



Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330

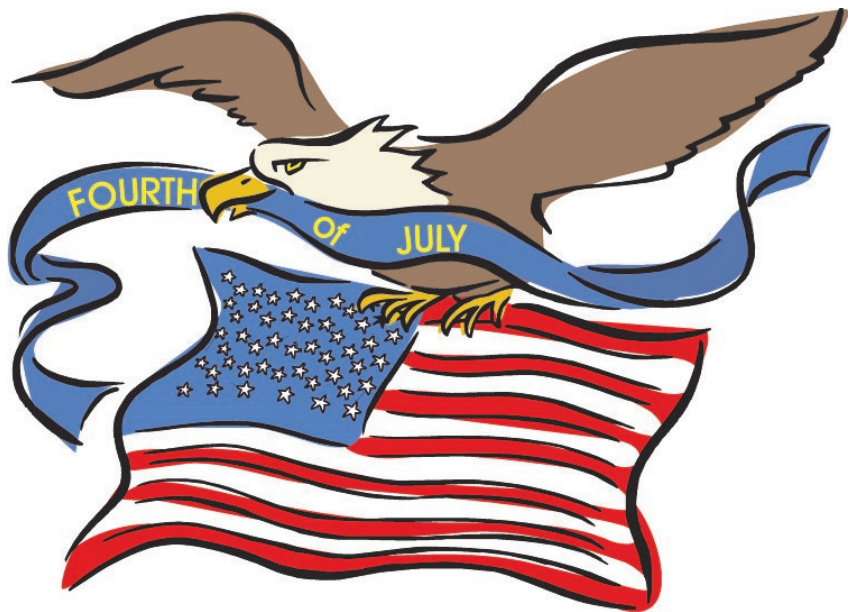


Volume 4, Issue 7

July 2019

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Fourth of July– Independence Day

The Fourth of July – also known as Independence Day or July 4th – has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

A History of Independence Day

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the best-selling pamphlet “Common Sense,” published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies’ independence.

Amid heated debate, Congress postponed the vote on Lee’s resolution, but appointed a five-man committee – including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York – to draft a formal statement justifying the break with Great Britain.

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Fourth of July— Independence Day

On July 2nd, the Continental Congress voted in favor of Lee’s resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 “will be celebrated, by succeeding Generations, as the great anniversary Festival” and that the celebration should include “Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other.”

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Early Fourth of July Celebrations

In the pre-Revolutionary years, colonists had held annual celebrations of the king’s birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy’s hold on America and the triumph of liberty.

Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.

George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation’s emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties – the Federalist Party and Democratic-Republicans – that had arisen began holding separate Fourth of July celebrations in many large cities.

Fourth of July Becomes a Federal Holiday

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is “The Star-Spangled Banner,” the national anthem of the United States.



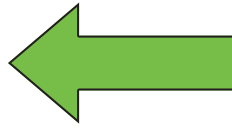
Craft Day

We had so much fun in June for our craft day, that we thought we would do one in July too!



On July 15th, 2019
Join us in 'The Back Room' — SCAS
@ 2:00 pm.

So that we are able to continue craft days,
we have to charge a fee of \$5.



To RSVP to create this super cute watermelon wreath, call SCAS @ 402.821.3330 by July 10th to put your name on the list!

To top it off, we will be serving
watermelon to our participants!



Two Old Guys at Dinner

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?'



What are functional foods?



Contact an Aging Partners registered dietitian at 402-441-7159 to learn more about functional foods.



Functional foods and their health benefits have recently been a hot topic in the news. The Academy of Nutrition and Dietetics defines a functional food as “one that has the potential to provide beneficial effects on health when consumed as part of a varied diet.”

There are several types of functional foods available. Examples include conventional foods and modified foods. Conventional foods include fruits, vegetables, fish, whole grains and nuts. Modified foods include fortified cereals, juices and yogurt. Modified foods are often fortified with nutrients, such as calcium and/or Vitamin D.

Don't rely on the front of the package advertising for nutritional content. For example, just because a cereal states that it is “made from whole grain” does not mean that it is a good source of fiber. Make sure to read the Nutrition Facts Label as well as the Ingredient List to determine how healthy a food is. (Source: www.eatright.org)

Functional Foods

- **Fatty Fish:** Salmon is a fatty fish that has gained popularity over the past several years. Salmon is considered a good source of lean protein and contributes an adequate amount of Omega-3 fatty acids to our diet. Omega-3 fatty acids have been shown to have positive health benefits on heart health and possibly brain health.
- **Berries:** Strawberries, blueberries, blackberries, and raspberries contain a large amount of anthocyanins, which is an antioxidant. Antioxidants have been shown to have positive effects on health and may protect against certain types of cancer and other chronic diseases.
- **Nuts:** Almonds, walnuts, and cashews are considered to be a good source of protein and contain the “healthy” fats that are encouraged. Nuts can provide monounsaturated and polyunsaturated fats to our body, which can help to lower LDL (“bad”) cholesterol levels and have a positive effect on heart health. It is recommended to consume ½-1 serving of nuts per day. Be mindful on how much it being consumed, as nuts are often high in calories. Nuts covered in salt or chocolate do not have the health benefits that regular, unsalted nuts do.
- **Beans:** All beans are a good source of protein and fiber. Beans can be incorporated into a variety of entrees such as soups and casseroles. If using canned beans, be sure to rinse before cooking to reduce the sodium content.

Senior Fall Prevention

A simple fall can change your life. Just ask any of the thousands of older men and women who fall each year and break a bone (sometimes called fracture). Getting older can bring lots of changes. Sight, hearing, muscle strength, coordination and reflexes aren't what they once were. Balance can be affected by diabetes and heart disease, or by problems with your circulation, thyroid or nervous system. Some medicines can cause dizziness. Any of these things can make a fall more likely.

Then there's osteoporosis, a disease that makes bones thin and likely to break easily. Osteoporosis is a major reason for broken bones in women past menopause. It also affects older men. When your bones are fragile even a minor fall can cause one or more bones to break. Although people with osteoporosis must be very careful to avoid falls, all of us need to take extra care as we get older.

A broken bone may not sound so terrible. After all, it will heal, right? But as we get older a break can be the start of more serious problems. The good news is that there are simple things you can do to help prevent most falls.



TAKE THE RIGHT STEPS

Falls and accidents seldom "just happen." The more you take care of your overall health and well-being, the more likely you'll be to lower your chances of falling. Here are a few hints:

- Ask your doctor about a special test-called a bone mineral density test-that tells how strong your bones are. If need be, your doctor can prescribe new medications that will help make your bones stronger and harder to break.
- Talk with your doctor and plan an exercise program that is right for you. Regular exercise helps keep you strong and improves muscle tone. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing exercise-such as walking, climbing stairs-may even slow bone loss from osteoporosis.
- Have your vision and hearing tested often. Even small changes in sight and hearing can make you less stable. So, for example, if your doctor orders new eyeglasses, take time to get used to them, and always wear them when you should or, if you need a hearing aid, be sure it fits well.
- Find out about the possible side effects of medicines you take. Some medicines might affect your coordination or balance. If so, ask your doctor or pharmacist what you can do to lessen your chance of falling.
- Limit the amount of alcohol you drink. Even a small amount can affect your balance and reflexes.
- Always stand up slowly after eating, lying down, or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Don't let your home get too cold or too hot...it can make you dizzy. In the summer-if your home is not air-conditioned-keep cool with an electric fan, drink lots of liquids, and limit exercise. In the winter, keep the nighttime temperature at 65° or warmer.
- Use a cane, walking stick, or walker to help you feel steadier when you walk. This is very important when you're walking in areas you don't know well or in places where the walkways are uneven. And be very careful when walking on wet or icy surfaces. They can be very slippery! Try to have sand or salt spread on icy areas.



- Wear rubber-soled, low-heeled shoes that fully support your feet. Wearing only socks or shoes with smooth soles on stairs or waxed floors can be unsafe.
- Hold the handrails when you use the stairs. If you must carry something while you're going up or down, hold it in one hand and use the handrail with the other.
- Don't take chances. Stay away from a freshly washed floor. And don't stand on a chair or table to reach something that's too high-use a "reach stick" instead. Reach sticks are special grabbing tools that you can buy at many hardware or most medical supply stores.
- Find out about buying a home monitoring system service. Usually, you wear a button on a chain around your neck. If you fall or need emergency help, you just push the button to alert the service. Emergency staff is then sent to your home. You can find local "medical alarm" services in your yellow pages.

Most medical insurance companies and Medicare do not cover items like home monitoring systems and reach sticks. So be sure to ask about cost. You will probably have to pay for them yourself.

MAKE YOUR HOME SAFE

You can help prevent falls by making changes to unsafe areas in your home with these home safety tips.

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In stairways, hallways, and pathways:

- Make sure there is good lighting with light switches at the top and bottom of the stairs.
- Keep areas where you walk tidy.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Have handrails on both sides of all stairs-from top to bottom-and be sure they're tightly fastened.

In bathrooms and powder rooms:

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Keep night lights on.

In your bedroom:

- Put night lights and light switches close to your bed.
- Keep your telephone near your bed.

In other living areas:

- Keep electric cords and telephone wires near walls and away from walking paths.
- Tack down all carpets and area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are a good height for you, so that you can get into and out of them easily.

WILBER

Date: Wednesday, July 24th, 2019

Time: 12:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Sandwich Special & Chips or Macaroni Salad, catered from Fox Hole Tavern.

Please RSVP your Sandwich Special by July 17th!
402.821.3330

\$6 fee for anyone attending the meal.

CRETE

Date: Thursday, July 25th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Pizza, Garlic Bread & Roasted Green Beans

Please RSVP to receive the special of the day
by July 18th!
402.821.3330

*For those over age 60: \$4.50 suggested contribution
for the meal.*

For those under age 60: \$5.00 fee

WESTERN

Date: Friday, July 12th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Hamburgers, Potato Salad, Baked Beans & Dessert

Please RSVP by July 9th!
402.821.3330

\$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, July 18th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Fried Chicken, Mashed Potatoes, Gravy, Corn, Dinner Roll, & Dessert

Please RSVP to receive the special of the day
by July 11th!
402.821.3330

*For those over age 60: \$4.50 suggested contribution
for the meal.*

For those under age 60: \$5.00 fee

For ALL Full Circle Events for the month of July—

“Anti-Boredom Month”



SCAS Staff will be speaking about Anti-Boredom Month & playing BINGO!

**Prizes will be given out at the end!



Recipe of the Month

5 INGREDIENT BEEF STROGANOFF

INGREDIENTS:

- 1 lb ground beef
- 1 tbsp. garlic powder
- 1 can cream of mushroom soup
- 1 pkg egg noodles
- 1 salt and pepper
- 1/2 cup sour cream

INSTRUCTIONS:

1. Prepare the egg noodles according to the package.
2. In a separate large skillet over medium heat, sauté the ground beef over medium heat for 5 to 10 minutes, or until browned. Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally.
3. Remove from heat and combine the meat mixture with the egg noodles. Add the sour cream, stirring well, and season with salt and pepper to taste.



Recipe is from Pinterest.com

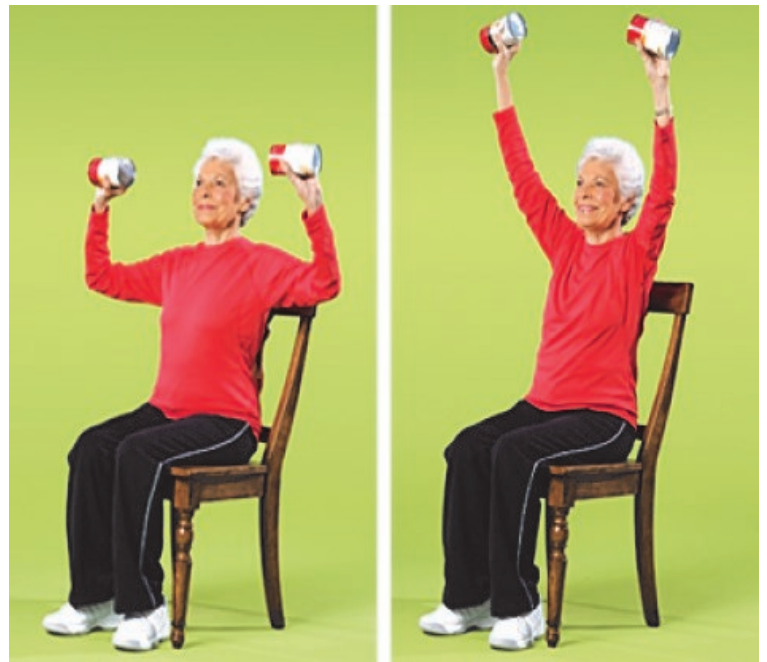
Exercise of the Month — Overhead Arm Raise

TARGETED MUSCLES: Shoulders and Arms

WHAT YOU NEED: Weighted objects or hand-held weights

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Riddle of the Month

Why did Momma Pig leave her husband?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

Fourth of July

Word Scramble

Unscramble the words, then use the highlighted letters to write out the scrambled message.

ASTSET	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
ENDDEEERNICN	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
DEARAP	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
LUEB	<input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
TENIUD	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
TWEHI	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
AEQTIULY	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ERIRFKWOS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ARLANCDITEO	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
FDREOME	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
DER	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILBEYTR	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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Patriotic Word Search

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

JULY
FOURTH
STARS
STRIPES
INDEPENDENCE

FIREWORKS
CELEBRATE
PARADE
COOKOUT

AMERICA
SPARKLERS
RED
WHITE
BLUE





WILBER

On July 4th, SCAS will be closed in remembrance of Independence Day.

DEWITT SENIOR CENTER

There will be no Tai Chi or quilting on July 4th in remembrance of Independence Day.



You never know what you are going to find!

We have been cleaning out the back of our office, to make room for when we start our renovation.

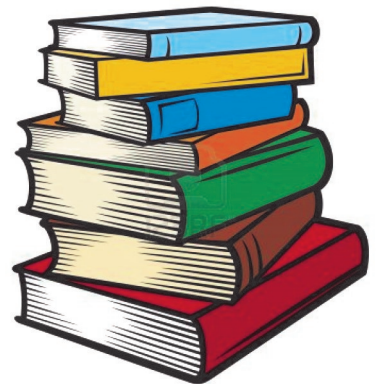
There are several items that we are giving away that will be on our front table.

Items include: Halloween, Christmas, Easter, & Miscellaneous Decor

DO YOU ENJOY READING?

Come join us on July 31st for a read along at 10:00 am!

Children love being read to, come help them refresh their reading skills before they head back to school! Feel free to bring your grandchildren!



Please RSVP by July 26th to SCAS. 402.821.3330



ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in Friend.

If you, or somebody you know, would be interested in participating in a class, let us know!

To put your name on the list, please call SCAS at 402-821-3330.



Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori & Madison will be getting trained for this course, and they are interested in seeing how many are willing to participate!

Please let us know! 402.821.3330

Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of \$5 for the entire years worth of newsletters! That is less than \$0.42 per issue!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!

We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!

- Extension 1: Lori
 - Extension 2: Laura
 - Extension 3: Madison
- 402-821-3330**



Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

June National Days

In June at SCAS, we celebrated
National Chocolate Ice Cream Day, Iced Tea Day & Bomb Pop Day!



What's going on in DeWitt?



The ladies are enjoying nail care!



Several ladies and gentleman participated in hat day!



DeWitt Senior Center has several different activities that they do throughout the week. On Tuesdays and Thursdays, they offer Tai Chi from 9-10 in the morning and quilting from 1-5 in the afternoon. Every Wednesday at 12, they have a meal that includes a program!

For any questions regarding the DeWitt Senior Center, call Bev Plihal at 402.520.0873 or 402.683.6475

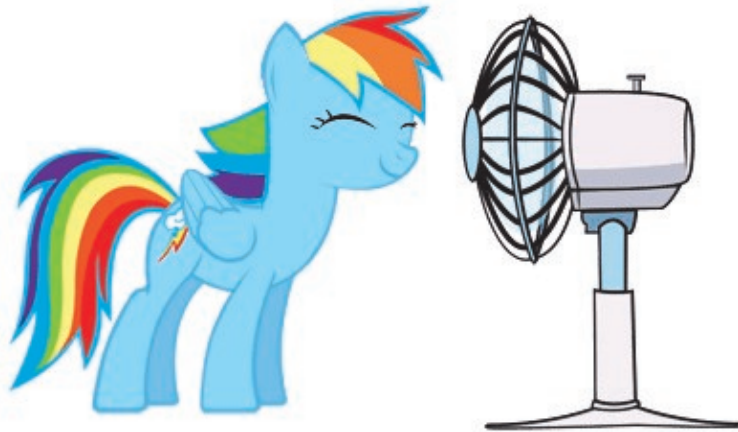
Fan Program

**The weather is warming up out there...
Are you in need of a fan?**

The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.



July Activities

<p>Key: Crete Dorchester Wilber Friend DeWitt</p>	<p>1</p>	<p>2 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00</p>	<p>3 Foot Clinic Lunch 12:00 p.m.</p>	<p>4 SCAS CLOSED</p> 	<p>5 Bikini Day</p> 	<p>6 Fried Chicken Day</p> 
<p>7 Macaroni Day</p> 	<p>8 Chocolate Almonds Day</p> 	<p>9 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00 National Sugar Cookie Day</p>	<p>10 Foot Clinic Lunch 12:00 p.m.</p>	<p>11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00</p>	<p>12 Full Circle @ Western 12-1</p>	<p>13 Paper Bag Day</p> 
<p>14 Tape Measure Day</p> 	<p>15 I Love Horses Day</p> 	<p>16 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00</p>	<p>17 Lunch 12:00 p.m. National Hot Dog Day</p> 	<p>18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00 Full Circle 12-1</p>	<p>19 Daiquiri Day</p> 	<p>20 Lollipop Day</p> 
<p>21 Ice Cream Day</p> 	<p>22 Hammock Day</p> 	<p>23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00 National Vanilla Ice Cream Day</p>	<p>24 Lunch 12:00 p.m. Full Circle 12-1</p>	<p>25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00 Full Circle 12-1</p>	<p>26 Coffee Milkshake Day</p> 	<p>27 Cowboy Day</p> 
<p>28 Waterpark Day</p> 	<p>29 Lipstick Day</p> 	<p>30 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi 1030-1130 TaiChi 2:00-3:00</p>	<p>31 Lunch 12:00 p.m.</p>			
		<p>Visit us at SCAS on our National Holidays in Purple!</p>	<p>All foot clinics are by appointment only.</p>	<p>Interested in a foot clinic appointment Call us at 402.821.3330</p>	<p>For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873</p>	

What's Happening Near You?

DeWitt Senior Center Meal Schedule

For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, July 3rd

Program— Damyn & Dylan Weichal, the 19-20 Czech Princes
Menu— Meatloaf, Mashed Potatoes, Corn, Bread, Fruit & Milk

Decorate Float at Strokebrands at 6:00 pm.
Bridge or Dominoes

SATURDAY, July 6th

Volunteers gather at Senior Center at 9:30 to set up for free
snow cones and children's games beginning at 10:00.
Senior Center float in DeWitt Parade
at 7:00 with lineup at 6:00

FRIDAY, July 12th

Program— Medicare Minute & Bingo with SHIIP
Menu— Tuna Casserole, Peas, Fruit, Bread & Milk
Bridge or Dominoes

WEDNESDAY, July 17th

Program— Fun with Stamps by Mary Garrison
Menu— Chicken Strips, Baked Beans, Chips, Fruit, Bread & Milk

WEDNESDAY, July 24th

Program— Spelling Wizard Payton Smidt
Menu— Ham n Cheese Slider, Potato Salad, 3 Bean Salad,
Fruit & Milk
Cards or Dominoes

WEDNESDAY, July 31st

Program— What You Might Like to Know About the Upcom-
ing Census
Menu— Grilled Philly Sandwich, Doritos, Mixed Vegeta-
bles, Pickle Spear, Fruit & Milk
Celebrate June Birthdays



Deloris Scott
of
Friend

received a \$5 gift card to Subway!
Get your answers in by the 15th
for this month's riddle so you can
be the next winner!

The answer to June's
riddle "What can travel around the
world while staying in a corner?"
is a stamp.



HAPPY BIRTHDAY!

*A special wish to all of the
June birthdays out there from
Saline County Aging Services!*

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475
For Wilber & the rest of Saline County
call: 402.821.3330

COMMUNITY SUPPER: Join community members of all ages and walks of life at the Methodist Church in Wilber every Monday at 5:30 p.m. for a meal and fellowship. No cost, open to everyone regardless of age.

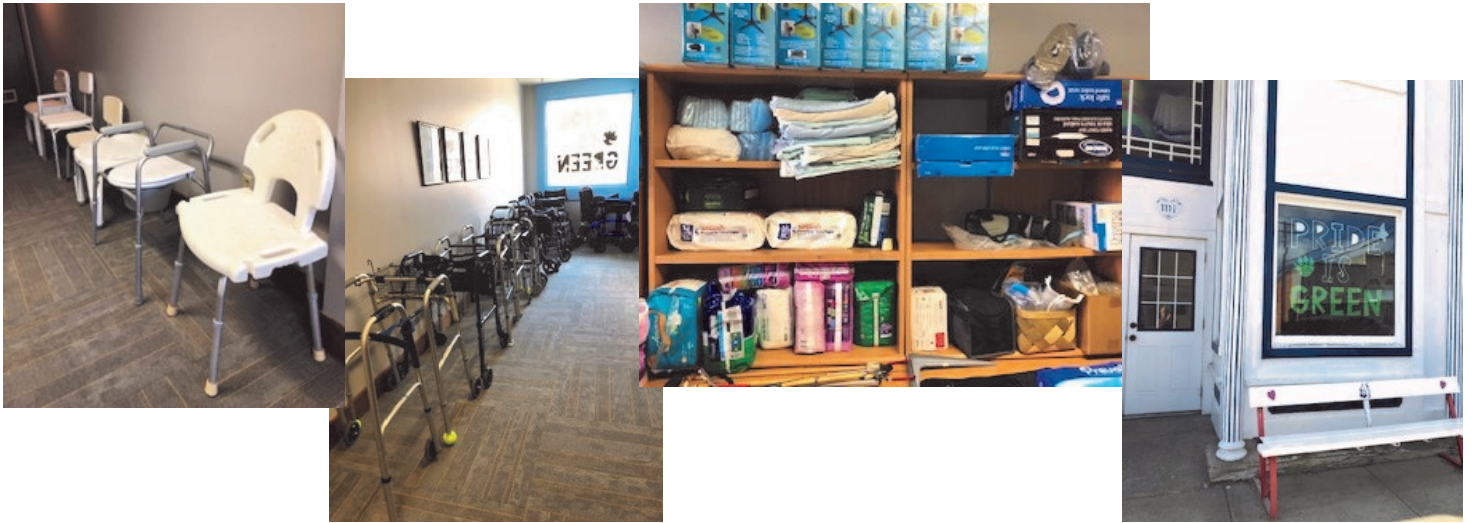
SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, July 25th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by June 20th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Durable Medical Equipment Show Room

Did you know that we now have a Durable Medical Equipment Show Room?!

We just made it a lot easier for YOU!!

You are now able to come in and look around for the equipment that you need. We have been slowly moving stuff out of our basement into the building. This building is located on the west side of the Laundromat. SCAS takes gently used equipment that you no longer need anymore. These donations help others in many ways!



Answers to the Puzzles

ASTSET STATES
 ENDDEEPPNICN INDEPENDENCE
 DEARAP PARADE
 LUEB BLUE
 TENIUD UNITED
 TWEHI WHITE
 AEQTUPLY EQUALITY
 ERIRFKWOS FIREWORKS
 ARLANCDITEO DECLARATION
 FDREOME FREEDOM
 DER RED
 ILBEYTR LIBERTY

ALL MEN ARE
 CREATED EQUAL

Patriotic Word Search

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



Do you want the Saline County Aging Services Newsletter sent to your door?



Cut this slip out, fill the information in below, and mail it to
Saline County Aging Services– PO Box 812– Wilber, NE 68465
or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.



Name:

Mailing Address:



If you would rather have it sent via email, please provide your email address, printing carefully



**ARE YOU INTERESTED IN
PLAYING PITCH?**

Join us on Friday's in
'The Back Room'- SCAS
11 a.m. – 2 p.m.

*Call 402-821-3330 to RSVP
your spot today!*

(Order lunch from Wilber Meat Market or Fox Hole)

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED



Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

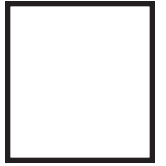
- Jan. 1 New Year's Day
- Jan. 21 Martin Luther King Day
- Feb. 18 Presidents' Day
- Apr. 26 Arbor Day
- May 27 Memorial Day
- July 4 Independence Day

- Sept. 2 Labor Day
- Oct. 14 Columbus Day
- Nov. 11 Veterans' Day
- Nov. 28 Thanksgiving
- Nov. 29 Day after Thanksgiving
- Dec. 24 Closing @ 12 on Christmas Eve
- Dec. 25 Christmas Day

Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



Saline County Aging Services is dedicated to providing programs to all Saline County individuals over 60 and their caregivers. Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination on the basis of race, color, national origin, sex, age, or disability.



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