

Senior centers, inc

September 2021
Newsletter



Senior Centers, Inc. is a nonprofit organization whose purpose is to serve older members of the community by providing programs and services which enhance their dignity, support their independence, and encourage their involvement in the community.



September 2021 Virtual Events

Tuesdays – 9/7, 9/14, 9/21 and
Wednesdays - 9/1, 9/8, 9/15, 9/22, 9/29 at 11:00 AM

Light Cardio/Gentle Movement with Carol

Tuesdays – 9/7, 9/14, 9/21 and
Wednesdays – 9/1, 9/8, 9/15 at 1:30 PM

Reading Corner

Thursdays - 9/23, 9/30 at 11:00 AM
Light Cardio/Gentle Movement with Jill

Wednesday - 9/22 at 1:30PM
Craft

Wednesday - 9/29 at 1:30 PM
Virtual Field Trip

All events will be **LIVE** on the **Senior Centers, Inc.**
Facebook page. Subject to change.
Join us for these free and fun events!

Questions? Call 419-242-9511

BBQ Almond Trail Mix

Serving Size: 1/2 cup

2 cups smoked almonds

1 cup wasabi peas

1 cup golden raisins (can substitute with dark raisins or dried cherries)

1 cup dark chocolate pistoles

3 tablespoons chopped rosemary

2 tablespoons extra virgin olive oil

Salt

Gently heat rosemary and extra virgin olive oil together in a small sauté pan for about 5 minutes to infuse flavor very slowly on a low heat. Let it cool. Mix the rest of the ingredients together. Once the rosemary oil is cool, mix with the rest of the trail mix. Season with salt to taste. Keeps well in an airtight container.

Nutritional Info:

Calories 268; Fat 4.3 g; Sat Fat 4.3 g; Mono Fat 1.1 g; Poly Fat .2 g; Protein 6.7 g; Carb 19.9 g; Fiber 4.8 g; Cholesterol 19.7; Sodium 31.3 mg; Calcium 74.9 mg; Potassium 63.3 mg; Vitamin E 6.39 mg

(Courtesy of BPT)

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PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6						3	2	
	4		2			6	8	5
	3	2			5	9		
7			5		3			4
8		5		9				7
4	6			2		5		
				8				
			3					
		6	9					

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DIFFICULTY: ★☆☆☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "H"

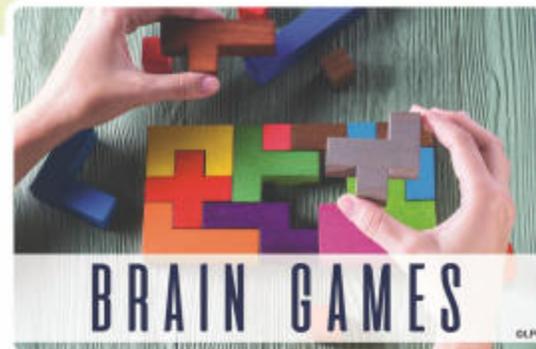
"BU YXX TSDSATP HA JHK KS XHHG
YU UJBAIP, YAT AHU HA JHK UJSZ
YMS UJSOPSLXP."

— NYMX EQAI

PREVIOUS SOLUTION: "It all depends on how we look at things, and not on how they are themselves." — Carl Jung

3	8	6	9	4	7	1	5	2
2	7	1	3	5	6	9	4	8
5	9	4	1	8	2	7	6	3
4	6	3	7	2	8	5	1	9
8	1	5	6	9	4	2	3	7
7	2	9	5	1	3	8	4	6
1	3	2	8	6	5	9	7	4
9	4	7	2	3	1	6	8	5
6	5	8	4	7	9	3	2	1

Answer to Sudoku



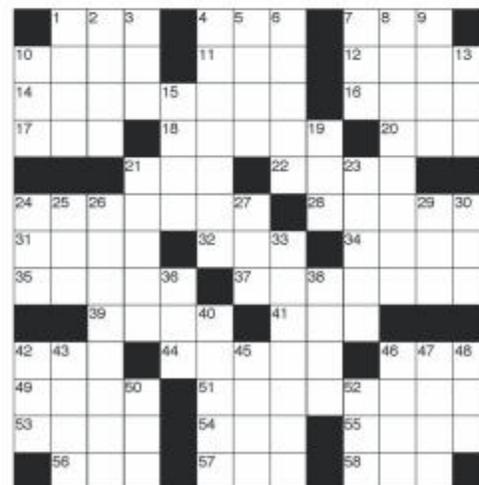
CROSSWORD PUZZLE

ACROSS

- 1 Surety (Lat.)
- 4 Cubic feet per second (abbr.)
- 7 Father of Jehoshaphat
- 10 Stamp-sheet segment
- 11 Sultry
- 12 Culmination
- 14 Wort
- 16 Melville's captain
- 17 Droop
- 18 Inuit boat
- 20 Legal gambling (abbr.)
- 21 Shoshonean
- 22 Leftside (pref.)
- 24 Extent
- 28 Taint
- 31 Tolstoy heroine
- 32 Sixth sense
- 34 Fresh-water duck
- 35 Act
- 37 Fr. historical provinces
- 39 Secretary (abbr.)
- 41 Evil
- 42 It. exclamation
- 44 Perturb
- 46 Object of worship
- 49 Hindu garment
- 51 Abnegate
- 53 Razor-billed auk
- 54 Corrode
- 55 Down (pref.)
- 56 Mulberry of India
- 57 Single room occupancy (abbr.)
- 58 Altar constellation

DOWN

- 1 Old Texas linear measure
- 2 Anagram (abbr.)
- 3 Dry wine
- 4 Anglican bishop's garment
- 5 Central points
- 6 Plagiarize
- 7 Amer. Automobile Assn. (abbr.)
- 8 Sailboat
- 9 Love (Lat.)
- 10 Additional postscript (abbr.)
- 13 Recede
- 15 Ballet skirt
- 19 Ketone (pref.)
- 21 Way
- 23 Important
- 24 But (Sp.)
- 25 Within (pref.)
- 26 Dropsy
- 27 Extrasensory perception (abbr.)
- 29 Roam
- 30 Eng. cathedral city
- 33 Allspice
- 36 Five-franc piece
- 38 Rom. author
- 40 WWI battle
- 42 Television channel
- 43 FDR's dog
- 45 Wither
- 46 Growl
- 47 Eight (pref.)
- 48 Drug Enforcement Admin. (abbr.)
- 50 Adjective-forming (suf.)
- 52 Fiddler crab genus



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SEPTEMBER SPECIAL DAYS

SUN. 29	MON. 30	TUES. 31	WED. 1	THURS. 2	FRI. 3	SAT. 4
					National Baby Back Ribs Day	National Tailgating Day
SUN. 5	MON. 6	TUES. 7	WED. 8	THURS. 9	FRI. 10	SAT. 11
National Cheese Pizza Day	Labor Day National Read a Book Day New Moon Rosh Hashanah	National Acorn Squash Day National Beer Lovers' Day	World Physical Therapy Day		Stand Up to Cancer Day	Patriot Day
SUN. 12	MON. 13	TUES. 14	WED. 15	THURS. 16	FRI. 17	SAT. 18
Grandparents' Day National Assisted Living Week National Chocolate Milkshake Day National Day of Encouragement National Video Games Day	First Quarter Moon Phase International Chocolate Day Line Dance Week National Peanut Day	Eat a Hoagie Day National Cream-Filled Doughnut Day	National Linguine Day Yom Kippur	National Cinnamon-Raisin Bread Day Stepfamily Day	Citizenship Day National Monte Cristo Day	National Cheeseburger Day
SUN. 19	MON. 20	TUES. 21	WED. 22	THURS. 23	FRI. 24	SAT. 25
Balance Awareness Week Indoor Plant Week National Butterscotch Pudding Day National Cleanup Day Prostate Cancer Awareness Week Talk Like a Pirate Day	Full Moon (Harvest Moon)		Autumn Begins Falls Prevention Awareness Day National Ice Cream Cone Day	National Teel Talk Day (ovarian cancer awareness) Restless Leg Syndrome Awareness Day		National Food Service Workers Day National Hunting and Fishing Day National Lobster Day National Tune-Up Day
SUN. 26	MON. 27	TUES. 28	WED. 29	THURS. 30	FRI. 1	SAT. 2
National Fall Foliage Week National Key Lime Pie Day	National Chocolate Milk Day World Reflexology Week	National Good Neighbor Day National Voter Registration Day Third Quarter Moon Phase	National Coffee Day National Women's Health & Fitness Day	National Mulled Cider Day		

MONTHLY OBSERVANCES

Intergeneration Month
National Chicken Month
National Cholesterol Education Month
National Courtesy Month
National Honey Month
National Library Card Sign Up Month

National Mushroom Month
National Piano Month
National Potato Month
National Preparedness Month
National Rice Month
National Self-Care Awareness Month

National Senior Center Month
National Sewing Month
Save Your Photos Month
Self-Improvement Month
Square Dancing Month
Whole Grains Month

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Think Squash Isn't for You? Think Again!

Adults with healthy eating habits may be able to fight off illnesses quicker than those who don't. From cancer prevention and heart health to keeping Alzheimer's disease at bay, bringing vegetables like squash into your diet may help.

True to their name, winter squashes are ideal foods to have on hand during the cooler months. They not only are packed with immune-enhancing nutrients but also work well in heartier dishes and can last a long time in your kitchen.

While you may only think about squash in the fall, adding these dense veggies will pack a punch when it comes to fighting disease and many are available year-round.

Most Popular Types of Squash

Zucchini — This slender (or if forgotten in the garden, enormous) green vegetable is part of the squash family and is a popular veggie well-known for its proven nutritive properties. It's low in carbohydrates, calories, and contains healthy fats. It is great fried, added to casseroles or snuck into baked goods.

Yellow — Besides the color, yellow squash differs from zucchini with a larger bottom and more tapered neck. The nutty flavor contrasts well with zucchini's more cucumber-like taste. Eating yellow squash can lower cholesterol levels, provides antioxidant benefits, lowers blood pressure and more.

Pumpkin — This slightly sweeter winter squash is used both in savory dishes and sweet desserts. Pumpkin has exceptional antioxidant properties due to the presence of alpha and beta carotenes.

Spaghetti — oval-shaped, spaghetti squash is yellow or orange colored, and after cooking can be separated into long, thin strands that look similar to spaghetti (hence the name!). It is often used as a healthy substitute to traditional spaghetti.

Butternut — This winter squash is larger in size and often roasted whole with its seeds and rind. It adds a nice flavor to chili and pasta dishes and is great roasted with a small amount of butter and cinnamon.

Acorn — aptly named because when fully grown, they look quite similar to large acorns, with a delicious twist of being green and heavily ridged around the exterior. Acorn squash is a winter squash, meaning that it grows longer on the vine before harvest. Besides the delicious taste, it is also more nutrient-dense than any of its summer squash relatives, making it an invaluable part of a healthy and balanced diet.

Patty pan — Also known as scallop squash due its scalloped edges, patty pan squash is a small, brightly colored, summer variety. It is a good source of folate, manganese and vitamin C, and ranks extremely low in calorie count. Patty pan tastes great roasted, grilled or fried.

Benefits of Adding Squash to Your Diet

- Strengthen bones with valuable trace elements such as calcium and zinc.
- Regulate blood sugar as a good source of fiber and vitamin B, which help stabilize insulin and glucose levels.
- Boost immunity with antioxidants such as vitamin C.
- Prevent heart disease with cholesterol-lowering pectin.
- Fight lung cancer and other respiratory illnesses with high amounts of vitamin A.
- Support Eye health with vitamins and minerals good for preserving eyesight.

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LIGHTER SIDE

Ten Years Younger

After my 91-year-old mother finished having her hair cut and shaped, the stylist announced, "There, now you look ten years younger!"

My mother, unimpressed, replied, "Who wants to look 81 years old?"

Dead or Alive?

What did the vet say when Schrodinger went to pick up his cat?

"I have good news and bad news..."

Universal Solvent

A father was very proud when his son went off to college. He came to tour the school on Parents' Day and observed his son hard at work in the chemistry lab.

"What are you working on, son?"

"A universal solvent," explained his son, "A solvent that'll dissolve anything."

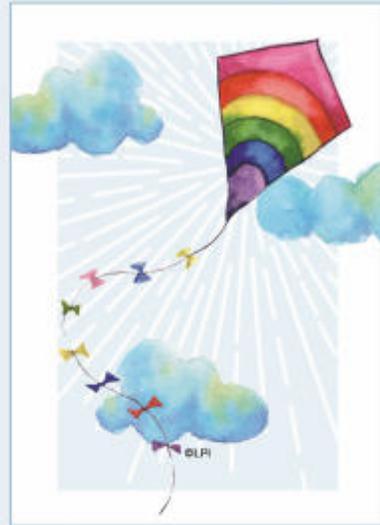
His father whistled, clearly impressed, then wondered aloud, "What will you keep it in?"

Black and White

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?"

"Because white is the color of happiness, and today is the happiest day of her life," replied her mother.

The child thought about this for a moment, then said, "So why is the groom wearing black?"



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