





Director - Julie Kulka

# AUGUST

SERVING LUNCH at 11:30

**OPEN 8:30 - 2:00**

## ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917

MONDAY	WEDNESDAY	THURSDAY
1 CARDS, GAMES & PUZZLES VEGGIE MOBILE	3 National Watermelon Day  Directors Meeting Closing at 12.15	4 LINE DANCING w/ GLORIA Watermelon Spitting Contest <b>CARDS, GAMES &amp; PUZZLES</b>
8  CARDS, GAMES & PUZZLES	10  Bingo / Pennies Lenawee Medical /Kara Blood Pressure	11 9:00 LINE DANCING w/ GLORIA 10:30 <b>Horse race Game</b> Ice Cream Thursday <b>CARDS, GAMES &amp; PUZZLES</b>
15 Put your Money in for our 50/50 Drawing  CARDS, GAMES & PUZZLES VEGGIE MOBILE	17 <b>50/50 Raffle</b>  Bingo /Treats	18 LINE DANCING w/ GLORIA Birthday Party Pat, Pilar, Kay <b>CARDS, GAMES &amp; PUZZLES</b>
22  CARDS, GAMES & PUZZLES	24 12:15 Maple Syrup w/ Lewis Family	25 LINE DANCING w/ GLORIA Ice Cream Thursay <b>CARDS, GAMES &amp; PUZZLES</b>
29  CARDS, GAMES & PUZZLES	31  Bingo /Treats	

NUTRITION NOTES:

What is an important ingredient of a good diet? Dietary fiber. Dietary fiber, found only in plant foods, offers many health benefits, including better digestion, lower cholesterol and blood pressure, and enhancing the immune system.

Try these ways to get more fiber in your diet:

- Whole-grain cereal or oatmeal for breakfast.
  - Whole-grain bread sandwich and plenty of veggies for lunch.
  - Munch on a handful of nuts and raisins or cup of popcorn.
  - Add an apple, pear, or other fruit to your snack selections.
- As you add fiber, be sure to add more water to your diet to facilitate the digestion.

Be sure to talk to your doctor before making a big change in the amount of fiber you consume.

Lenawee County Dept. On Aging, 1040 S. Winter St., Suite 3003, Adrian, MI 49221 phone: 264-5280

