

**ONSTED SENIOR CITIZEN CENTER
AMERICAN LEGION, ONSTED, MICHIGAN
Tami Hindes- Center Director
Julie Ruttinger - Cook**

PROGRAM AND NEWSLETTER



8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

**WE BEGIN SERVING LUNCH
AT 11:30**

**June
2017**

**TEN SUPER FOODS FOR
BETTER HEALTH**

Try to eat as many of these vitamin rich foods as possible. Add them to some of your favorite foods that you already enjoy.

- 1. SWEET POTATOES** - loaded with carotenoids, vitamin C, potassium, and fiber
 - 2. GRAPE TOMATOES** - packed with vitamins C & A, fiber, phytochemicals
 - 3. FAT FREE (SKIM) OR 1% MILK** - excellent source of calcium, vitamins, and protein
 - 4. BLUEBERRIES** - fiber, vitamin C, and antioxidants
 - 5. WILD SALMON** - omega 3 fats.
 - 6. CRISPBREADS** - whole grain crackers, lots of fiber and often fat free
 - 7. MICROWAVABLE OR "10 MINUTE" BROWN RICE** - fiber, magnesium, vitamins E & B6, copper, zinc
 - 8. CITRUS FRUITS** - Vitamin C, folic acid, and fiber
 - 9. DICED BUTTERNUT SQUASH** - 1/2 cup added to soup, stir fry, or pasta adds 5 grams of fiber and lots of vitamin A & C
 - 10. PRE-WASHED, PRE CUT BAGS OF GREENS** - Kale, spinach, & broccoli will add lots of vitamin C, carotenoids, calcium, folate, potassium, & fiber
- ~Wishing you wellness...
Cassie Hollenbeck, Nutrition
Director**

MONDAY	WEDNESDAY	THURSDAY
		8:45 BREAKFAST BRAINIACS 9:15 LINE DANCING
10:00 GENTLE EXERCISE 12:00 HEAR USA 12:30 VEGGIE LADY	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:30 CAMBRIDGE CHEESE FACTORY	8:45 BREAKFAST BRAINIACS 9:15 LINE DANCING
10:00 GENTLE EXERCISE 12:30 VEGGIE LADY 1:00 VEGGIE TALK	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 ARMCHAIR TRAVEL NORWAY	CENTER CLOSED ALL COUNTY CARNIVAL Lenawee County Fairgrounds Adrian
10:00 GENTLE EXERCISE 11:30 FATHER'S DAY LUNCHEON 12:30 VEGGIE LADY	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY	8:45 BREAKFAST BRAINIACS 9:15 LINE DANCING
10:00 GENTLE EXERCISE 12:30 BOCCE BALL 12:30 VEGGIE LADY	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY	8:45 BREAKFAST BRAINIACS 9:15 LINE DANCING

LENAWEE COUNTY DEPARTMENT ON AGING, 1040 S. WINTER ST., SUITE. 3003, ADRIAN, MI 49221, PHONE: 264-5280