

Director - Julie Kulka



SERVING LUNCH at 11:30

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

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

MONDAY	WEDNESDAY	THURSDAY
3 VEGGIE MOBILE	5 CARDS, GAMES & PUZZLES BINGO/CRAFTS	6 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES <i>Celebrating Birthdays</i>
10 BLOOD PRESSURE CHECK HIDDEN LAKE GARDEN	12 CARDS, GAMES & PUZZLES ORCHARD TRIP	13 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES
17 VEGGIE MOBILE BROOKDALE HOSREY GAME	19 CARDS, GAMES & PUZZLES	20 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES
24 HOSPICE OF LENAWEE	26 CARDS, GAMES & PUZZLES BINGO/CRAFTS	27 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES
31 HALLOWEEN PARTY BOARD MEETING		

**NUTRITION NOTES:**

It's that time of year where the air becomes cool and crisp, the leaves start to change and the aroma of fall festival treats surround us. It's also a month where we celebrate the most popular fruit in the United States; the apple. Yummy treats like apple pies, apple cinder, apple donuts, or just a good ole freshly picked apple from the tree.

Did you know there are about 2,500 varieties of apples, grown commercially throughout 36 states? Most commonly seen all year around include Golden Delicious, Red Delicious, Fuji and Granny Smith. Some of the more seasonal and often used for baking would include Braeburn, Gala, Honey Gold, Jonagold, and Jonathan. Apples are fat, cholesterol, and sodium free. They are also a good source of Fiber and vitamin C. Fresh apples with the skin on, will optimize the nutrition received, as most of the nutrients are found just below the skin, with one 2 inch apple equaling approximately 81 calories.

An Apple a Day, Keeps the Doctor Away!  
~Connie Beevers, Nutrition Director

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

10/7 HIDDEN LAKE GARDEN

10/9 ORCHARD TRIP

10/10 STROKE TALK W/THERESA

10/21 HOSPICE OF LENAWEE

