



Seniors In Touch

"It means so much to stay in touch"

Sheboygan County Quilt Guild Has Got It Covered

by Allison Brunette

Special Days in September Self Improvement Month

2 International Bacon Day

5 Cheese Pizza Day

6 Fight Procrastination

6 Read a Book Day

10 Swap Ideas Day

12 Chocolate Milk Shake
Day

13 Fortune Cookie Day

15 POW/MIA Recognition
Day

19 International Talk Like
a Pirate Day, Matey

21 World Gratitude Day

22 Elephant Appreciation

26 Johnny Appleseed Day

28 Ask a Stupid Question
Day (one of my favorite
days)

28 National Good
Neighbor Day

Jean Beinemann, a member of the Sheboygan County Quilt Guild, thoroughly enjoys her involvement as a member and guild volunteer. She says "The Guild touches the lives of many throughout the lifespan...from NICU babies who receive a quilt through our 'babies at risk' program to the elderly who receive donated quilts via various hospice, veteran and/or other projects..... I see quilting as a way to foster community through the camaraderie of those engaged in quilting across generations. In fact, current members range in age from their early 30s to their nineties."



From left to right: Charter member Carol Arpke, Anna Walvord, Brittany Coppersmith, and Jean Beinemann stand behind founding members Rosemary Anderson and Barbara Jaeger

Although co-president and youngest member Brittany Coppersmith confesses that while it was assumed her initial interest in the guild was on behalf of her mother, a shared passion is a great equalizer. So much is learned through the friendships that have developed over a common interest in the art of quilting. Brittany says her fellow quilters know more about her life than her peers do.

Brittany has been a member for just three years and already serves as president of the guild
(continued on page 10)

Sheboygan County Senior Dining Program Serving Sheboygan County Seniors

"We keep our readers well fed, and our diners well read"

Sheboygan County Senior Dining Sites

Adell Senior Center
510 Siefert, Adell WI 53001
Phone: 994-9934
Open: Monday thru Friday
Manager: Mary Kempf

Cascade Village Hall
301 1st Street, Cascade WI 53011
Phone: 920-994-9934
Open: Mondays
Manager: Mary Kempf

Cedar Grove—First Reformed Church
237 South Main, Cedar Grove, WI 53013
Phone: 920-668-6863
Open: Mondays
Manager: Delores M.

Howards Grove Village Hall
913 S. Wisconsin Dr.
Howards Grove, WI 53083
Phone: 920-467-9042
Open: Tuesdays
Manager: Allison Brunette

Oostburg Rich-Len Apartments
115 N.15th Street, Oostburg, WI 53070
Phone: 920-946-0734 or 920-564-3603
Open: Wednesdays
Manager: Terry T. & Peggy H.

Plymouth—Generations Building
1500 Douglas Drive
Plymouth, WI 53073
Phone: 920-892-4821
Open: Monday thru Friday
Manager: Susan Wenzel

Sheboygan—Bethany Church
1315 Washington Avenue
Sheboygan, WI 53081
Phone: 920-207-2522
Open: Monday thru Friday
Manager: Darcy Vollrath

Sheboygan Falls—ADRC
650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-9042
Open: Monday thru Friday
Manager: Allison Brunette

Platter Patter

September is National Falls Prevention Month and the theme for this year is, "10 Years Standing Together to Prevent Falls." Injuries sustained as the result of a fall are the leading cause of accident-related deaths for people age 65 and over. Falls are not a normal part of aging. They can be a symptom of medical conditions that people may be unaware they have.

According to the U.S. Centers for Disease Control and Prevention:

- One-fourth of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2013, the total cost of fall injuries was \$34 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

Those are sobering statistics. According to the Wisconsin Department of Health Services Office of Informatics: In Sheboygan County there were 2,346 of emergency room visits, 413 hospital admissions, and 21 fatalities in 2014. We all know of either a family member, family friend, co-worker, or co-worker's relative that has either fallen, been hospitalized because of the injuries received or, who has passed away as a result of complications of the injuries received in the fall.

The Aging and Disability Resource Center, in conjunction with Sheboygan County Public Health and other community partners are leading an effort to reduce the number of falls that occur here in Sheboygan County. Each of the eight senior dining sites, in addition to the Sheboygan Senior Activity Center, will be hosting free fall risk screenings throughout late September and into October. A schedule of these screenings can be found on p. 7 of this newsletter. The screening only takes 15 minutes of your time and potentially could save you from experiencing pain and anguish or, even possibly, could save your life. It would be time well-spent!

Contact Us At:

Sheboygan County Senior Dining Program

Aging and Disability Resource Center

650 Forest Avenue

Sheboygan Falls, WI 53085

Phone: 920-467-4100

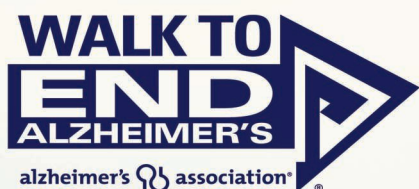
Email: adrc@sheboygancounty.com



Seniors In Touch is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health-and-human-services/aging-and-disability-resource-center/seniors-in-touch-newsletter>





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For more information or to register: **Call 920-467-4616 Ext. 314**

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Registration is limited: Please register by September 18,





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Aging & Disability Resource Center, Sheboygan Falls, WI. A 4C 01-1338



2017 FALL WORKSHOP SCHEDULE



Healthy Living With Diabetes

Fridays, Sept 15-Oct 20; 9:30-12pm

Aurora Sheboygan Clinic, 2414 Kohler Memorial Dr. Sheboygan. Admin Conference Room in East Building Call 459-1164 to register

For adults with Type 2 Diabetes, Pre-Diabetes or, if you live with someone with Type 2 Diabetes. Learn about healthy eating, reading food labels, planning low-fat meals. Practice fun ways to get active. Discover how to prevent or delay complications, low blood sugars. Learn about foot care. Find tips for talking with your doctor and family about health. Join a 2.5 hour workshop, held each week for 6 weeks. Cost is free with option to purchase \$20 book.

Stepping On



Wednesdays, Sept. 20-Nov 8; 1-3pm

ADRC of Sheboygan County 650 Forest Dr. Sheboygan Falls Call 467-4100 or,

Thursdays, Sept 21-Nov 2; 1-3pm

Generations 1500 Douglas Dr. Plymouth Call 892-4821 to register.

A falls prevention workshop that puts you back in control: Simple and fun balance and strength training. Role vision plays in keeping your balance. How medication can contribute to falls. Ways to stay safe when out and about in your community. What to look for in safe footwear. How to check your home for safety. Join a 2 hour workshop, held each week for 7 weeks. Suggested donation is \$10 for materials.

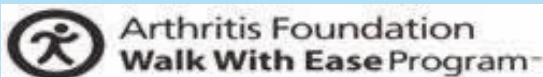


Powerful Tools for Caregivers

Wednesdays, Aug. 30 – Oct. 4 4:30-7:30pm

Sharon S. Richardson Community Hospice, W2850 State Rd. 28, Sheboygan Falls Hot meal included.

An educational workshop for adults who are caregivers. Learn to take care of yourself as well as your loved one. Learn to reduce stress, improve self-confidence, better communicate feelings. Increase your ability to make tough decisions and locate helpful resources. Join a 2 ½ hour workshop held weekly for 6 weeks. Meal provided. Suggested donation of \$30 for materials.



Walk With Ease

M, T, W Sept 11-Oct 18, 8:30-9:30am

Bethany Church 1315 Washington Ave. Sheboygan Call 207-2522 to register.

Walking made easy. Walking made safe. Reduce pain and stiffness. Increase balance, strength and walking pace. Build confidence and improve health. Join a 1 hour workshop, held 2 or 3 times per week for 6 weeks. Cost is free with option to purchase \$5 workbook.



Tai Chi: Moving For Better Balance

Tues & Fri, Sept 5-Nov 28; 8:30-9:30am

First Reformed Church 237 S. Main, Cedar Grove 920-994-9934 to register.

Improve your balance and prevent falls with this ancient evidence based exercise that is gentle yet challenging. For adults age 60 and above. Improve balance, muscle strength, flexibility and mobility. Learn a modified 8 form of Yang style Tai Chi. Modifications available for limited mobility. Join a 1 hour workshop, held 2 days per week for 12 weeks. Suggested donation of

\$10 with option to purchase a \$15 DVD.

Call the ADRC at 467-4100 or 1-800-596-1919 to register for a workshop or to be put on the waitlist for upcoming workshops. Pre-registration is required. Workshop dates/times may be subject to change .

September is Fall Prevention Month

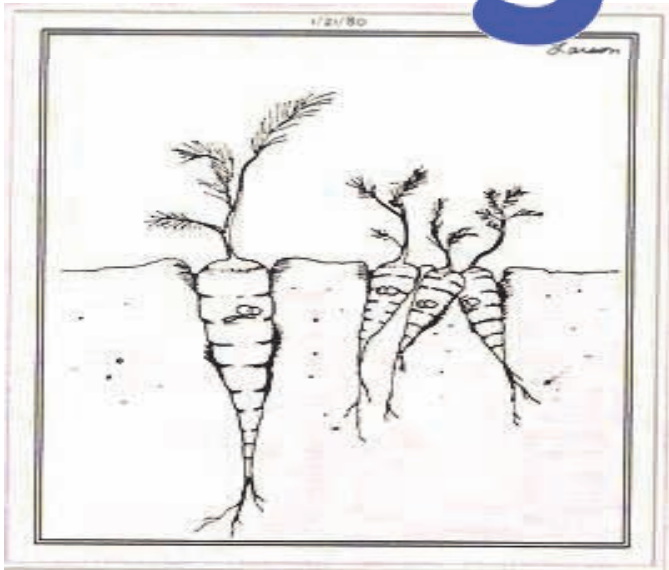
“I tripped over an uneven sidewalk. This has never happened before so I am not concerned. I slipped out of my chair-it won’t happen again...” These are a few things people have told me over the years about their falls. People do not want to talk about falling. Fear may be one reason and not wanting to acknowledge that their body is changing may be another. We have all heard of someone who had a serious fall and having to move from their home to less independence. There were 664 ER visits because of falls in 2014 and 293 hospitalizations in Sheboygan County. Seventeen elders died because of a fall in 2015. I am happy to report that falls are not a normal part of aging and they are preventable!

There is consensus from the experts that the most important habit a senior can develop is to remain or become physically active. This may be yard or garden work, house work, walking regularly or being part of an exercise class. Any activity that gives you at least 30 minutes a day of moderate to vigorous exercise is excellent. Remaining active is the number one way to prevent falls.

The senior dining sites and the Senior Activity Center of Sheboygan will be offering free fall risk screenings. If you have ever wondered if you should be concerned about falling, this is for you. Participants will go through a strength, balance, and general mobility test. Public Health nurses and ADRC staff will assist with the screenings. All appointments are about fifteen minutes. Call to schedule your today. We hope to see you there!

Date	Time	Site	Contact
Monday 9/18	10—11:30	Cedar Grove	Delores 668-6863
Tuesday 9/19	9—Noon	Howards Grove	Allison 467-9042
Wednesday,9/20	10—11:30	Oostburg	Terry 946-0724
Thursday 9/21	12:30—2:00	Plymouth	Susan 892-4821
Friday 9/22	9:00—Noon	Sheboygan Falls	Allison 467-9042
Thursday 9/28	10:45—1:00	Sheboygan	Darcy 207-2522
Monday 10/16	10:30—Noon	Cascade	Mary 994-9934
Tuesday 10/17	11:00—12:30	Adell	Mary 994-9934

Laugh



"... And then the creatures yanked him out of the ground, skinned him alive, boiled him, and ate him. The end. Now go to sleep!"

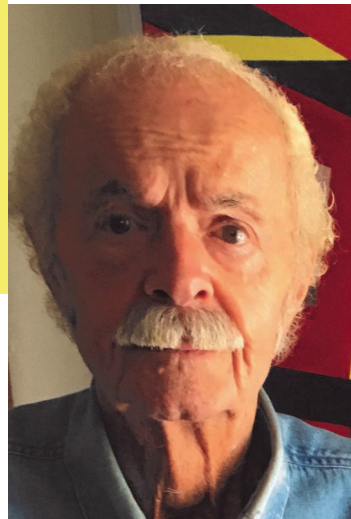


While working in a university library, I was often surprised at the variety of excuses students would present to avoid paying late fees.

One day, a student was outraged by her \$2 fine. I tried to explain to her the per day charges, but she interrupted: "You don't understand," she said, I didn't even read them!"



Q: What did the pen say to the pencil
A: So, what's your point?
Q: What did you learn today?
A: Not enough. I have to go back.
Q: How do you get straight A's?
A: By using a ruler.
Q: Why did the teacher turn up the lights?
A: Her class was dim



Correction! Our August cover story featured Gilbert Schmidt. He was incorrectly identified. Our sincere apologies to Mr. Schmidt.

Gilbert Schmidt (left) offers a hardy "Ho-Hum" over the error. We are just grateful for the opportunity to showcase him on the joke page.

The Riddler

"You have a four-ounce glass and a nine-ounce glass. You have an endless supply of water. You can fill or dump either glass. It turns out, you can measure six ounces of water using these two glasses. The question is: how?"

First, fill the 9 ounce glass with water. Next, pour the water in the 9 ounce glass into the 4 ounce glass until it is full. This leaves 5 ounces in the 9 ounce glass. Now empty the four ounce glass, using the remaining water from the 9 ounce glass. Once the four ounce glass is filled, you'll be left with just 1 ounce of water in the nine ounce glass. Empty the 4 ounce glass of water again. Transfer the 1 ounce of water from the 9 ounce glass into the 4 ounce glass. Fill the nine ounce glass with water. Pour water from the 9 ounce glass into the 4 ounce glass, until the four ounce glass is full. That will leave 6 ounces in the 9 ounce glass.



The Sheboygan AARP will meet at 11:30 a.m. on September 19, 2017 at Arabella's Restaurant on South 8th Street in Sheboygan. The speaker will be Heidi Gudmunson of Sheboygan County Interfaith Organization.

You do not need to be a member of the Sheboygan AARP chapter to attend. For more information call 467-6634.



August brought grandchildren and rock painting to the Sheboygan Falls site (*upper left*), Herman Cheerios 4H club sharing their fair projects in Howards Grove (*center*), a gift basket to Chopper Luedtke of Cascade who won the friendship week drawing (*far left*) and diners from all Sheboygan County sites together to enjoy a box lunch at Terrae Andrae State Park (*above right, lower left, and below*).



(continued from page 1) “because [she] can’t say no” she jokes. But Jean disagrees: “Brittany has a passion for this and she is a natural leader. And every member is young at heart.”

The Guild’s purpose has remained largely unchanged over the years. Quilting methods, tools and techniques have changed, but the comradery that exists among quilters remains constant. Quilters reach out to family, friends and the community with their quilts. Members quilt to express their creativity, celebrate life’s milestones and to support others who may be struggling with difficulties that they encounter in life. “It’s an addiction and a therapy, says Jean.” Quilters also get very attached to their work. Brittany says there is something bittersweet about finishing a quilt. “Work slows down as I near the end. It’s hard to let go.” Fortunately, the finishing touches on a quilt are accompanied by daydreams of the next project.

And everyone in the group says it’s easy to let go when they gift a quilt. They love giving: Their quilts have been used as raffle prizes for various nonprofit organizations and cover all of the beds at Safe Harbor. From 1990 through summer 2017 Sheboygan County Quilt Guild Members donated 8,982 items to babies hospitalized in the Neonatal Intensive Care Unit at Aurora Sinai Medical Center in Milwaukee.

Sheboygan County Quilters' Guild

SOUTHSIDE ALLIANCE CHURCH **September 30**
4321 County Road A • Sheboygan, WI

- 250 Exhibits
- Written & Oral Appraisals (*Appointments Preferred*)
- Vendors
- Scissor and knife sharpening

Quilter's Boutique

<http://sheboyganquiltguild.org>

Admission \$5.00 **9AM—4PM**

Don't let your eyes fool you. Although it looks like examples of artful quilting (below), it is, in fact, a picture of nothing. "This is nothing compared to what you will see at the quilt show" claim guild members. The show (above) on September 30 features the theme "Celebrate Wisconsin."



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Fax 920-459-4097



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Aging & Disability Resource Center, Sheboygan Falls, WI. B 4C 01-1338



Introductory education program
For family members caring for
persons with dementia

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease and other forms of dementia.

Location:

Mead Library
Rocca Meeting Room
710 N. 8th Street, Sheboygan

Presented by:

Ginny Nyhuis
Regional Services Manager
Alzheimer's Association

Date and Time:

Wednesday
September 13, 2017
2:00-4:00 PM

Registration:

Registration is required.
Contact Deborah Klement
800.272.3900
dklement@alz.org

alzheimer's  association®

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And....It's free! One on one or small group instruction. Bring your own tablet or use one of ours. Call Allison at 467-9042 to schedule tech time in Sheboygan Falls

How To Make Stuffed & Roasted Squash

Serves 2

Ingredients

1 winter squash, like acorn, kabocha, red kuri, spaghetti or any other grapefruit-sized (or slightly larger) squash

2 to 3 cups of filling

General amounts for filling — to equal 2 to 3 cups total:

1/2 to 1 cup protein — sausage, chicken, pork, tempeh, or baked tofu

1 to 2 cups veggies — onions, mushrooms, zucchini, peppers, greens

1/2 cup cooked grains and/or nuts — barley, rice, walnuts, almonds

1/2 to 1 cup shredded cheese

1 to 3 teaspoons herbs or spices

Instructions

Preheat the oven to 375°F with a rack in the lower-middle position. Slice the squash in half from stem to root and scoop out the seeds.

Transfer the squash to a baking dish: Place the squash halves cut-side-down in a baking dish and pour in enough hot water to fill the pan by about 1/4 inch. Cover the dish loosely with foil and place the dish in the oven.

Roast the squash until very soft and tender when poked with a fork, 30 to 50 minutes. Exact roasting time will depend on the size and variety of your squash.

While the squash is roasting, prepare the filling. Depending on the size of your squash, 2 to 3 cups of combined ingredients is usually sufficient. You can combine leftovers from other meals (cooked chicken, roasted vegetables, etc.) or you can prepare a fresh filling. Cook any raw meats and raw vegetables and combine all the ingredients in a bowl. Taste and adjust the spices to your liking.

Flip the cooked squash halves so they form bowls. Rub the inside with a little olive oil and sprinkle with salt and pepper. Divide the filling between the halves — it's fine to really stuff the wells and also to mound the filling on top.

Bake the stuffed squash halves until bubbly: Re-cover the pan with the foil and bake the halves for another 15 to 20 minutes until both are hot and bubbly. Top with extra cheese and serve immediately.



Acorn squash (right) may be small (it typically weighs between one and two pounds), but it is a mighty vegetable that can play side dish or hearty main course. Here's a guide to acorn squash, with a few tips for putting this small, delicious vegetable on your plate this week.

Even if you have yet to try acorn squash, you've likely spotted it at the farmers market or grocery store. A member of the winter squash family, acorn squash is distinguished by its vertical ridges and acorn shape. The most common variety has sweet, orange-yellow flesh with thick, dark green skin with a small patch of orange color, found on the side or top of the vegetable. There are other varieties with golden and variegated skin.

Acorn squash is most commonly baked or roasted, though it can also be steamed, sautéed or cooked in the microwave. And, because of its bowl-like center, which you'll see when it's halved, acorn squash is ideal for stuffing. Once cooked the sunny-colored flesh is soft with a sweet, nutty flavor.



Acorn squash contains **vitamin A, niacin, folate, thiamine and vitamin B-6**. A 1/2-cup serving of squash provides approximately 20 percent of the recommended daily allowance of **vitamin C**.

Senior Programs September 2017

	ADELL	SHEBOYGAN	SHEBOYGAN FALLS
Fri 9/1	Word Games and Coffee	Labor Day Party-Friday Bingo	Card Bingo
Mon 9/4	** ALL DINING SITES CLOSED ** <i>Happy Labor Day!</i>		
Tue 9/5	Steve & Friends Music	Exercise w/Anna	Quarter Bingo
Wed 9/6	Board Games	Group Timeline	Tomato Talk & Cooking Demo
Thur 9/7	Labor Day Tic-Tac-Toe	Apple Race Game	Fun & Games
Fri 9/8	Word Games and Coffee	Friday Bingo	Quarter Bingo
Mon 9/11		Keno	Price Is Right-Classic
Tue 9/12	Hershey Chocolate Game	Tunes On Tuesday Jerry Eckert	Kiwanis Bingo
Wed 9/13	Board Games	Games w/Morningside	Healthy Steps w/Mary Ellen
Thur 9/14	Random Lake Library Read by Elizabeth	Jingo	Conversation Sparks
Fri 9/15	Word Games and Coffee	Friday Bingo	Card Bingo
Mon 9/18		Golf Dice	Pictionary
Tue 9/19	Music Bingo – Let's Hear It and Sing It	Fifty-One	Quarter Bingo
Wed 9/20	Board Games	Price Is Right	Mary Huenink, Dietician
Thur 9/21	Music Bingo – Let's Hear It and Sing It	Janeth, UW-Extension	Fun & Games
Fri 9/22	Word Games and Coffee	Friday Bingo	Quarter Bingo
Mon 9/25		Candy Dice	Wheel of Fortune
Tue 9/26	Birthday Party	Birthday Party w/Music by Accordion Club	Kiwanis Bingo
Wed 9/27	Board Games	Bean Bag	Sheboygan Service Club- The Price Is Right
Thur 9/28	Birthday Party	Penny Toss	Conversation Sparks
Fri 9/29	Word Games and Coffee	Friday Bingo	Card Bingo

CASCADE		CEDAR GROVE		HOWARDS GROVE		OOSTBURG	
Mon 9/4	** CLOSED ** <i>Happy Labor Day!</i>	Mon 9/4	** CLOSED ** <i>Happy Labor Day!</i>	Mon 9/4	Brain Games	Wed 9/6	Games Foot Care
Mon 9/11	Compassus Care Activity	Mon 9/11	Pat Hafermann, Elder Benefit Specialist	Tue 9/12	Mary Huenink, Dietician	Wed 9/13	Bob Bouche, Glander's Pharmacy
Mon 9/18	Progressive Bingo & Blood Pressure	Mon 9/18	Games & Fellowship	Tue 9/19	Janeth, UW-Extension	Wed 9/20	Oostburg Ambu- lance B.P. & Chair Exercises
Mon 9/25	Birthday Party	Mon 9/25	Birthday Party & Bingo	Tue 9/26	Morningside Bingo	Wed 9/27	Birthday Party

Plymouth Senior Dining Menu—September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sheboygan County Plymouth Senior Dining 1500 Douglas Drive Plymouth, WI. 53073 Site Manager, Susie 920-892-4821</p>	<p>Reservations one day in advance by 12:00</p>			<p>1 Chicken Parmesan Pasta Broccoli Slaw Glazed Carrots Apple Crisp Labor Day Bingo</p>
<p>4 CLOSED LABOR DAY</p>	<p>5 Baked Fish w/ Tartar Sauce Red Potato Peas Bread Cookie Sing Along w/ LaVerne</p>	<p>6 Liver & Onions or Hamburger Baked Potato Mixed Vegetable Orange Dinner Roll Atrium Bingo</p>	<p>7 Baked Chicken Mashed Potatoes Toss Salad Bread Strawberry Shortcake Mary Huenink Dietician</p>	<p>8 Turkey Loaf w/ Gravy Mashed Potatoes Sliced Tomatoes Pineapple Bread Public Health Nutritionist Healthy Eating</p>
<p>11 Grilled Chicken Salad on croissant American Potato Salad Peaches Cookies Atrium P.T.</p>	<p>12 Lasagna Tossed Salad Applesauce Garlic Bread Brownie Dairy Ambassador "Be Real Eat Dairy"</p>	<p>13 Chicken Breast w/ Gravy Red Potato Banana Veggie Blend Bread Fred's Health Tips</p>	<p>14 Meatloaf w/Gravy Mashed Potatoes Cauliflower Watermelon Dinner Roll Terrace Estates Game</p>	<p>15 Battered Fish w/ Tartar Sauce Hash browns Cole Slaw Bread & Butter Cookie Benefit Specialist Pat Hafermann</p>
<p>18 Spaghetti w/Meat Sauce Cantaloupe Garlic Bread Chocolate Pudding Public Health R.N. Immunization Talk</p>	<p>19 Swedish Meat- balls & Gravy Buttered Noodles Broccoli, Pears Cookie Triad</p>	<p>20 Swiss Steak Baked Potato Corn Dinner Roll Pears Sheboygan County Service Club Price is Right</p>	<p>21 Turkey & Gravy Stuffing Green Beans Strawberries Jell-O w/Fruit Lakeland Chiropractic</p>	<p>22 Tater Tot Casserole Glazed Carrots Peaches Bread & Butter Rhubarb Torte Anita's Garden Bingo</p>
<p>25 Chicken Cordon Bleu Mixed Vegetables Au Gratin Potato Bread & Butter Oranges Keyboard w/Elinor</p>	<p>26 Salisbury Steak w/Gravy Noodles Green Beans Tropical Fruit Birthday Cake Birthday Party and Accordion Music w/ Wayne and Roger</p>	<p>27 Chili Mac Cheese Panini Pineapple Apple Pie Nickel Bingo</p>	<p>28 Baked Ham Scalloped Potato Buttered Corn Peaches Dinner roll w/ butter Elegant Renaissance Game</p>	<p>29 Turkey Pot Roast Cornbread Pears Cookie Word Games and Puzzles</p>

September 2017 – SENIOR DINING

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				1 Chicken Breast/ Gravy Baked Potato Diced Beets Wheat Bread Apricots
4 Happy Labor Day Sites Closed	5 Pizza Casserole Garden Salad/ Dressing Garlic Bread Peaches	6 <i>Labor Day Party</i> Hamburger American Potato Salad Cucumber Salad Red White & Blue Jell-O	7 Turkey Breast Stuffing Squash Pickled Beets Apple	8 Cream of Chicken And Wild Rice Soup ½ Ham Sandwich Tossed Salad/ Dressing Banana
11 Baked Ham Scalloped Potatoes Creamed Corn Bread Blushing Pears	12 Swedish Meatballs Mashed Potatoes Capri Blend Vegetables Applesauce Bread	13 Open-Faced Turkey Sandwich Mashed Potatoes/ Gravy Sweet Potatoes Peanut Butter Cookie	14 Hoagie Bun, Cold Cuts Lettuce, Tomato & Cheese Pasta Salad (veggies included) Jell-O with Fruit	15 Baked Fish Wild Rice Stewed Tomatoes Coleslaw Lemon Bar
18 Chicken Stir Fry Over a Bed of Rice Tossed Salad/ dressing Pineapple	19 Meatloaf/Gravy Mashed Potatoes Country Blend Veggies Bread Mandarin Fruit Fluff	20 Chicken Parmesan Buttered Noodles Peas & Carrots Tropical Fruit Cherry Oatmeal Bar	21 Lasagna Roll Up Cauliflower Garden Sala Bread Stick Pudding	22 BBQ Rib on Bun Baked Beans Orange Strudel
25 Salisbury Steak Mashed Potatoes Spiced Apple Rings Wheat Bread Marble Cake	26 Chicken Ala King Biscuit Fruit Cocktail Torte	27 Hamburger Stroganoff Buttered Noodles Carrot Coins Peaches Brownie	28 Beef Ravioli with Marinara Sauce Buttered Corn Bread Ambrosia Fruit Fluff	29 Macaroni & Cheese Polish Sausage/Bun Garden Peas Applesauce Rice Krispy Bar



Sheboygan County
Senior Dining Program

“We know that in September, we will wander through the warm winds of summer's wreckage. We will welcome summer's ghost.”

– Henry Rollins