Good Times Senior Monthly Newsletter

April 2013

Number 4
Volume 10

Brunswick Senior Center

12 East "A" Street
Brunswick, MD 21716

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A Child of Spring

by *Ellen Robena Field*

I know a little maiden,
She is very fair and sweet,
As she trips among the grasses
That kiss her dainty feet;
Her arms are full of flowers,
The snow-drops, pure and white,
Timid blue-eyed violets,
And daffodillies bright.

She loves dear Mother Nature,
And wanders by her side;
She beckons to the birdlings
That flock from far and wide.
She wakes the baby brooklets,
Soft breezes hear her call;
She tells the little children
The sweetest tales of all.

Her brow is sometimes clouded,
And she sighs with gentle grace,
Till the sunbeams, daring lovers,
Kiss the teardrops from her face.
Well we know this dainty maiden,
For April is her name;
And we welcome her with gladness,
As the springtime comes again.

APRIL 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Vegetable Soup Seafood Salad Broccoli Slaw Pineapple Chunks Kaiser Roll Lettuce & Tomato Milk	**2** Pineapple Juice Thai Curry Chicken Breast Rice Peas & Carrots Fresh Apple Multi Grain Roll Milk	**3** Tossed Salad with Ranch Dressing Spaghetti w/Meat Sauce Green Beans Fresh Apple Italian Bread Parmesan Cheese Milk	**4** Chicken Vegetable Soup Smoked Turkey & Cheddar Cheese Sandwich Amish White Navy Bean Salad Cole Slaw Hot Spiced Pears Whole Wheat Bread Lettuce & Tomato Milk	**5** Grape Juice Hamburger w/Cheese Whole Wheat Hamburger Roll Fresh Baby Whole Carrots Baked Beans Diced Peaches Lettuce & tomato Milk
8 Cranberry Juice Roast Beef in Gravy Creamed Kale Brown Rice Fresh Seasonal Fruit Wheat Bread Milk	**9** Lentil and Spinach Soup Tossed Salad with Ranch Dressing Tuan Salad Copper Pennies Fresh Apple Whole Wheat Bread Lettuce & Tomato Milk	**10** Pineapple Juice Chicken Teriyaki Nuggets Sweet & Sour Green Beans Fried Rice Fruit Cocktail Wheat Bread Milk	**11** Grape Juice Hearty Beef Stew with Mixed Veggies and Potatoes Fresh Sliced Apples Split Top Roll Milk	**12** Pineapple Juice Split Pea Soup ¼ lb Beef Hot Dog Hot Dog Roll Cole Slaw Baked Beans Hot Fruit Compote Milk
15 Cranberry Juice Turkey Sliced w/Gravy Fresh Zucchini & Tomato Salad Scalloped Potatoes Au Gratin Fruit Cocktail Multi Grain Roll Milk	**16** Cranberry Juice Turkey Combo Lunchmeat & Swiss Cheese Cole Slaw Potato Salad Fruit Cocktail Tomato Garnish Milk	**17** Tomato Juice Pork Loin w/Gravy Sauerkraut Mashed Potatoes Apricots Wheat Bread Milk	**18** Orange Juice Baked Stuffed Pork Chop w/Gravy Green Bean Casserole Tri Colored Pasta Sauté in Creamy Garlic Sauce Roll and Butter Apple Pie ala Mode Milk	**19** Pineapple Juice Navy Bean Soup Chicken Salad Cold Plate Broccoli Slaw Hot Peach/Apple Crisp Wheat Bread Lettuce & Tomato Milk
22 Orange Juice Taco Salad w/Seasoned Beef Shredded Lettuce & Cheese Chopped Tomato Mexican Rice Tortilla Chips Fresh Sliced Apples Milk	**23** Tomato Juice Baked Potato Tossed Salad w/Ranch Dressing Chili Con Carne Shredded Cheddar Cheese Apple Sauce Milk	**24** Grape Juice Chicken & Noodles w/Gravy Scandinavian Mixed Veggies Mashed Potatoes Fruit Cocktail Corn Muffin Milk	**25** Apple Juice Pepper Steak Fresh Cucumber Salad Brown Rice Cherry Apple Crisp Dinner Roll Milk	**26** Split Pea Soup Genoa Salami & Provolone Cheese Sandwich on Rye Bread Pickled Beets Cole Slaw Fresh Orange Potato Chip Garnish Milk
29 Orange Juice Baked Ziti w/Meat & Cheese Cole Slaw Fresh Apple Whole Grain Bread Milk	**30** Fruit Punch Cottage Cheese Cold Plate with Peach & Pear Slices Pineapple Rings & Lettuce Tomato Slices Hard Boiled Egg Whole Wheat Crackers Milk			

To make a meal reservation at least 48 hours in advance, Contact Your Meal Manager. Each meal costs the FCDOA Nutrition Program $4.80, your contributions per meal helps make more meals possible.

~~MENUS ARE SUBJECT TO CHANGE~~

APRIL 2013

BRUNSWICK SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Video Exercise 11:45 Word Search 1:00 Hula Hoop Contest All Fools' Day	2 *9:00 Strength Training* **CENTER CLOSED**	3 11:00 Bingo 1:00 Bowling at Shenandoah Lanes	4 *9:00 Strength Training* 11:00 Crochet Group	5 Wal-Mart Shopping Trip 10:00 – 3:00	6 **Department of Aging Bus Trips** **National Geographic Museum** Friday, April 19 **Toby's Dinner Theatre** Wednesday, April 24 ***Call 301-600-1605 for information or reservations***
7	8 10:30 Video Exercise 1:00 Bowling Contest	9 *9:00 Strength Training* **CENTER CLOSED**	10 11:00 "**Ask Nurse Steve**" Is Frail really a diagnosis? 12:45 Bingo	11 *9:00 Strength Training* *11:00 Food Safety in the home w/Kitty*	12 10:30 Video Exercise 1:00 Shop Dollar Store	
14	15 10:30 Video Exercise 11:45 Trivia 11:00 Walk the Shopping Center	16 *9:00 Strength Training* **CENTER CLOSED** Card Party 5:00	17 11:00 Lunch out with Friends 1:00 **BINGO** at Brunswick House	18 *9:00 Strength Training* 11:00 Crochet Group 6:00 Dinner & Dance	19 10:30 Video Exercise 1:00 Local Shopping	
	22 10:30 Video Exercise ***EARTH DAY*** 1:00 Nature trail walk Earth Day	23 *9:00 Strength Training* **CENTER CLOSED**	24 **Volunteer Appreciation Day** 9:00 Breakfast at Roy Rogers	25 *9:00 Strength Training* 11:00 Crochet Group	26 Arbor Day 10:00 Mobile I & A 10:30 Video Exercise Arbor Day (US)	27
28	29 10:30 Video Exercise 11:45 Nutrition Minute 1:00 Let's Dance	30 *9:00 Strength Training* **CENTER CLOSED**				

EMAIL:brunswickseniorcenter@frederickcountymd.gov 12 East "A" Street Brunswick, MD 21716 301-834-8115

Thursday May 2, 2013
9:30 AM – 1:00PM

Held at: Frederick Senior Center
1440 Taney Avenue
Frederick, MD
21702 301-600-1605

- ☐ Nutrition
- ☐ Exercise
- ☐ Dental Hygiene
- ☐ Medications
- ☐ Cardiac Testing
- ☐ **FREE** Blood Pressure Screenings
- ☐ Give-Aways
- ☐ Bingo!

Ways to a Healthier Heart

1440 Taney Avenue
Frederick, MD 21702
MAY 2, 2013

TOWSON UNIVERSITY

LAW DAY

Wednesday, May 1, 2013

Have an Advanced Directive Prepared at No Cost!

Brunswick Senior Center 11am-2:00pm 301.834.8115

What is an advanced Directive?
Please call for more information or to schedule an appointment with a lawyer.

This event is sponsored by the Elder law Section of the Maryland Bar Association and the Frederick County Department of Aging

Highlights for APRIL 2013

Let's Go Bowling

Wednesday April 3
1:00- 3:00
Shenandoah Lanes
Transportation available

Shopping

Friday February 8
Wal-Mart Shopping Trip
Lunch out at Restaurant of your choice.
Leave center 11:00
Transportation $7.00
Local Weekly Shopping
Every Friday 1:00

Card Party

Tuesday April 9
5:00 PM
Roy Rogers
Dinner on your own

Food Safety in the Home

Thursday April 11th 11:00 am
Presented by Kitty Devilbiss

- *Recognize the potential dangers of food borne illnesses*
- *Reduce the risk of illness*
- *Review safe ways to shop for, prepare and store food*

Wii Fun

Bowling available daily
Hula Hoop Contest, Let's Dance

Lunch out with Friends

Wednesday April 17
Potomac Street Grill ~ followed by BINGO at Brunswick House
Transportation available

Dinner & Dance
Third Thursday of Each Month

Thursday April 18th
Held at the Brunswick Eagles Club
Dinner begins at 6:00 pm
Dancing from 7:00 – 9:00 pm
Call center for reservations

EXERCISE CLASSES

Monday & Friday
FREE Exercise to Video 10:30 at the Senior Center
Tuesday & Thursday
Strength Training
Led by certified instructor
Held at Brunswick City Park
9:00 – 10:00 am
$3.00 per session

MOBILE I & A

What's this?
Friday April 26 10:00 am
Representatives from the Department of Aging will be at the Brunswick Senior Center to assist with your questions, paperwork, etc.

Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

S	I	L	L	I	G	E	I	B	O	D	E	E	R	A	N	N	O	D
W	A	L	T	O	N	S	P	E	Y	T	O	N	P	L	A	C	E	T
A	F	N	G	I	X	A	T	V	H	O	D	D	C	O	U	P	L	E
L	L	E	A	R	M	E	R	E	H	W	E	S	L	E	T	S	O	Y
A	I	R	A	M	E	M	U	R	P	H	Y	B	R	O	W	N	V	D
L	P	M	E	R	E	E	Y	L	M	I	A	M	I	V	I	C	E	O
J	P	A	E	T	G	L	N	Y	S	Y	M	N	K	S	T	Y	B	O
E	E	D	V	F	N	S	F	H	L	E	C	O	O	O	P	E	O	D
T	R	A	I	L	I	E	R	I	O	E	R	N	D	N	J	Y	A	Y
S	E	B	T	Y	T	M	C	L	R	R	R	C	E	S	N	A	T	D
O	D	O	I	I	H	I	L	L	G	R	N	A	A	G	Q	A	K	W
N	I	U	G	N	G	T	A	B	A	O	I	E	D	N	R	U	C	O
S	H	T	U	G	I	D	S	I	E	C	M	N	T	L	E	E	A	H
M	W	Y	F	N	L	O	S	L	A	N	I	E	T	E	I	E	M	D
P	A	O	S	U	N	O	I	L	L	O	C	D	R	I	D	K	R	E
O	R	U	R	N	O	G	E	I	I	E	S	A	E	P	N	U	R	G
E	D	I	S	N	O	R	I	E	C	H	I	P	S	M	Y	T	A	D
H	Y	N	A	P	M	O	C	S	E	E	R	H	T	E	O	L	I	M
O	O	R	A	G	N	A	K	N	I	A	T	P	A	C	Y	W	E	N

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER
FLYING NUN
FUGITIVE
GOMER PYLE
GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK
L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE
MEDICAL CENTER
MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN
ODD COUPLE
PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S COMPANY
WALTONS

10 tips
Nutrition Education Series

with protein foods, variety is key

10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.

3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.

6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.

9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

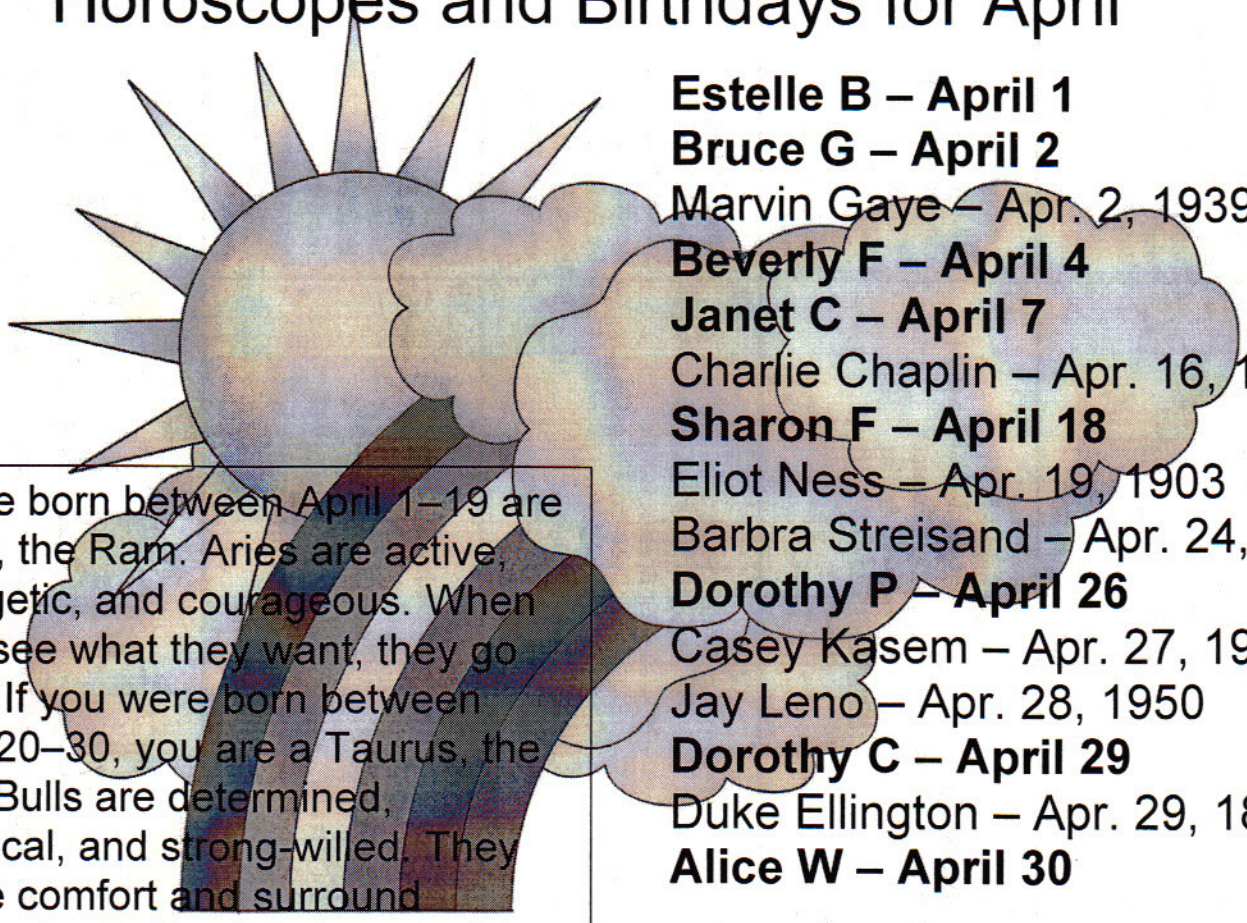
* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 6
June 2011
USDA is an equal opportunity provider and employer.

Horoscopes and Birthdays for April



Those born between April 1–19 are Aries, the Ram. Aries are active, energetic, and courageous. When they see what they want, they go for it. If you were born between April 20–30, you are a Taurus, the Bull. Bulls are determined, practical, and strong-willed. They adore comfort and surround themselves with pleasing, soothing things and people.

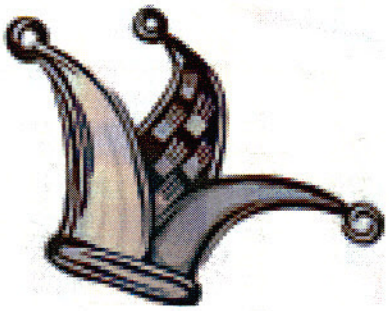
Estelle B – April 1
Bruce G – April 2
Marvin Gaye – Apr. 2, 1939
Beverly F – April 4
Janet C – April 7
Charlie Chaplin – Apr. 16, 1889
Sharon F – April 18
Eliot Ness – Apr. 19, 1903
Barbra Streisand – Apr. 24, 1942
Dorothy P – April 26
Casey Kasem – Apr. 27, 1932
Jay Leno – Apr. 28, 1950
Dorothy C – April 29
Duke Ellington – Apr. 29, 1899
Alice W – April 30

Perhaps you've celebrated Peanut Butter and Jelly Day on April 2 in years past and are looking for new ways to enjoy this beloved sandwich. Well, chefs have been innovating new twists on this old staple. Some dip the sandwich in pancake batter, deep fry it, and dust it with powdered sugar. Others ditch the bread altogether to create peanut butter and jelly chicken wings. The wings are tossed in a peanut sauce, fried, and then drizzled in strawberry sauce.

There is no shame in adults loving peanut butter and jelly. In fact, Julia Roberts, Jack Nicholson, Bill Clinton, Bill Cosby, Larry King, and Julia Child are all members of the Adult Peanut Butter Lovers' Fan Club. It is also rumored that former President George W. Bush ate peanut butter and jelly sandwiches every day. Now that's an executive decision.

Answer to word search: The Mary Tyler Moore Show

Searching for April Fools



The following words can be found vertically, horizontally, diagonally, forwards, and backwards.

APRIL FOOLS	GAGS	PRANKSTER
DECEPTION	GULLIBLE	RIDDLE
DUPED	HOAX	TOMFOOLERY
FAKE	JESTER	TRICKS
FUN	JOKE	WHOOPIE CUSHION

N	R	C	W	X	C	U	J	D	F	U	N	A	S	L
O	I	Y	H	L	K	T	U	Y	U	I	P	D	G	P
I	D	P	O	V	Z	P	C	I	I	R	R	M	A	U
T	D	D	O	X	E	D	B	Z	I	A	I	I	G	U
P	L	S	P	D	Y	R	E	L	O	O	F	M	O	T
E	E	R	I	C	P	T	F	X	A	O	H	S	E	E
C	K	W	E	J	Z	O	R	R	F	K	W	L	D	T
E	G	F	C	T	O	Z	B	I	A	Z	B	J	Q	Z
D	E	Y	U	L	S	W	W	A	C	I	G	Z	V	S
V	K	G	S	N	H	K	E	L	L	K	F	X	S	X
W	W	F	H	L	E	K	N	L	J	E	S	T	E	R
H	U	Z	I	Q	A	K	U	A	L	J	H	S	M	U
X	J	D	O	F	E	G	O	V	R	T	T	G	B	X
B	K	U	N	H	L	V	V	J	O	P	S	Y	E	V
N	E	X	R	Q	T	M	D	C	E	X	D	U	L	L