The Senior Chatter

Volume 13, No. 3 | *Menasha Senior Center, Menasha, WI* | *March 2009*

Dates to remember this month:

Date	Page
March 13 - Birthday Party	11
March 20 - Urine Screening	9

Winter Garden

"In winter's cold and sparkling snow,
the garden in my mind does grow.
I look outside to blinding white,
and see my tulips blooming bright.
and over there a sweet carnation,
softly scents my imagination.

On this cold and freezing day,
the Russian sage does gently sway,
and miniature roses perfume the air,
I can see them blooming there.
Though days are short, my vision's clear.
And through the snow, the buds appear.

In my mind, clematis climbs,
and morning glories do entwine.
Woodland phlox and scarlet pinks,
replace the frost, if I just blink.
My inner eye sees past the snow.
And in my mind, my garden grows."

Cheryl M-L

Underweight/Undernutrition

The rising number of elderly worldwide makes addressing their nutritional needs challenging. Life expectancy is increasing and there is a rapid growth in people over 65. Considerable research has focused on the increase in obesity among older adults. Yet, a significant share of elderly throughout the world as well as in the U.S. do not get enough calories or the right nutrients from what they eat.

Good nutrition is important for maintaining good

Continued on page 5

March is Nutrition Month

"EAT RIGHT"

Note your mailing label

By MSC Staff

In order to help cut back on the cost of mailing the *Senior Chatter* to you, we have made a couple of changes - to your mailing label.

We will be sending out only one (1) postcard reminding you that your yearly subscription renewal is due. Next to your name on the label, however, we have included the month and year your subscription is due.

Notice that *Or Current Occupant* is typed below your name. The United States Postal Service now requires all bulk mailers to have an "Ancillary Service Endorsements" noted on the front of mailings. An "*Address Correction Requested*" would be nice because it gives us the new information, but it will cost us first-class rate for each piece returned to us! So we created the new label to circumvent the return charge.

(IT IS IMPORTANT, however, that you remember to give us your new address when you move.)

Tax Aide continues

February 4 thru **April 15**

8:30 - 11:30am on Wednesdays

This is for taxpayers with middle- and low-income with special attention to those age 60+. Need help with your Homestead?

Volunteers with AARP Tax-Aide will be available to help you with your taxes. Bring your Homestead forms from last year plus the documents necessary for this year. First come-first serve.

Welcome to the *Senior Chatter*

Menasha Senior Center

116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday

sbull@ci.menasha.wi.us
web site: **www.menashaseniorcenter.org**

Senior Center Supervisor Sylvia Bull
Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:
Meets second Thursday of each month at Menasha Senior Center at 9:00 am.

Members:

Susan Locke
Ruth Jerome
Norma Heinz
Barbro Whiting
Terry Czerwinski
Roy Rogers

City of Menasha Committee on Aging:
Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

Members:

Bob Jankowski
Joyce Klundt
Lee Murphy
Sue Nett
Roy Rogers
Sue Steffen
Jean Wollerman
Mary Lueke

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **$2.75**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.
-Health screenings offered monthly at MSC
-Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes:
For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:
County Resource Directories
SeniorCareRx Applications
File of Life
Community Resource brochures, info.

Mini-Library: Resources, books, videos

Computers: Internet access; available 8a-4p (except Weds 12-4:00pm); One-on-one instructions available Monday mornings by appt.

Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for $4.00 a year!

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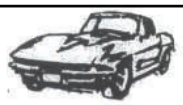

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Menasha Senior Center March 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Line Dancing 9:00 Computer class 11:30 Meals 12:30 Scrabble 1:00 Men's cards	3 11:00 Meals 12:00 Agility Exercise 1:15-3:00 **Blood Pressure ck**	4 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Shuffleboard 1:00 VNA Footcare 12:30 Texas Hold'em	5 8:30 Oil Painting 10:00 **Benefit Specialist** 11:30 Meals 12:30 Cribbage 1:00 **BINGO-Sterling House** 1:00 Bridge	6 11:30 Meals 12:00 Quilting 12:30 Canasta
9 9:00 Computer class 9:30 Line Dancing 10:30am **Nutro** Bingo 11:30 Meals 12:30 Card making class 1:00 Men's cards	10 11:00 Meals 12:00 Agility Exer**cise** 1:00 MSC **Bingo** 1:15-3:00 **Blood Pressure ck**	11 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	12 8:30 Oil Painting 7:45 CA meeting 9:00 PC meeting 10:00 **Benefit Specialist** 11:30 Meals 12:30 Cribbage 1:00 Bridge	13 11:30 Meals 12:00 Quilting 12:30 Canasta 1-2:30 **Birthday Party**
16 9:00 Computer class 9:30 Line Dancing 11:30 Meals 12:30 Scrabble 1:00 Men's cards	17 12:00 Agility Class 11:30 Meals 1:00 MSC **Bingo** 1:15-3:00 **Blood Pressure ck**	18 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	19 8:30 Oil Painting 11:30 Meals 12:30 Cribbage 1:00 Bridge	20 10-11:00 **Urine Screening** 11:30 Meals 12:00 Quilting 12:30 Canasta
23 9:00 Computer class 9:30 Line Dancing 11:30 Meals 1:00 Men's cards	24 9:00 Newsletter Assemb 11:30 Meals 12:00 Agility Exercise 1:00 MSC **Bingo** 1:15-3:00 **Blood Pressure ck**	25 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	26 8:30 Oil Painting 11:30 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Footcare	27 11:30 Meals 12:00 Quilting 12:30 Canasta
29 9:00 Computer class 9:30 Line Dancing 11:30 Meals 1:00 Men's cards	30 11:30 Meals 10:30-12n **Blood Pressure** 1:00 **MSC** Bingo	31 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	March is: **American Red Cross Month** "Be PREPARED for unexpected emergencies"!	

Note from Staff. . .

Dear Friends,

Advice from a bluebird:
Rise early; keep a song in your heart; think spring; be colorful; feather your nest with friendships; spread a little happiness.

Sylvia Bull *Barb Taylor*

WISH LIST:

- Pot holders (not gloves) 8 1/2 " sq. is ideal size
- Nintendo Wii
- Reachers (or grabbers) (ask Barb)

Undernutrtion continued from page 1

health and personal productivity and it is especially important to the elderly because of various changes that occur in the body. Even in the best of circumstances, aging weakens the immune system. Insufficient calories, lack of protein and micronutrient deficiencies further weaken their immunity and expose them to infections.

Elderly who are undernourished face other risks, including falls and hospitalization. Even micronutrient deficiencies may be associated with declines in cognitive ability. Underweight elderly may have significantly more difficulty with activities of daily living and require more hours of weekly informal caregiving.

Weight loss is common among the elderly - a number of risks may prevent them from getting enough of the right foods - ability to taste and smell decreases and they lose their appetite for needed foods

Continued on page 6

Ever wondered whether or not to pronounce the "h" in "herb?" The answer: In Great Britain, the h is pronounced; in the U. S., it's pronounced "erb"?

Interested in planting your own herbs? Plant herbs after the last day of front in the spring. (Make sure they're meant for culinary uses, not just ornamental herbs. Many herbs are suitable for container gardening if you're limited on space.

Healthy cooking with herbs

Whether you plant them or pick them up at the grocery store or farmers' market, adding fresh herbs is a quick way to transform ORDINARY meals into EXTRAORDINARY meals.

Besides helping flavor foods when cutting back on salt, fat and sugar, herbs may offer additional benefits of their own. Researchers are finding many culinary herbs (both fresh and dried) have antioxidants that may help protect against such diseases as cancer and heart disease.

Hints:

✓ A general guideline when using fresh herbs in a recipe is to use 3 times as much as you would use of a dried herb. When substituting, you'll often be more successful substituting fresh herbs for dried herbs, rather than the other way around

✓ Purchase herbs close to the time you plan to use them. (The ideal time for picking them is in the morning after the dew has dried but before the sun gets hot).

✓ Fresh herbs can be stored in an open or a perforated plastic bag in your refrigerator crisper drawer for a few days.

✓ To extend the freshness of herbs, snip off the ends of the stems on the diagonal. Place herbs in a tall glass with an inch of water, like cut flowers. Cover them loosely with a plastic bag to allow for air circulation. Place them in the refrigerator and change the water daily. Herbs may last a week or more stored this way. NOTE: The flavor of herbs may diminish the longer they're stored.

✓ Wash herbs when you are ready to use them. Wash smaller amounts thoroughly under running water. Shake off moisture; pat off any remaining moisture with clean paper towels.

✓ Unlike dried herbs, fresh herbs are usually added toward the end in cooked dishes to preserve their flavor. Add the more delicate herbs -- basil, chives, cilantro, dill leaves, parsley, marjoram and mint -- a minute or two before the end of cooking or sprinkle them on the food before it's served. The less delicate herbs, such as dill seeds, oregano, rosemary, tarragon and thyme, can be added about the last 20 minutes of cooking. ♦

Source: University of Nebraska, Lincoln Extension

Health Corner

By Valerie Davis RN, 60 Plus Program

Eating right!

So what does it mean to "eat right" with good nutrition? "Eat Right" is the main identifier of the American Dietetics Association (made of highly qualified nutrition professionals committed to improving the nation's health through research, education, and advocacy). According to the pro's, a healthy eating plan includes every part of the food pyramid:

Grains (6+ servings/day)
Vegetables (4+ servings/day)
Fruits (4+ servings/day)
Oils (very small amounts).
Milk/Dairy (3+ servings/day)
Meats & Beans (2+ servings/day)

Keeping a healthy diet pattern can be difficult in this "on-the-go" society. Most of the ready to eat foods on the market are full of fat, sugar, and salt. Here are a few things to remember for a healthy eating plan:

✔ Place emphasis on fruits, vegetables, whole grains, and fat-free or low-fat milk and dairy products. The great thing about fruits and vegetables is that they are ready to eat when you need them, most of the time.
✔ Include lean meats, poultry, fish, beans, eggs & nuts.
✔ Is it low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars?

Ideal health doesn't stop at good nutrition. Water is your body's principle chemical component, making up around 60 % of your body weight. Every system in your body depends of water. It helps your body move easily, flush out toxins, and carry out normal body functions.

One size certainly doesn't fit all, so:

♦make smart choices from every food group
♦get the most out of your calories
♦stay within your daily calorie needs
♦find a balance between food and physical activity.

60 Plus Health Program

Blood Pressure Screenings

Schedule for **March 2009**

Menasha Senior Center

Tues. Mar. 3	1:15-3:00 pm
Tues. Mar. 10	1:15-3:00 pm
Tues. Mar. 17	1:15-3:00 pm
Tues. Mar. 24	1:15-3:00 pm
Tues. Mar. 31	10:30-Noon

Elizabeth Court Apts.	Thurs., Mar. 12	1:30pm
Lakeside Commons	Thurs., Mar. 12	2:00pm
St. John's Keenagers	Thurs., Mar. 26	1:30pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

Undernutrition continued from page 5

(but the preference for sweet-tasting food continues), dental problems making it difficult to eat, reduced physical activity that lessens the need for energy and good consumption. Other factors include social isolation, lose of a spouse, problems of mobility, low income, depression.

Source: Today's Research on Aging/Population Reference Bureau, '07.

Action can be taken on many fronts to prevent undernutrition as well as promote good nutrition: raising awareness, offering opportunities to eat and socialize, encouraging physical activity and educating.

We do all of that here at the Menasha Senior Center (in conjunction with the Menasha Health Department). We offer presentations, exercise classes and promote "eating right" - at the center as well as in this newsletter. And we continue to encourage seniors to take advantage of the meals served at MSC- the Winnebago County meal program . Please give serious thought to joining and enjoying these noon meals. See enclosed letter with coupon. If you know someone who might benefit from this meal program, help us reach them by telling them about this offer.

Feel free to give us a call at 967-3530 if you have any questions.

Activities at MSC

Regularly scheduled activities:

◆**Bingo:** 1st Thursdays 1-2:40pm; 2nd, 3rd, 4th Tuesdays 1-2:40pm

◆**Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. $1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.

◆**Card Games:** ***Men's Sheepshead*** (not for beginners) - Mondays at 1:00pm, (Sept.—May); ***Hand & Foot/Canasta*** - Fridays at 12:30pm; ***Bridge*** (not for beginners) - Thursdays at 1:00pm; ***Texas Hold'em*** Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm;

◆**Quilting Group:** Meet Fridays 12:00-2:00pm.

◆**Weight loss group**: Wed. mornings 11:00am

◆**Shuffleboard**: Wednesdays 12:30-3:30pm

◆**Computer Classes**: One-on-one individualized instructions. Monday mornings. Call 967-3530.

◆**Greeting card class:** Every 2nd Monday 12:30-3:00pm. $2.00. Supplies available.

◆**Computer Lab:** Computers are available for use during center's week day working hours (*except* Wed. afternoons).

◆**Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:15-11am; free.

◆**Scrabble**: 1st and 3rd Mondays at 12:30pm

Upcoming events

April 21 - April Party / Chop Suey
May 13 - Spring Banquet / Chicken
April 16 - Hearing Screening
April - MSC Golf

Steps to healthy aging

By Val Davis RN, 60+ Health Program

Do to our good turnout and attendance to last years *Steps to Healthy Aging Program*, we are going to have it again this year. The program will start either late May or early June.

We will meet one morning per week for education followed by exercise. The education will be provided by the UW Extension. The exercise will involve walking.

This year there will be no charge for the program. We will not be providing pedometers. You are welcome to purchase one on your own. We are going to keep track of walking by minutes rather than by steps. I will provide more information closer to Spring.

Hope to have all of you back from last year plus many new faces as well. Watch details in the April newsletter.

Do the kids today know what a clothes line is?

This will bring back the memories.

The Basic Rules

1. You had to wash the clothes line before hanging any clothes.
2. You had to hang the clothes in a certain order and always hang whites with whites and hang them first.
3. You never hung a shirt by the shoulders, always by the tail. What would the neighbors think?
4. Wash day was usually Monday ..... never hang clothes on the weekend or Sunday for heaven's sake!
5. Hang the sheets and towels on the outside lines so you could hide your 'unmentionables' in the middle.
6. It didn't matter if it was sub zero weather .....clothes would 'freeze dry.'
7. Always gather the clothes pins when taking down dry clothes. Pins left on the line were 'tacky'.
8. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
9 Clothes off of the line before dinner time, neatly folded in the clothes basket and ready to be ironed.
10. IRONED?????!!!! Well, that's a whole different subject!

(A cute poem about the clothes line will be in the April newsletter.)

TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

Be wary of taxpayer scam

The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) reports another new scam for this tax season. The scam consists of an e-mail claiming to be from the IRS. The e-mail claims the recipient is being audited. The e-mail then directs people to an online form that looks identical to the IRS web site and asks people to enter their name, address, phone number and Social Security number on the online form, which delivers personal information to scammers. The web site is not the official IRS web site.

DATCP's advice for this new scam is similar to all other scams: Never give out your Social Security Number or other personal information to someone asking for it. DATCP officials said the IRS will never contact you asking for your personal information, because they already have it. There's a similar scam e-mail circulating in cyberspace asking for personal information while indicating people have a stimulus check waiting for them.

You don't "**do**" email/internet, you say? The advice still applies to you - never give out your Social Security Number or other personal information to someone asking for it.

Source: The Specialist, January '09, CWAG (www.channel3000.com)

A Glimpse of Michigan

A synopsis

August 25-28 (4 days) #11197

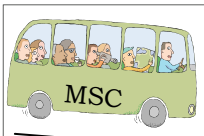
Holland, MI - Dutch Village, Windmill Island; Frankenmuth, MI - Bronner's Christmas Wonderland , Zeilinger Wool Co. and St. Lorenz Church; Eau Claire, MI - Tree-Mendus Fruit Farm

TOUR COST per person:
$540 Double; $520 Triple;
$500 Quad; $690 Single

$150 payment at registration; final payment July 1

Flyer w/details at MSC office.

2008 TRIPS with MSC



Plan now
Call 967-3530

Saturday, April 25 - Fabulous 50's
Dinner and show at Broadway in the Dells/ Wisconsin Dells Trip is FILLED

Wed., May 20 New Zoo and WBAY-TV
Let's take a tour of Channel WBAY-TV Station to see just what a TV station looks like. Have your questions ready. We'll enjoy lunch at Old County Buffet then venture on "the wild side" to the N.E.W. Zoo - a natural adventure through encounters with live animals. It's an awesome place to escape. Take a picture of your favorite zoo animal.
Cost: $43.00

Wed., June 10 Holy Land, Brats & Dogs
We'll travel to the Siberian Outpost in Malone where you will observe a master at work - training dogs for dog sled racing. Then we tour the Villa Loretta retirement complex in Mt. Calvery -home to Sisters, lay staff and a myriad of live critters. We'll enjoy a hayride, a Ho-Down lunch and have an opportunity to visit their Nun-Better bakery. Then we'll stop at Hoff's United Foods in Brownsville were we can choose from 26 different flavored brats (you can buy 1 or 21) or other award winning meats. Before we head home we'll make a stop at Heavy Critters for a chance to explore different and unique ornamental designed "critters".
Cost: $48.00

Sunday, June 14 Brewers Game
Brewers vs Cincinnati Reds. Need at least 10 people.
Cost: $

July - an **"Around Town"** tour around the Fox Valley area - details to follow.
Cost: $20 or under

August 25-29 Magnificent Michigan

Sept. - An **"Around Town"** tour

October Door County Tour
Details to follow

December Christmas Light Tour

URINE TEST

Friday, March 20, '09

10:00 am - 11:00 am

WALK-IN BASIS

Menasha Senior Center
116 Main Street, Menasha

INSTRUCTIONS:

First morning specimen is best. Cleanse self and rinse. If it will be more than one hour before bringing the specimen to be tested, place it into the refrigerator. Also, take out the specimen from the refrigerator **one (1) hour before bringing it to be tested** so it can return to room temperature.

Specimen containers will be available at the Menasha Senior Center from March 2 through the day of the screening.

Donations accepted to help defray costs

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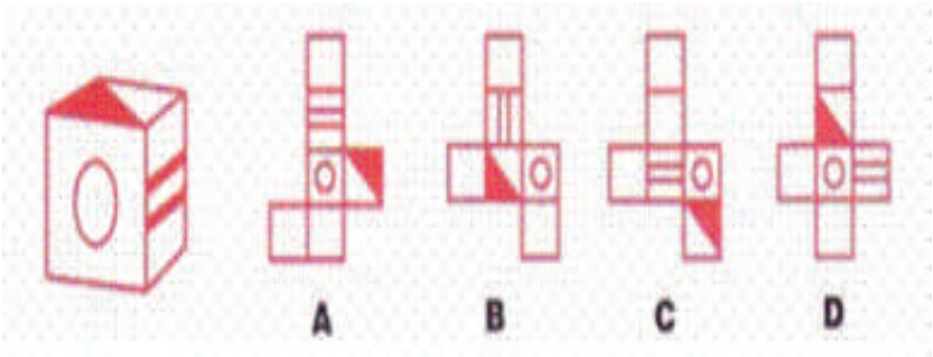
The brain teaser from Two Rivers Senior Center newsletter will have to wait till April - need more space!!

Let's exercise our Occipital Lobes (visual interpretation and rotation).
(Basic brain anatomy here)

The box pictured here has been folded together from one of the four choices given. Which one?



Let's have an old fashioned

BIRTHDAY PARTY!!

with

cake and ice cream and games

Friday, March 13

1:00- 2:30pm

$2.00

Remember what Dennis the Menace said: "Birthdays are good for you … the more you have, the longer you live". No need to bring presents!! But share with us an especially fun or exciting birthday you may have experienced.

We need enough cake for everyone, so **RSVP** 967-3530 by March 11.

(Psst: Sylvia's birthday is March 14 - let's help her celebrate, too!)

Ponderisms

- If carrots are so good for the eyes, how come I see so many dead rabbits on the highway?
- To write with a broken pencil is pointless.
- The dead batteries were given out free of charge
- A will is a dead giveaway.
- You're stuck with your debt if you can't budge it.
- A lot of money is tainted: 'Taint yours, and 'taint mine. ('Taint none of it mine lately!!)
- Those who get too big for their britches will be exposed in the end.
- Acupuncture: a jab well done.

We live in a world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.

Janaharal Nehru

Pew-sitters come forward

According to a not-so-scientific study, here are a few good reasons to sit at the front of the church:

1. There's still lots of padding in these almost-like-new seats.
2. You only have to comb the back of your hair and iron the back of your shirt.
3. It's easier not to be seen passing up the offering plate.
4. No one will hear your stomach make all those "alien" noises.
5. You can keep a practiced eye on changes in choir members' hair color and styles.

Benefits of drinking fluids

Energizes muscles
Keeps skin looking good
Flushes out toxins
Restores lost liquid in the body
Keeps bowels "regular"

It has been proven ...
… that washing your hands is the best way to prevent the spread of germs.

Oranges & Bananas OLÉ!

2 oranges, peeled and sliced like pinwheel
1/3 cup orange juice
1 tablespoon brown sugar
½ teaspoon chili powder
1 banana, peeled and sliced

In a serving bowl, arrange orange slices. In a jar with a lid, combine juice, sugar and chili powder. Shake well. Pour over orange slices, cover and chill briefly. Gently stir in banana slices before serving. 3 servings

I'm Retired !

I was tired yesterday. I'm tired today!!

Thank you!

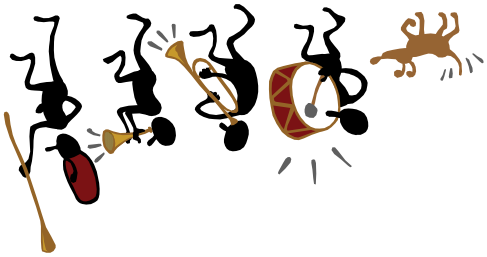
We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a 'thank you' list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone's name and donation. So to avoid offending anyone we will, instead, give a hearty personal thank you at the time of the contribution.

You can make a difference . . .

You can leave a legacy by remembering the Menasha Senior Center in your will. Your generosity will enable the center to continue to provide programming, classes and services to older adults of the Menasha area. If you are considering this option, please call Sylvia Bull to discuss various ways that you can assist the Center in fulfilling its mission.

Beyond lemonade and fish

Lemon juice is very versatile—use it in salad dressings, marinades, and more, for a low-calorie burst of fresh flavor. (You can extract more juice from a lemon by slicing when at room temperature.)



Why do you think this clip art was used here?

The Senior Chatter

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