

# GRAPEVINE

# July 2018

Claire W. Teague Senior Center \* 917 South Main Street \* Great Barrington \* MA 01230

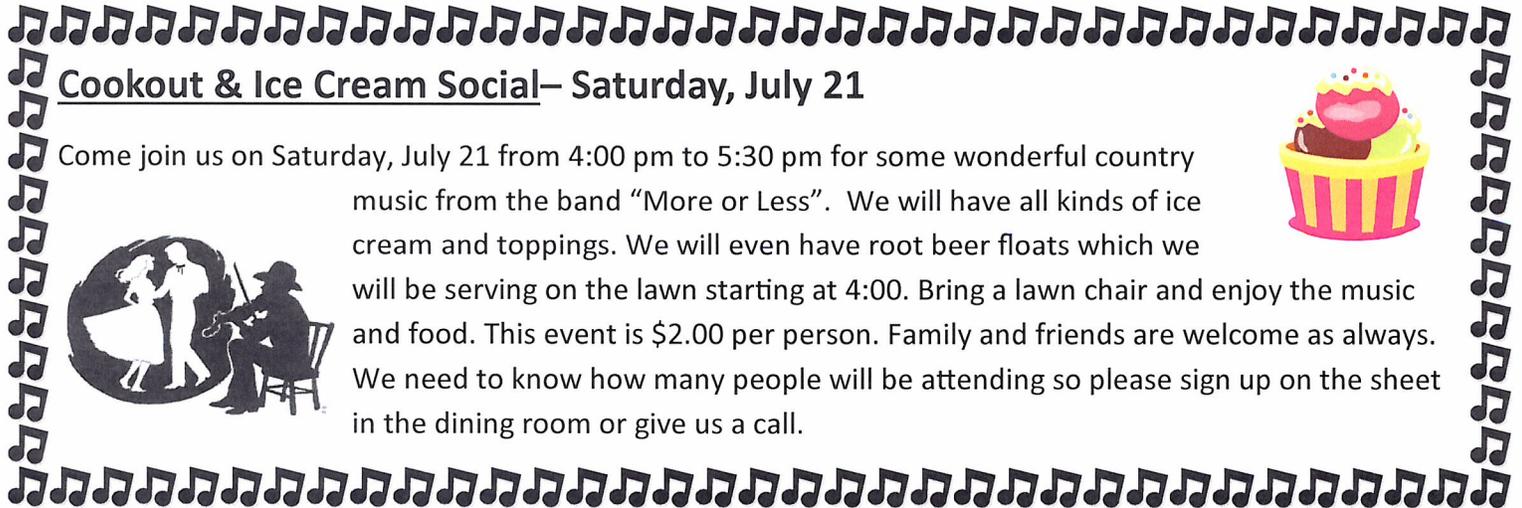
*Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator*

Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM

**Center:** 413-528-1881

**Dining Room:** 413-528-4118

**Transportation:** 413-528-4773



## Cookout & Ice Cream Social– Saturday, July 21

Come join us on Saturday, July 21 from 4:00 pm to 5:30 pm for some wonderful country music from the band “More or Less”. We will have all kinds of ice cream and toppings. We will even have root beer floats which we will be serving on the lawn starting at 4:00. Bring a lawn chair and enjoy the music and food. This event is \$2.00 per person. Family and friends are welcome as always. We need to know how many people will be attending so please sign up on the sheet in the dining room or give us a call.



## Basket Making Class– July 25

Polly is offering another basket making class. We will be making reed shaker cathead baskets using reproduction shaker molds. There is a limited number of molds available so space is limited. The class will begin at 11:00 am. The cost of the class is \$15.00 for the 7 inch basket and \$18.00 for the 10 inch basket. First come first choice in basket size. All materials, supplies and refreshments included. A sign up sheet for this class is in the dining room.



## Violin Showcase– July 11



Mark Dufoe will be bringing a number of violins to the senior center to show and explain some of the differences in them. There will be violins by various makers so that everyone can hear the difference in sound, tone etc. It will be a great chance to experience the different tones, mellowness & sharpness. The event starts at 12:00 pm, right after lunch. If you will be attending this event, please sign up on the sheet in the dining room.

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## Laurel Lake “FREE” Lunch Summer Celebration– July 18

We will be enjoying a wonderful (and free) lunch donated by Laurel Lake. It will include meatloaf, carrots, salad, rolls and cherry pie for dessert. **Sandy & Sandy** will also be here to perform for us during this lunch and they will start at 11:00 and end at 12:00. Lunch is at 11:30. If you would like to attend, please sign up on the sheet in the dining room. Don't miss out, sign up today!



## EXERCISE CLASSES

### MONDAY:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
- 12:30 PM- Healthy Moves with Thea (\$3.00)
- 1:00 PM- Beginners Tap Dancing with Carolyn (\$5.00)
- 2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

### TUESDAY:

- 9:45 AM- Pilates for Osteoporosis Prevention with Kathi (\$5.00) *\*Challenging Class\**
- 3:30 PM- Strength Training with Christine (\$3.00)

### WEDNESDAY:

- 9:30 AM- Easy Does it Yoga with Joanne (\$5.00)

### THURSDAY:

- 10:00 AM- Therapeutic Movement exercise/Breathing Class with Suzanne (\$3.00)
- 4:00 PM- Misha's Advanced Class (\$10.00)

### FRIDAY:

- 9:00 AM- Tai Chi with Christine (\$3.00)
- 10:00 AM -Chair Exercises with Ann (Free)
- 1:00 PM- Beginners Tap Dancing (\$5.00)
- 2:00 PM- Intermediate Tap Dancing (\$5.00)

## ART CLASSES

Did you know that the senior center offers a couple of different art classes on a weekly basis?? We have different levels and styles of classes to suit most everyone's needs. Below is the class information. Feel free to stop in to one of the classes & see what they're all about.

**Wednesday at 4:00 pm "Decorative Arts"**

**Thursday at 9:30 am "Vera's Painting Class"**

**Thursday at 1:00 pm "Art Class w/ Eunice"**

*(Eunice's class is on "break" until SEPT. 13)*

\*If you have any further questions, please call the center at 528-1881\*

## We Need You Volunteer in your Community

You've got just what it takes to help your neighbors in need. Many older, low-income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax filing help to those who need it most. You can make a big difference in someone else's life. We'll show you how.

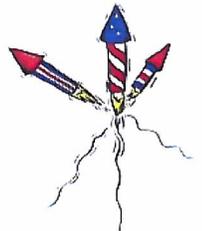
We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2019 tax season. Our volunteers receive training and continued support in a welcoming environment. And as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide)  
Or call 1-888-227-7669  
For Berkshire County information call 1-413-243-3569

**Recent volunteers include:** Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired.

**Sites include:** Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington

**Just a reminder that the  
senior center will be  
closed on  
Wednesday, July 4th.**



## HAPPY BIRTHDAY!!

- |                            |                          |
|----------------------------|--------------------------|
| July 6 Helen Hanky         | July 19 Pia Bellinger    |
| July 6 Richard Pope        | July 21 Jo Robinson      |
| July 8 Virginia Niewinski  | July 22 Susan Morris     |
| July 12 Jane Goewey        | July 23 Joan Ury         |
| July 12 Jan Tarvert        | July 23 Judith Smith     |
| July 15 Barbara Tinker     | July 24 Thomas Andrus    |
| July 15 Florence Tisserand | July 26 Cory Hines       |
| July 16 Anne Macheski      | July 26 Richard Wallach  |
| July 17 Susan Dillard      | July 26 Patricia Elsbach |
| July 17 Nan Wiles          | July 27 Ruth Ruthel      |
| July 17 Patrice Farrell    | July 27 Jean Lunn        |
| July 18 Marilyn Stevens    | July 31 Ken Basler       |
| July 18 Dot Schellhammer   |                          |

# “TRIPS”

*Come check out our trips bulletin board in the main hallway.*

## MGM Grand in Springfield

Come with us to check out the new MGM Grand casino in Springfield. We are headed out there on opening day, Friday, August 24th. The cost per person is \$15.00 We will be leaving the center at 9:00 AM and returning around 4:00 PM We have limited spots available so if you are interested, please don't hesitate to sign up on the Trips board as soon as possible.



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## Tanglewood on Parade

One of the festival's most beloved traditions, the ever-popular Tanglewood on Parade, offering audiences a full day of musical activities for the entire family, culminating on August 8th in an 8 p.m. concert in the Shed featuring all of the festival's orchestras performing in a single concert. Boston Pops Conductor Keith Lockhart and Pops Conductor Laureate John Williams, along with conductor Bramwell Tovey, lead the BSO, Boston Pops, and Tanglewood Music Center Orchestra in a program of works including Gershwin's *Rhapsody in Blue*, featuring 2018 Koussevitzky Artist Kirill Gerstein, and Ravel's *Daphnis et Chloé*, Suite No. 2. The traditional Tanglewood on Parade finale, Tchaikovsky's *1812 Overture*, closes the concert, followed by fireworks over the Stockbridge bowl.

Please sign up on the trips board if you plan on attending. For those carpooling or driving on their own, the tickets are \$24.00 per person for the lawn seats. This is a bring your own and share picnic. Please let us know if you will need transportation to the event.

## FREE Fun Friday's

The 2018 schedule has been released and below is a list of FREE events (for all ages) on Friday's throughout the summer in Berkshire County:

July 6: Hancock Shaker Village

July 13: Chesterwood

Ventfort Hall Mansion & Gilded Age Museum  
Mahaiwe Performing Arts Center

July 27: Boston Symphony Orchestra at Tanglewood

August 3: Naumkeag (The Trustees of Reservations)

August 10: Jacob's Pillow

August 17: Berkshire Museum

August 24: MASS MoCA

August 31: Norman Rockwell Museum



To get a full list of events throughout the state, call 617-969-8900 or visit

[www.highlandstreet.org/programs/free-fun-fridays](http://www.highlandstreet.org/programs/free-fun-fridays).

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## Friday Tanglewood Rehearsals

It's that time of year again! This year we will be carpooling to the Friday Tanglewood Rehearsals. The dates are: **July 6, 13, 20, 27** and **August 3, 17, 24**. The rehearsals begin at 9:30 am and end around 11:30 am. A sign up sheet will be on the Trips board if you are interested.

The Friday-morning rehearsal experience is intended to offer a first-hand, behind-the-scenes opportunity for groups that call the Berkshires their home throughout the year to experience the BSO on the Tanglewood grounds. Polly will be reserving seats so please sign up soon.

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## HEALTH CARE PROXY'S

Great Barrington Health Care Social Worker, Julie Frost, will be offering a program about Health Care Proxy's. She will be visiting the senior center on July 17th from 10:30 am to 12:30 pm, the same day the free lunch is being offered by GB Health Care. Take this opportunity to have someone on hand to assist with filling out this very important document.

**Fraud Alert!**



Several people have reported a call from "Medicare" asking for their old Medicare number. IT IS NOT MEDICARE, IT IS A SCAM. You will be receiving a new Medicare card with a new number including letters. Your old number was a social security number so you definitely do not want to give that out.

The Senior Medicare Patrol suggests Medicare beneficiaries PROTECT, DETECT and REPORT.

**Protect** your personal information. Medicare will not call you or visit to sell anything.

**Detect:** Always review your Medicare Summary Notice for mistakes ( they DO happen).

**Report** Mistakes or Questions. If you feel you have been incorrectly charged you can call the Senior Medicare Patrol at 1-800-892-0890.

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**"Movie Thursday"**

On Thursday, July 12 from 12:30-2:00 we will be showing *The Conspirator*. This movie is about Mary Surratt, the lone female charged as a co-conspirator in the assassination trial of Abraham Lincoln. The whole nation turns against her and she is forced to rely on her reluctant lawyer to uncover the truth and save her life.

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**"Special" Lunch- July 11th**



We will be having pizza and salad from Four Brothers on Wednesday, July 11. It is \$2.00 per person. A sign up sheet is in the dining room if you would like to attend.

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**Great Barrington Health Care** will be providing the center with a FREE lunch on Tuesday, July 17th. They will be preparing pulled pork, coleslaw, watermelon and potato salad. They always give us such wonderful lunches. If you would like to attend the lunch that day, please sign up on the sheet in the dining room or call the center.

**MANY THANKS TO GB HEALTH CARE FOR ALL OF THEIR GENEROSITY TO THE CENTER!**

**Farmer's Market Coupons**

Elder Services will be releasing the Farmers Market coupons some time in the beginning of July so keep an eye out for further information. We will post a notice as soon as we know what day.



**"Free Fun Friday" at Hancock Shaker Village— July 6**

We are off to Hancock Shaker Village for the day. We will also have a picnic lunch on the lawn too. We will be carpooling that day so please sign up on the trips board if you would like to go. Please let us know if you can drive. We will be leaving the senior center at 9:30 am. Remember the event is free so why not come along for some fun!



**Demo of Specialty Phones**

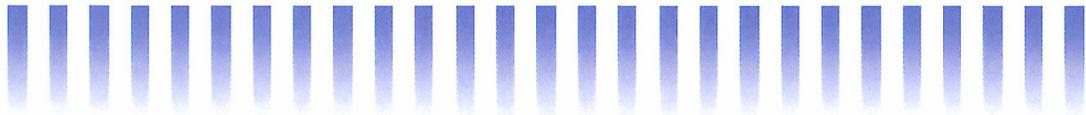
A representative will be available at the center on July 18th from 11:30-1:30 to display specialized phones for hearing, sight, speech and mobility. They even have a new phone that blocks unwanted calls! You will be able to see the phones, talk directly to the rep and sign up on site for it.

**Cookout Time!!**

We're gearing up for another cookout. Come join us on Thursday, July 26th at 11:30 for hamburgers, hot dogs, baked beans and salad. The cost is \$2.00 per person. If you are interested in attending lunch that day, please sign up on the sheet in the dining room or give us a call.

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**LITTLE BIT FARM FOOD TRUCK**, will be parked in the back of the Senior Center near Brookside Manor **EVERY** Monday at 1:00 PM starting July 2nd. Come check out what great things they will be selling!



*Please Join Us*

*Thursday, July 19th at Noon*

*For a Presentation On:*

*How to Be Prepared For The Expected  
and Unexpected Hospitalization*

*Presented By:*

*Denise Vigna, LSW*

*Director of Marketing and Outreach for*



*Desserts Prepared By BaneCare's  
Chefs Will Be Served*

**If you would like to attend this event, please sign up on the sheet in the dining room.**

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1:00 Little Bit Farm Mobile Truck 2</b>                      9:00-12:00 Genealogy by Appt.                      9:15 Cross Training                      10:00 Acupuncture                      10:15 Awareness through Movement                      11:30 LUNCH- Chicken &amp; Sausage Casserole                      12:30 Healthy Moves                      1:00 Beginner Tap                      2:00 Intermediate Tap</p>	<p><b>3</b>                      9:45 Pilates for Osteoporosis Prevention                      10:00 Crossword &amp; Jo's Craft Class                      11:00 Therapy Dog Visit                      11:30 LUNCH- Italian Meatballs                      12:00 Bridge                      12:15-2:15 Computer Class by Appt.                      12:30 Bingo                      3:30 Strength Training                      6:00 Canine Good Citizens Training</p>	<p><b>4</b>  <b>SENIOR CENTER CLOSED</b>  </p>	<p><b>5</b>                      8:30 Breakfast and Bingo                      9:30 Vera's Painting Class                      10:00 News &amp; Views                      10:00 Therapeutic Breathing Exercise                      11:30 LUNCH-Cheeseburgers                      12:00 Crafty Hands                      4:00 Misha's Advanced Exercise</p>	<p><b>6</b>                      9:00 Tai Chi                      10:00 Ann's Chair Exercise                      11:30 LUNCH- Roast Turkey w/ Gravy                      12:00 Bridge                      1:00 Beginner Tap                      2:00 Intermediate Tap</p>
<p><b>9</b>                      1:00 Little Bit Farm Mobile Truck                      9:00-12:00 Foot Nurse by Appt.                      9:00-12:00 Genealogy by Appt.                      9:15 Cross Training                      10:15 Awareness through Movement                      11:30 LUNCH- Beef Burgundy                      12:30 Healthy Moves                      1:00 Beginner Tap                      2:00 Intermediate Tap</p>	<p><b>10</b>                      9:45 Pilates for Osteoporosis Prevention                      10:00 Crossword &amp; Jo's Craft Class                      11:00 Therapy Dog Visit                      11:30 LUNCH- Bone In Chicken w/ Gravy                      12:00 Bridge                      12:15-2:15 Computer Class by Appt.                      12:30 Bingo                      3:30 Strength Training                      6:00 Canine Good Citizens Training</p>	<p><b>11</b>                      12:00 VIOLIN SHOWCASE                      9:30 Easy Does it Yoga                      11:30 LUNCH-Pizza &amp; Salad from Four Brothers                      12:30 Brown Bag                      12:30 Pitch                      4:00 Decorative Arts</p>	<p><b>12</b>                      Veterans Eat For Free Today                      8:30 Breakfast and Bingo                      9:30 Vera's Painting Class                      10:00 News &amp; Views                      10:00 Therapeutic Breathing Exercise                      11:30- 3:30 SHINE (By Appt.)                      11:30 LUNCH- Baked Pollock                      12:00 Crafty Hands                      12:30 MOVIE- The Conspirator                      4:00 Misha's Advanced Exercise                      4:00 Women's Cancer Support Group</p>	<p><b>13</b>                      9:00 Tai Chi                      9:00-12:00 Foot Nurse by Appt.                      10:00 Ann's Chair Exercise                      11:30 LUNCH- Chicken Fajita                      12:00 Bridge                      1:00 Beginner Tap                      2:00 Intermediate Tap</p>
<p><b>16</b>                      1:00 Little Bit Farm Mobile Truck                      9:00-12:00 Genealogy by Appt.                      9:15 Cross Training                      10:00 Acupuncture                      10:15 Awareness through Movement                      11:30 LUNCH- Roast Pork w/ Gravy                      12:30 Out to Lunch Bunch- Café Rio                      12:30 Healthy Moves                      1:00 Beginner Tap                      2:00 Intermediate Tap                      5:30- 7:30 Grief Support Group</p>	<p><b>17</b>                      GB HEALTHCARE- FREE LUNCH                      8:30 Breakfast (See Flyer)                      9:45 Pilates for Osteoporosis Prevention                      10:00 Crossword &amp; Jo's Craft Class                      10:30 BLOOD PRESSURE CLINIC                      11:00 Therapy Dog Visit                      11:30 LUNCH- Pulled Pork                      12:00 Bridge                      12:15-2:15 Computer Class by Appt.                      12:30 Bingo                      3:30 Strength Training                      6:00 Canine Good Citizens Training</p>	<p><b>18</b>                      LAUREL LAKE- FREE LUNCH                      9:30 Easy Does it Yoga                      11:00 SANDY &amp; SANDY                      11:30 LUNCH- Meatloaf, salad, carrots,                      11:30 Specialty Phone Demo                      rolls, pie                      12:30 Pitch                      1:00-2:30 Caregiver Support Group                      4:00 Decorative Arts</p>	<p><b>19</b>                      12:00 BANECARE VISIT                      8:30 Breakfast and Bingo                      9:30 Vera's Painting Class                      10:00 News &amp; Views                      10:00 Therapeutic Breathing Exercise                      11:30- 3:30 SHINE (By Appt.)                      11:30 LUNCH- Chicken Marsala                      12:00 Crafty Hands                      4:00 Misha's Advanced Exercise</p>	<p><b>20</b>                      9:00 Tai Chi                      10:00 Ann's Chair Exercise                      11:30 LUNCH- Sloppy Joe                      12:00 Bridge                      1:00 Beginner Tap                      2:00 Intermediate Tap  <b>Cookout &amp; Ice Cream Social</b>  <b>Sat. July 21, 4:00 PM</b></p>
<p><b>23</b>                      1:00 Little Bit Farm Mobile Truck                      9:00-12:00 Genealogy by Appt.                      9:15 Cross Training                      10:15 Awareness through Movement                      11:30 LUNCH- Chicken Salad                      12:30 Healthy Moves                      1:00 Beginner Tap                      2:00 Intermediate Tap</p>	<p><b>24</b>                      9:45 Pilates for Osteoporosis Prevention                      10:00 Crossword &amp; Jo's Craft Class                      10:30 HEALTH CARE PROXY PROGRAM                      11:00 Therapy Dog Visit                      11:30 LUNCH- Shepherd's Pie                      12:00 Bridge                      12:15-2:15 Computer Class by Appt.                      12:30 Bingo                      3:30 Strength Training                      6:00 Canine Good Citizens Training</p>	<p><b>25</b>                      9:30 Easy Does it Yoga                      11:00 BASKET MAKING CLASS                      11:30 LUNCH- Orange Chicken                      12:30 Pitch                      4:00 Decorative Arts</p>	<p><b>26</b>                      Veterans Eat For Free Today                      8:30 Breakfast and Bingo                      9:30 Vera's Painting Class                      10:00 News &amp; Views                      10:00 Therapeutic Breathing Exercise                      10:30 BLOOD PRESSURE CLINIC                      11:30- 3:30 SHINE (By Appt.)                      11:30 COOKOUT (Hamburgers &amp; Hot Dogs)                      12:00 Crafty Hands                      4:00 Misha's Advanced Exercise                      4:00 Women's Cancer Support Group</p>	<p><b>27</b>                      9:00 Tai Chi                      10:00 Ann's Chair Exercise                      11:30 LUNCH- Chef Salad w/ Ham, Chicken, Cheese                      12:00 Bridge                      1:00 Beginner Tap                      2:00 Intermediate Tap                      5:30 Gad Abouts- Stateline Pizza</p>
<p><b>30</b>                      1:00 Little Bit Farm Mobile Truck                      7:30 AM ERIE CANAL TRIP                      9:00-12:00 Genealogy by Appt.                      9:15 Cross Training                      10:15 Awareness through Movement                      11:30 LUNCH- Baked Haddock                      12:30 Bingo &amp; Ice Cream                      12:30 Healthy Moves                      1:00 Beginner Tap                      2:00 Intermediate Tap                      5:30- 7:30 Grief Support Group</p>	<p><b>31</b>                      9:45 Pilates for Osteoporosis Prevention                      10:00 Crossword &amp; Jo's Craft Class                      11:00 Therapy Dog Visit                      11:30 LUNCH- Macaroni &amp; Cheese                      12:00 Bridge                      12:15-2:15 Computer Class by Appt.                      12:30 Bingo                      3:30 Strength Training                      6:00 Canine Good Citizens Training</p>	<p><b>Lunch RSVP:</b>  <b>413-528-4118</b>  <b>*AT LEAST 24 HOURS IN ADVANCE*</b></p>	<p><b>*Coffee Hour Every Day at 8:30 AM*</b>  </p>	

# Elder Services of Berkshire County - Nutrition Program

## JULY 2018

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00 All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<b>2</b>	<b>Chicken and Sausage Casserole *</b> Egg Noodles Collard Greens Oat Nut Bread Tropical Fruit Mix Calories: 644 Sodium: 1,113	<b>3</b>	<b>Italian Meatballs</b> WG Penne w/ Sauce Mixed Vegetables 100% Whole Wheat Bread Chocolate Chip Cookie ** Calories: 930 Sodium: 904	<b>4</b>	<b>Independence Day</b> Sliced Roasted Potatoes Oriental Mixed Vegetables Hamburger Bun Watermelon Calories: 802 Sodium: 1009	<b>5</b>	<b>Independence Day</b> Sliced Roasted Potatoes Oriental Mixed Vegetables Hamburger Bun Watermelon Calories: 802 Sodium: 1009	<b>6</b>	<b>Roast Turkey with Gravy *</b> Sweet Potatoes Cauliflower w/Pimiento 100% Whole Wheat Bread Spiced Apples Calories: 546 Sodium: 836		
<b>9</b>	<b>Beef Burgundy</b> Mashed Potatoes Sonoma Blend Vegetable Dinner Roll Apricots Calories: 668 Sodium: 461	<b>10</b>	<b>Bone in Chicken/Gravy</b> Roasted Potatoes Broccoli 12 Grain Bread Diced Peaches Calories: 626 Sodium: 585	<b>11</b>	Four Brothers Pizza & Salad	<b>12</b>	<b>Baked Pollock</b> Sweet Potatoes Green Beans Oat Nut Bread Fresh Orange Calories: 609 Sodium: 490	<b>13</b>	<b>Chicken Fajita</b> Rice & Beans Corn Tortilla Diced Pears Calories: 718 Sodium: 469		
<b>16</b>	<b>Roast Pork with Gravy</b> Roasted Potatoes Peas w/Pimiento 12 Grain Bread Applesauce Calories: 650 Sodium: 563	<b>17</b>	GB Health Care Free Lunch Pulled pork, coleslaw watermelon, potato salad	<b>18</b>	Laurel Lake Lunch Meatloaf, carrots, salad rolls, pie	<b>19</b>	<b>Chicken Marsala</b> Mashed Potatoes Carrots 12 Grain Bread Fresh Peach Calories: 537 Sodium: 521	<b>20</b>	<b>Sloppy Joe</b> Potato Puffs Mixed Vegetables Hamburg Bun Ice Cream ** Calories: 885 Sodium: 1069		
<b>23</b>	<b>Chicken Salad</b> Pasta Salad Cold Spiced Beets 100% Whole Wheat Bread Tropical Fruit Salad Calories: 934 Sodium: 1079	<b>24</b>	<b>Shepherd's Pie</b> Mashed Potatoes Green Beans Almondine Whole Grain Biscuit Apricots Calories: 707 Sodium: 681	<b>25</b>	<b>Orange Chicken</b> Sweet Potatoes Winter Squash 100% Whole Wheat Bread Applesauce Calories: 660 Sodium: 397	<b>26</b>	Cookout Hamburgers, Hot Dogs, Salad, Baked Beans	<b>27</b>	<b>High Sodium Meal</b> <b>Chef Salad</b> with Ham/Chicken/Cheese Chickpea and Tomato Salad Carrot Raisin Salad 12 Grain Bread Fresh Fruit Salad Calories: 805 Sodium: 1320		
<b>30</b>	<b>Baked Haddock</b> Potatoes AuGratin Sugar Snap Peas Oat Nut Bread Mandarin Oranges with Pineapple Calories: 534 Sodium: 768	<b>31</b>	<b>Macaroni and Cheese *</b> Stewed Tomatoes Peas and Carrots 12 Grain Bread Fruited Gelatin** Calories: 681 Sodium: 1097								

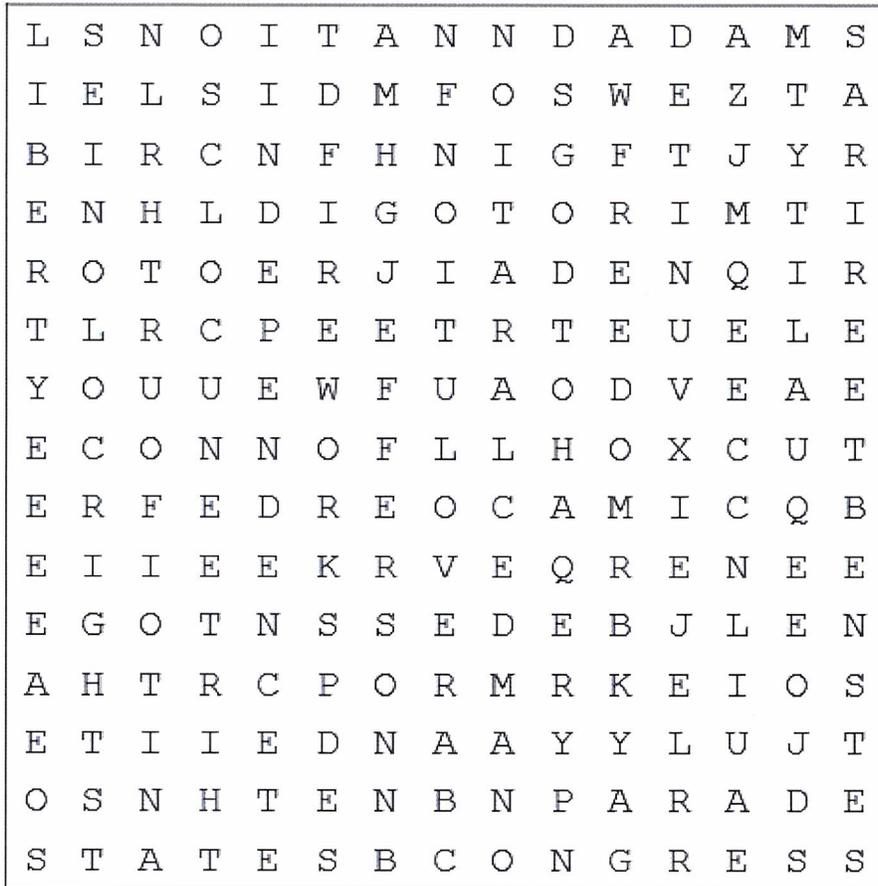
**Dietary Information:** All meals include 1% Milk 110 calories/125 mg sodium  
 Calories and sodium from salad dressings, margarine, crackers and condiments are not included. \*High Sodium \*\*Modifications for restricted sugar available  
 Nutrition information provided is not exact but will help guide you.

**HOME DELIVERED MEALS:** If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.



# Independence Day

July 4th



ADAMS  
 AMERICA  
 BARBECUE  
 COLONIES  
 CONGRESS  
 DECLARATION  
 EQUALITY  
 FIREWORKS

FOURTH  
 FREEDOM  
 HOTDOGS  
 INDEPENDENCE  
 JEFFERSON  
 JULY  
 LIBERTY  
 NATION

PARADE  
 REVOLUTION  
 RIGHTS  
 STATES  
 THIRTEEN  
 UNITED



Please return your completed word search to Jenn at the Senior Center. Thank you!

Name: \_\_\_\_\_