



THE SENIOR SCOOP

Benzie County Council on Aging, Inc.

December 2013

Believe in the magic of Christmas!



"Every year at just this time,
In cold and dark December,
Families around the world
All gather to remember,
With presents and with parties,
With feasting and with fun,
Customs and traditions
for people old and young."

- Helen H. Moore



December.....

6th is St. Nicholas Day
7th is Pearl Harbor Day
8th is National Brownie Day
9th is National Pastry Day
10th is Human Rights Day
12th is Poinsettia Day
18th is Bake Cookies Day
21st is Forefather's Day
24th is National Egg Nog Day
24th is Christmas Eve
25th is Christmas Day
25th is National Pumpkin Pie Day
27th is National Fruitcake Day
31st is New Year's Eve



The Senior Scoop is a monthly publication brought to you by:

Benzie County Council on Aging, Inc.
10542 Main Street
Honor, MI 49640

Douglas Durand, Executive Director

Phone: (231) 525-0600
or
(888) 893-1102

Fax: (231) 325-4855

Email: Fortined@Benziecoa.org
NEW Website: www.benziecoa.org

Hours: 8:00 a.m. - 4:00 p.m. M-F

Editor: *Danielle Fortine*

Council on Aging Board of Directors

Beverly Holbrook

Chairman

Denise Strom

Secretary

Jane Elzerman

Treasurer

Ronald Dykstra

Niel Haugen

Donald G. McCash

Bob McQuilkin

Donna Malecki

Rosemary Russell

Benzie County Council on Aging is funded by Benzie County residents through a property tax millage, federal and state funds through the Michigan Office of Services to the Aging, Area Agency on Aging of Northwest Michigan and private donations and grants.

The Council on Aging will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

MISSION STATEMENT

To provide programs for Senior Citizens of Benzie County that promote and encourage opportunities for socialization, education, health, safety, welfare and independent living with dignity.

Newsletter Subscription Form

NAME: _____ DOB: ____/____/____

ADDRESS: _____

CITY/ST/ZIP: _____ DATE: _____

EMAIL: _____

If you would like a copy of this newsletter mailed to your home OR emailed to you each month, please mail this form to the COA office, 10542 Main St, Honor, MI 49640. For annual mailing the subscription fee is \$10.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.



Season's Greetings everyone!

WOW, the Holiday Season is upon us already! Snow is on the ground, the local ski resorts are busy planning on opening on Thanksgiving Weekend and we are being overwhelmed with all of the upcoming sales!

First off, I want to wish everyone a safe, joyful and spirited holiday season. I also want to thank those of you who have contributed to Benzie County Council on Aging this past year. Without your support we couldn't do it all and offer the many services and programs that we do.

As 2013 comes to a close, we are excited to begin 2014 with new programs/activities planned at The Gathering Place and maybe even one or two new programs/services for the upcoming year through grants.

I'd like to also take this time to thank our staff, volunteers, Board of Directors and contractors for all of their hard work, commitment and dedication. They always "go the extra mile" to make sure our senior's are given the best service possible. You all are the best!

Take care everyone!

Douglas



Cell Phone Collection

Did you know there is a way to donate to us without spending a penny? It's true! All you have to do is bring us your old cell phones. You know, those phones sitting in a drawer that are taking up perfectly good space? We earn money from every cell phone collected. PLEASE pester your children, grandchildren, friends and neighbors to cough up their old cell phones. EVERY cell phone is money that we can use toward senior services! It doesn't matter how old or if it even works, we will take them all.

You can drop off your old cell phones at either The Gathering Place or the Administrative Office. Phones will be collected till the end of January so you have time. Start hunting now!

Happy Birthday!!

1st Dan Nolan
3rd Joyce Stortz
3rd Jane Grostick
10th Leona Rodgers
13th Nadine Scowden
13th Harold Bruning
14th Norma Stevens
17th Margaret Wright
18th Geraldine Lee
18th Rick St. Pierre
19th Nancy Mroz
20th Phil Gagliano
21st Shirley Pierce
22nd Bob Courneya
24th Bertha Singleton
26th Rena Johnston
28th Adam Eckstein
29th Patricia Mazor
30th Barb Dingee
30th Janice Miner-Heniser
31st Ralph Roberts



How To Cook A Turkey

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass another get
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!



Effective January 1, 2014 the old phone numbers for TGP (325-3720) and COA (325-4851) will no longer work. You **MUST** call one of the numbers below.

COA

Main	231.525.0600
Toll free	888.893.1102 (unchanged)
Fax	231.325.4855 (unchanged)

TGP

Main	231.525.0601
Toll free	877.277.1306 (unchanged)
Fax	231.325.4855 (unchanged)

WE ALSO HAVE NEW E-MAIL ADDRESSES

Doug	durandd@benziecoa.org
Sabra	boyles@benziecoa.org
Danielle	fortined@benziecoa.org
Dawn	bousamrad@benziecoa.org
Jeff – HDM	stockmanj@benziecoa.org
James – Chef	chiuminoj@benziecoa.org



Frugal Gift Wrapping Ideas



1. Oatmeal Containers:

Cardboard oatmeal containers are the perfect quick-wrap solution. Just wrap a band of wrapping paper around the outside of the container, and stick your gift inside. For a truly spectacular finish, cut a circle of paper to go on the top of the lid.

2. Recycled Gift Bags:

Gift bags are pricey, and it's sad to think that many of them only get used once. Get in the habit of saving all of the bags that you receive, and you'll have a near-endless stash of Christmas bags to draw from.

3. Kids' Artwork:

Do you have a budding artist in the house? If so, save his or her larger drawings and paintings, and you'll have a steady supply of wrapping paper. Want to work in that Christmas theme? Encourage your child to draw Christmas pictures – and prepare for an explosion of red and green artwork.

4. Kraft Paper

Give your Christmas gifts an old-timey look by wrapping them in Kraft paper. You can pick up large rolls of this brown paper from office supply stores, or cut your wrapping costs entirely by saving your brown paper grocery bags (currently making a comeback).

5. Take-Out Containers

Rinse out empty Chinese take-out containers or ask for a few extras when you order, and you'll have a clever gift box that doesn't cost a thing.

6. Wallpaper

Thrift stores often have a large collection of wallpaper – no doubt the leftovers from countless do-it-yourself projects. Dig through the stores' offerings, and you're likely to find several patterns that would work perfectly for Christmas. (green and white stripes, silver and gold designs, etc.)

7. Fabric

Have a box of too-small-to-use fabric scraps? Put them to use as gift wrap, and you'll turn clutter into a treasured gift. Long forgotten scarves can also be put to use for this purpose. Dig through your own collection, or sift through thrift stores to find what you need.

8. Reusables

Get creative, and make your gift wrap a part of the present. Wrap a gift in a purse, a tin, a trinket box, an old suitcase or a reusable shopping tote. Shop yard sales and thrift stores often, and there's no end to the number of clever containers that you can find to put presents in.

9. Maps

Check yard sales (including the "free" box) and thrift stores.



Got the COLD SEASON BLUES????

BE SMART, TAKE ACTION AND BRIGHTER DAYS WILL FOLLOW

FEVER

Symptoms: sweating, shivering, weakness

What to do: Drink Fluids and consider seeing your doctor, especially if fever reaches 102°F



ALLERGIES

Symptoms: Sniffy with itchy eyes but not achy or feverish

What to do: Try an OTC treatment. If it doesn't help, see an allergist.

COLD

Symptoms: Runny/stuffy nose, sore throat, cough, congestion, sneezing

What to do: If you have aches/fever, stay home. If you cough up dark mucus after a week, see a doctor. If cough feels deep and you feel short of breath, see doctor ASAP—could be bronchitis or pneumonia.

EAR INFECTION

Symptoms: Ear pain, drainage, trouble hearing.

What to do: Call your doctor—you might need an antibiotic or pain reliever. If you also have cold symptoms, you could be contagious for 2-3 days.



BRONCHITIS

Symptoms: Chest discomfort, cough, mucus, fatigue, fever

What to do: If cough lasts more than 3 weeks, is accompanied by a fever over 100.4°F or produces discolored mucus or blood, see a doctor.

PNEUMONIA

Symptoms: Fever, cough, shortness of breath, sweating, chills, chest pain that fluctuates with breathing, headache, muscle pain, fatigue

What to do: See doctor ASAP, especially if you have a fever of 102°F or higher.

SINUS INFECTION

Symptoms: Pain around the eyes, top of the forehead, the cheekbones and top of teeth

What to do: Call your doctor—you might need an antibiotic.

Peanut Joke

Thinking that the presidential candidate needed to show a more human side of himself, his committee advised him to visit an old age home. Walking into the room of an older man, with the cameras whirring, the nominee was surprised when the man offered him some peanuts from a bowl on the table. "Thank you", said the nominee. After being offered more for the 3rd time, he asked "why don't you have some yourself?" "Oh, I can't eat peanuts" said the old man, "I don't have any teeth." "So why do you have them?" asked the confused nominee. "Oh, I like the chocolate around it" the elderly man replied.



How much do you know about **colds** and **flu**?

1. Which of the following is true about colds and flu?
 - A. They share many symptoms
 - B. They are both caused by viruses
 - C. They are two separate conditions
 - D. All of the above
 2. How do flu symptoms differ from those of a cold?
 - A. They come on more suddenly
 - B. They are less severe
 - C. They are more severe
 - D. A and C
 3. Which people have an increased risk of dying of the flu?
 - A. Teenagers
 - B. The elderly
 - C. People with chronic diseases
 - D. B and C
 4. Getting a flu shot every year is the best way to keep from getting the flu. Which of the following people should NOT get the shot?
 - A. People with diabetes
 - B. Infants less than 6 months old
 - C. People ages 65 and older
 - D. All of the above
 5. Which of the following is false when it comes to colds?
 - A. Adults usually get colds in the summer
 - B. Colds account for more doctors visits than any other condition
 - C. Colds last for about a week
 - D. Young children often get 6 to 8 colds a year
 6. When should you take antibiotics if you have a flu or cold?
 - A. If you have a fever
 - B. If you have a bacterial infection
 - C. If you have a bad cough
 - D. If you have aches and pains
 7. When is the best time to get a flu shot?
 - A. January or February
 - B. March or April
 - C. September or October
 - D. May or June
 8. When should adults with a cold or the flu call a doctor?
 - A. Their symptoms last longer than 10 days
 - B. They have trouble breathing or have shortness of breath
 - C. They have very swollen glands in the neck or jaw
 - D. All of the above
- ANSWERS:
1. D: all of the above
 2. D: A and C
 3. D: B and C People with a weak immune system are at risk as well.
 4. B: Infants more than 6 months old should be vaccinated, as they are at high risk for serious flu symptoms.
 5. A: Adults are more likely to get colds between September and May.
 6. B: Because colds and flus are caused by viruses, antibiotics won't speed recovery or relieve symptoms.
 7. C: But later is better than never.
 8. D: All of the above.
-



Healthy Baking Substitutes

flour	»	whole wheat flour, ground oats or almond meal
sugar	»	honey or stevia
butter & oil	»	applesauce, mashed banana or coconut oil
eggs	»	applesauce or flax meal
chocolate chips	»	carob chips or dark chocolate chunks
sour cream	»	Greek yogurt

Layered Sundried Tomato and Artichoke Spread

prep time: 10 minutes | total time: 1 hour & 10 minutes

makes: 12 servings

Ingredients:

- 3 tbsp. finely chopped drained canned artichoke hearts
- 3 tbsp. finely chopped sundried tomatoes in oil, drained well
- 1 (8oz.) pkg. cream cheese, well chilled
- 2 tbsp. pesto
- 2 tbsp. chopped smoked almonds
- 2 tsp. chopped fresh parsley
- Crackers



Directions:

1. Cut cream cheese horizontally into 3 slices. *Place 1 slice on a large sheet of plastic wrap; top with tomatoes and second cream cheese slice.
2. Combine artichokes and pesto; spoon over second cream cheese layer.
3. Top with remaining cream cheese slice, then the almonds and parsley; press lightly into cream cheese to adhere. Wrap with plastic wrap. Refrigerate for 1 hour. Serve with crackers.

***Recipe tip:** Cut cream cheese easily with dental floss. Wrap 18in piece of floss around bottom third of brick; pull ends steadily to cut cream cheese. Repeat to make a total of 3 slices.



Bacon-Spinach Mashed Potatoes

prep time: 30 minutes | makes: 12 servings

Ingredients

2 lbs. Yukon gold potatoes (about 6) peeled and cut into chunks

5 slices bacon

3 cloves garlic, minced

1 (9oz.) pkg. baby spinach leaves

1 (8oz.) tub Philadelphia Chive & Onion Cream Cheese Spread



Directions

1. Cook potatoes in boiling water in large saucepan 15 to 20 minutes or until tender.
2. Meanwhile, cook bacon in large skillet on medium heat until crisp. Remove bacon from skillet, reserving 1 tbsp. drippings in skillet. Drain bacon on paper towels. Add garlic to drippings in skillet; cook 2 minutes, stirring frequently. Add spinach; cook and stir 1 to 2 minutes or just until spinach is wilted. Remove from heat. Crumble bacon; stir into spinach mixture.
3. Drain potatoes; return to pan. Add cream cheese spread; mash potato mixture. Stir in spinach mixture.



"Every year at just this time,
In cold and dark December,
Families around the world
All gather to remember,
With presents and with parties,
With feasting and with fun,
Customs and traditions
for people old and young."

- Helen H. Moore





9 Natural-Flu Fighting Foods

These foods (and teas) can help you fend off the flu.

Black-Eyed Peas

These nutritious legumes are rich in zinc, a trace mineral that keeps your immune system in working order. Pinto beans, peanuts, roasted pumpkin seeds and wheat germ are other good choices.

Carrots

They're rich in beta-carotene, which your body uses to ward off respiratory infections. Other good sources are dark green vegetables, sweet potatoes, pumpkin and winter squash.

Yogurt

Probiotics, the beneficial bacteria found in yogurt and other fermented foods, strengthen the immune system. Not a fan of yogurt? Try cottage cheese, kimchi (a fermented Korean dish made of seasoned vegetables) or sauerkraut instead.

Tea

Green, black and oolong tea all contain naturally occurring compounds that reduce the risk of flu, including quercetin, a powerful antioxidant, and L-theanine, an amino acid found only in tea. Decaf teas contain the amino acid, herbal teas don't.

Tomatoes

Vitamin C-rich tomatoes boost the body's natural defense system in the same way their citrusy relatives do. One medium tomato provides 40 percent of your daily vitamin C, so have a glass of tomato juice at lunch and treat yourself to pasta with tomato sauce for dinner.

Mushrooms

These powerhouses increase the body's resistance to viral infections by boosting the activity of natural killer cells, a vital part of the immune system. Mushrooms are rich in selenium, low levels of which can increase the risk of developing a severe flu.

Almonds

These popular nuts are a rich source of the antioxidant vitamin E, which helps your body ward off viral infections. To maximize the absorption of vitamin E, opt for chopped almonds, almond butter or almond oil.

Chicken Soup

It may not prevent the flu, but a bowl or cup of soup can help your immune system fight off the virus in its early stages, thanks to a compound called carnosine. The only catch: You need to consume chicken soup throughout your illness to reap its benefit, says a 2012 study.

Wild Salmon

It's high in vitamin D, which the immune system needs to kill harmful bacteria and viruses, Farm-raised salmon has less, but is also a good source.

When You Donate. . . You Make a Difference

The Benzie County Council on Aging is an independent 501c3 not-for-profit organization that depends upon donations to sustain our programs. We need your support to continue to provide caring and professional services to the seniors of Benzie County and the need is greater than ever as the population over the age of 60 rises and our traditional funding sources diminish. Your support, either large or small, helps us continue this important work!

When you make a donation to the Benzie County Council on Aging, you will be helping provide important services and programs to seniors in our county. Some of these services include Home Delivered Meals Program, Homemaking Services, Senior Center Operations, Educational Programs, Chore Service, Snow Removal and more.

There are many other ways to contribute to the Benzie Council on Aging, now and in the future, that may fit your interests.

Tribute Donations:

Tribute gifts of any amount can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. The Council will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

Planned Giving:

As you prepare your legacy for your family and your community, please consider including the Benzie County Council on Aging as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to the Benzie County Council on Aging will benefit many seniors and help us to continue vitally needed services for years to come.

Your tax-deductible donation can and will make a world of difference in the life of an area senior citizen or disabled individual.

You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory of or honor of an individual, please tell us and we will do our best to meet your wishes.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102.

DONOR INFORMATION:

Name: _____

☐ *Check here if you wish to remain ANONYMOUS*

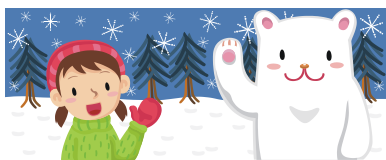
Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Amount Enclosed: _____

Make Checks Payable To: "Benzie County Council on Aging"

Benzie County Council on Aging is an independent 501c3 not for profit organization. Gifts to the Benzie County Council on Aging are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.



Dawn's Dish

Save the date! The next Benzie Bucks Auction is Friday, December 20th at 1:15pm. Collect your bucks, save 'em up and get ready for some crazy bidding! For those who have not been to our Benzie Bucks Auction before you are in for a treat. Baked goods & treasures galore! All you have to do is eat lunch here and we'll give you Benzie Bucks. Use those to "buy" items up for bid. Which brings me to the next item on my list: **We are now accepting donations for our next Benzie Bucks Auction!** Please no clothes. See Dawn for ideas, suggestions and a "wish list". If we don't get donations we won't have anything to auction!

Book club—Winter is a great time to cozy up with a great book. How about forming a book club here at The Gathering Place? If you are interested, please come to our first meeting on Monday, December 9th at 1:00 p.m. We'll decide on a time and day of the week that works for the group. Also come with a book suggestion.

We have a new website! www.benziecoa.org. Our activity calendars, menus, announcements, phone numbers, emails, board meeting minutes and other handy information is easily accessible on this website.

Facebook!! www.facebook.com/benziecoa. Please spread the news, "like" and share our page. The more folks who know what we do the more we can help!

Have you been to Tennessee? How about heading there in June 2014? Stop by The Gathering Place for an information packet. Monthly payments are accepted!

National Hand Washing Awareness Week is December 1-7. Help us spread the word and not the germs! Free information offered this week. **FREE GIFTS!**

Health Series: "How to Beat the Winter Blues" with Extendicare on December 19th during lunch.

Please Note: We are closed on December 24th, December 25th and December 31st BUT we do have a New Year's Eve Party from 6:00 p.m. – 9:00 p.m

We are proud to be a Toys for Tots Drop Off Site.

Monday, December 2, 9, 16—**ZUMBA** is here! 2:30 pm-3:30 pm. All ability levels and ages are welcome. \$3 per class. Bring soft soled shoes for this Latin

inspired dance & fitness fun. 45 minutes of ZUMBA with a break half-way. Taught by Suzanne Waring, certified ZUMBA instructor.

Monday, December 16—Traverse City Shopping trip. Think Christmas shopping! **We have four pick-up locations: 9:15 a.m. Glenn's in Frankfort, 9:45 a.m. at Shop-n-Save; 10:00 a.m. at The Gathering Place and 10:15 a.m. at Ric's.** Heading back from Traverse City at 2:30 pm. Call Dawn for reservations and more information. 231-525-0601 or toll free at 877-277-1306. **Trip fee is \$10.**

Monday, December 16—**FIRESIDE CHATS—John Bailey is back to share Myths and Legends with us! Monday, December 16th at 1:00 p.m. Do NOT miss it!**

Monday, December 23-Christmas Lunch—11:30 a.m. to 1:00 p.m. Mrs. Claus and her elves will be here for treats, gifts and pictures with Mrs. Claus. All ages are welcome!

Tuesday, December 17—Festival of Trains Trip in Traverse City at The Traverse City History Center. Leave The Gathering Place at 9:30 a.m. Lunch in downtown Traverse City after. \$10 trip fee includes admission to the Festival of Trains. You are responsible for your own lunch purchase.

Tuesday, December 31—6:00 p.m. – 9:00 p.m. New Year's Eve Party. Hors d'oeuvres served and music by The Melody Makers.

Wednesday, December 18 – 11:15 a.m. Dining Out Day! We're off to Crescent Shores Bakery and Cafe in Frankfort for lunch. Our van departs The Gathering Place at 11:15 a.m. If you are meeting us there our lunch reservations are at 11:45 a.m. Purchase your Dining Out vouchers at the Administration Office for \$3. They are worth \$6 at participating restaurants. Call Dawn at 231-525-0601 or toll free at 877- 277-1306 for more information and to sign-up. **Must sign up by December 16** so we can let them know how many of us to expect!

Wednesday, December 4, 11, 18—**Medicare/Medicaid Assistance Program.** Qualified volunteers are in our Administration Office on Wednesdays to answer your questions. Please call 231-525-0600 or toll free 888-893-1102 to schedule your appointment.

Wednesday, December 4, 11, 18,—3:00 p.m. **Tai Chi** with certified instructor Jackie Hice. Classes are approximately 45 minutes in length and all abilities are welcome. Tai Chi movements are performed in a safe, slow and relaxed manner.

Dawn's Dish Continued.....

Friday, December 6—Thompsonville Christmas Lunch. Menu: Ham, Sweet Potatoes, Green Bean Casserole and Pumpkin Cheesecake Tart. Bingo starts at 10:30 a.m. at the Thompsonville Township Firehall, Lunch served at noon. Call Dawn for reservations—231-525-0601.

Friday, December 13 —11:30 a.m. – 1:00 p.m. The Maple's staff will be here for a free Blood Pressure Clinic.

Thursday, December 12—9:00 a.m. Little River Casino Trip. Trip fee \$10. Receive \$25 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

Thursday, December 5—9 :00 a.m. Hearing Clinic, sponsored by Miracle Ear. Free hearing tests, check and service hearing aids. Call 800-459-5992 for appointment.

The Gathering Place *Calendar of Events*
NEW NUMBER: 231-525-0600 OR TOLL FREE: 1-877-277-1306
Open Monday through Friday 8:00am – 4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Video Exercise 9:00 Yoga 11:30 Lunch 12:00 Cards & Knitting 2:30 ZUMBA	3 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	4 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	5 9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	6 8:00 Video Exercise 9:30 BUNCO 10:30 Thompsonville Lunch & Bingo 11:30 Lunch 1:00 Wii Bowling
9 8:00 Video Exercise 9:00 Yoga 11:30 Lunch 12:00 Cards & Knitting 2:30 ZUMBA!	10 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	11 10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 3:00 Tai Chi	12 9:00 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	13 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 11:30-1:00 Maple's Blood Pressure Clinic 1:00 Wii Bowling
16 8:00 Video Exercise 9:00 Yoga Exercise 9:15 TC Shopping 11:30 Lunch 1:00 Fireside Chat with John Bailey 2:30 ZUMBA!	17 9:30 Festival of Trains Trip 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga	18 10:00 Exercise with Doris 11:15 Dining Out Day—Crescent Bakery & Cafe 11:30 Lunch 12:30 BINGO 3:00 Tai Chi 4:30 Board Meeting	19 10:00 Bible Study 11:30 Lunch— Extendicare Winter Blues chat 1:00 BUNCO	20 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 1:15 BENZIE BUCKS AUCTION!!!
23 8:00 Video Exercise 9:00 Yoga Exercise 11:30 Lunch—Christmas Lunch 12:00 Cards & Knitting	24 Closed	25 Closed	26 10:00 Bible Study 11:30 Lunch 2:00 BUNCO	27 8:00 Video Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6:00 Ol' Time Gathering
30 8:00 Video Exercise 9:00 Yoga Exercise 11:30 Lunch 12:00 Cards & Knitting	31 Closed during the day 6:00 pm – 9:00 pm New Year's Eve and music & dancing with the Melody Makers	Closed New Year's Day		




BENZIE COUNTY COUNCIL ON AGING - THE GATHERING PLACE
 Monday - Friday: 8:00 A.M. - 4:00 P.M. LUNCH SERVED FROM 11:30 a.m. - 1:00 p.m.

Call for more information!! 231-525-0601 or 1-877-277-1306

****MENU ITEMS SUBJECT TO CHANGE****

December 2013 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger Romaine Lettuce/ Tomato Baked Beans/ Tator Tots Apricot Nectar	3 Hobo Stew Redskins/ Green Beans Bread Banana	4 Goulash Mixed Vegetables Yellow Squash Bread/ Peaches	5 Meatball Sub Italian Blend Vegetables Northern Beans Pineapple	6 Salisbury Steak Mashed Potatoes Peas/ Bread Banana
9 Pork Stir Fry Broccoli Far East Vegetables Wontons/ Rice/ Mandarin Oranges	10 Meatloaf Mashed Potatoes and gravy Green Beans Bread Banana	11 Chicken A La King Mixed Vegetables Cauliflower/ Bread Apple	12 BBQ Chicken Capri Blend Vegetables Baked Potato Bread/ Pears	13 Roast Pork Au Gratin Potatoes Wax Beans Tropical Fruit Cup
16 Breakfast for Lunch Eggs/ Ham/ Cheese Cottage Fries/ Fried Apples Maple Oatmeal/ Cantaloupe	17 Breaded Chicken Mashed Potatoes and Gravy Peas Bread/ Banana	18 BBQ Slider Potato Planks Coleslaw Applesauce	19 Country Fried Steak Mashed Potatoes and Gravy Broccoli Bread/ Fruit	20 Turkey Stew Cabbage/ Carrots Biscuit/ Banana
23 Ham Dinner Sweet Potato Green Bean Casserole Yeast Roll/ Orange	24  Closed	25  Closed	26 Chicken Noodle Soup Brussel Sprouts Wax Beans/ Crackers Tangerine	27 Swedish Meatballs Mashed Potatoes and Gravy Broccoli/ Bread Banana
30 Pork Loin Apple Jus Broccoli/ Sweet Potatoes Wild Rice/ Bread Applesauce	31  Closed		Don't Miss our Christmas Lunch on Monday, December 23rd! Ham, Mrs. Claus, Elves, Treats and Presents!!!	



Benzie County Council on Aging, Inc.
10542 Main St Honor MI 49640
benziecoa.org 231-525-0600



Christmas Word Search Puzzle

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

ANGELS	PRESENTS
BLITZEN	RUDOLPH
CAROLERS	SNOW
COMET	STAR
CUPID	STOCKINGS
DANCER	TINSEL
DASHER	TOYS
DONNER	TREE
FROSTY	VIXEN
HOLLY	WREATH
LIGHTS	
MANGER	
MISTLETOE	
ORNAMENTS	
PRANCER	