweet Potatoes ♥ <u>Peas</u> ♥ <u>California Mix</u> <u>Wheat roll</u> Apple Spice Cake ♥ <u>Pumpkin Torte</u></p>	<p>February 29 Salisbury Steak Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 9 Happy Birthday Home Style Fried Chicken Roast Beef Mashed Potatoes & Gravy ♥ <u>Green Beans</u> Hominy Wheat Roll Cake & Ice Cream ♥ <u>Angel Food Cake/Sherbet</u></p>	<p>February 10 <u>Tater Crusted Pollack</u> Ham & Beans Tri Taters ♥ <u>Broccoli</u> ♥ <u>Diced Tomatoes</u> <u>Cornbread</u> Cook's Feature ♥ <u>Peach Crisp</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 1 <u>Salisbury Steak</u> Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat Bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>					
<p>February 20 <u>Chili</u> Chicken Pasta Casserole Corn ♥ <u>Baked Potato</u> ♥ <u>Broccoli</u> <u>Wheat Roll/Crackers</u> Pudding with Topping ♥ <u>Cinnamon Apples</u></p>	<p>February 21 <u>Baked Chicken</u> Liver n' Onions Mashed Potatoes/Gravy ♥ <u>Peas</u> ♥ <u>Diced Tomatoes</u> <u>Wheat Roll</u> Iced Prune Cake ♥ <u>Spiced Peaches</u></p>	<p>February 22 <u>Pork Roast</u> BBQ Beef on Wheat Bun Mashed Potatoes/Gravy ♥ <u>Honey Carrots</u> ♥ <u>Oriental Vegetables</u> <u>Wheat Bread/Bun</u> Banana Pudding/Vanilla Wafers ♥ <u>Frosted fruit</u></p>	<p>February 23 Home Style Fried Chicken Polish Sausage/Kraut Mashed Potatoes & Gravy ♥ <u>Green Beans</u> ♥ <u>Tossed Salad</u> <u>Wheat Roll</u> Apple Crisp ♥ <u>Frosted Fruit</u></p>	<p>February 24 <u>Lemon Baked Fish</u> Grilled Cheese on Wheat Bread Tomato Soup ♥ <u>Cabbage</u> ♥ <u>Italian Vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Fruit Fluff</u></p>	<p>February 27 <u>Smothered Hamb Stk w/Onion</u> BBQ Chicken Tossed Salad ♥ <u>Carrots</u> ♥ <u>Broccoli</u> <u>Wheat Roll/Bun</u> Rocky Road Dessert ♥ <u>Frosted fruit</u></p>	<p>February 28 <u>Ravioli w/Alfredo Sauce</u> Baked Ham Sweet Potatoes ♥ <u>Peas</u> ♥ <u>California Mix</u> <u>Wheat roll</u> Apple Spice Cake ♥ <u>Pumpkin Torte</u></p>	<p>February 29 Salisbury Steak Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 9 Happy Birthday Home Style Fried Chicken Roast Beef Mashed Potatoes & Gravy ♥ <u>Green Beans</u> Hominy Wheat Roll Cake & Ice Cream ♥ <u>Angel Food Cake/Sherbet</u></p>	<p>February 10 <u>Tater Crusted Pollack</u> Ham & Beans Tri Taters ♥ <u>Broccoli</u> ♥ <u>Diced Tomatoes</u> <u>Cornbread</u> Cook's Feature ♥ <u>Peach Crisp</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 1 <u>Salisbury Steak</u> Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat Bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>										
<p>February 27 <u>Smothered Hamb Stk w/Onion</u> BBQ Chicken Tossed Salad ♥ <u>Carrots</u> ♥ <u>Broccoli</u> <u>Wheat Roll/Bun</u> Rocky Road Dessert ♥ <u>Frosted fruit</u></p>	<p>February 28 <u>Ravioli w/Alfredo Sauce</u> Baked Ham Sweet Potatoes ♥ <u>Peas</u> ♥ <u>California Mix</u> <u>Wheat roll</u> Apple Spice Cake ♥ <u>Pumpkin Torte</u></p>	<p>February 29 Salisbury Steak Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 9 Happy Birthday Home Style Fried Chicken Roast Beef Mashed Potatoes & Gravy ♥ <u>Green Beans</u> Hominy Wheat Roll Cake & Ice Cream ♥ <u>Angel Food Cake/Sherbet</u></p>	<p>February 10 <u>Tater Crusted Pollack</u> Ham & Beans Tri Taters ♥ <u>Broccoli</u> ♥ <u>Diced Tomatoes</u> <u>Cornbread</u> Cook's Feature ♥ <u>Peach Crisp</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 1 <u>Salisbury Steak</u> Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat Bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>															
<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 1 <u>Salisbury Steak</u> Chicken Parmesan Beets ♥ <u>Baked Potato</u> ♥ <u>Herbed Green Beans</u> <u>Wheat Bread</u> Chocolate Cake ♥ <u>Spiced Peaches</u></p>	<p>February 2 Home Style Fried Chicken BBQ Beef Mashed Potatoes & Gravy Hominy <u>Wheat Roll</u> Pudding With Topping ♥ <u>Blushed Pears</u></p>	<p>February 3 <u>Scroddele Fish Sticks</u> Hamburger Cornbread Casserole Cabbage ♥ <u>Peas</u> ♥ <u>Winter mix vegetables</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Cinnamon Apple Muffin</u></p>																				

Warrensburg Senior Center
445 East Gay
Warrensburg, MO 64093
(660) 747-2624
mgower@goaging.org



We're on the web! www.goaging.org

Newsletter News

The Warrensburg Senior Center needs to make some cuts to the center budget. As part of these cuts I have made the decision to not print as many newsletters as I have in the past. With the cost of the ink as it is I plan to only print 250 newsletters in color each month for the rest of the fiscal year (which ends June 30), and the rest will be printed in black and white.

I will have available the menu and activity calendar as separate single sheets for you to pick up at the center.

The newsletter is sent in color electronically each month so if you want your name added to this list just let me know and I can send you the newsletter via email. You can then print it off at home to keep.

I know how much you all enjoy the newsletter but I feel this cut is necessary as step one. I hope everyone understands our situation as we work through our local economic shortfall. If you have any questions or comments, please contact me at 747-2624. Thanks.

Melissa Gower
Co. Services Director
Warrensburg Sr. Center



Meet Our Staff!

Melissa Gower, Co. Serv. Dir.
Nancy Kavanaugh, Data Entry
David Huffmaster, Chef
Sally Hart, Ast. Cook & HDM Coordinator
Mike Kenneally, Ast. Cook
Harland Osborne, Ast. Cook & HDM Driver
Harold Saunders, HDM Driver
Ron Papsdorf, HDM Driver
Gene Countess HDM Driver



Do you know who belongs to these new tennis shoes ... Someone that has traded his trusty ole cowboy boots in for comfort and ease, at least for a while.

IT'S FINALLY DONE!!

Some of you have been working on this puzzle for a very long time. And we are happy to say "We Done it'. Watch for a puzzle party very soon.

