



Jefferson County
Office for the Aging

March 2024 Newsletter



2024 NATIONAL NUTRITION MONTH®

ANSWERS

S	L	Y	O	H	C	K	O	B	L	I	N	A	I
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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services and Complete Food and Nutrition Guide, 5th edition

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2024 NATIONAL NUTRITION MONTH®

WORD SEARCH

Beyond the Table: At the Farmers Market

Answers on back of front page

Words may be horizontal, vertical, diagonal, or backwards

Apples	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
Bok Choy	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
Blueberries	I	U	I	H	E	G	G	P	L	A	N	T	B	A
Carrots	R	A	D	S	N	G	C	I	L	R	G	R	D	E
Cauliflower	R	I	B	L	U	E	B	E	R	R	I	E	S	W
Eggplant	E	W	S	H	N	M	T	G	C	O	N	G	E	N
Green beans	B	O	O	K	E	S	L	S	A	T	S	W	O	A
Kale	P	R	R	I	A	T	E	R	U	S	N	I	T	T
Mushrooms	S	E	S	W	N	L	A	N	L	D	A	N	A	N
Nectarine	A	B	P	A	P	O	E	I	I	A	E	L	T	E
Okra	R	K	C	P	S	U	K	M	F	C	B	M	O	C
Onion	L	W	A	T	E	R	M	E	L	O	N	E	P	T
Potatoes	O	B	L	I	V	R	U	L	O	V	E	D	N	A
Peppers	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
Raspberries	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
Swiss Chard	C	T	H	C	N	G	R	I	R	G	G	N	E	N
Tomatoes	A	K	O	O	L	E	O	T	B	L	L	O	C	E
Watermelon	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R



JEFFERSON COUNTY OFFICE FOR THE AGING
 175 ARSENAL STREET
 WATERTOWN, NEW YORK 13601-2529
 (315) 785-3191 Fax (315) 785-5095

Bethany Munn
 Director

Louise Haraczka
 Deputy Director

An important part of Office for the Aging's funding comes from your contributions. We provide many services to help maintain your health, independence and quality of living.

As a qualifying recipient of Office for the Aging's Home Delivered Meals program, we suggest a contribution of \$3.50 for each meal that we provide to you. If you receive 5 meals per week, the suggested monthly contribution would be approximately \$100.00.

All contributions are voluntary and confidential; no one will be denied service because of inability or unwillingness to contribute. If you choose to contribute, please make checks payable to Jefferson County Treasurer and send to the address listed above.

We appreciate your continued support. Contributions make it possible for us to continue, expand, and enhance this valuable program.

Free language interpretation services are available from OFA.

Sincerely,
 Bethany Munn
 Jefferson County OFA Director

If your income is at 185% of the annual Federal Poverty limit or higher, please consider a contribution equal to the actual cost of \$8.25 per meal.

Criteria for Home Delivered Meals:

(per NYSOFA 90-PI-26)

1. Any person age 60 or older is eligible to receive home delivered meals provided that such person:
 - a. Is incapacitated due to accident, illness, or frailty;
 - b. Lacks support of family, friends, or neighbors; and
 - c. Is unable to prepare meals due to a lack of or inadequacy of facilities, an inability to shop, cook or prepare meals safely, or a lack of appropriate knowledge or skills.
2. The spouse of an eligible recipient, regardless of age or condition, may receive home delivered meals when the provision of a meal to the spouse is in the best interest of the eligible participant.
3. Non-elderly disabled individuals, who reside in a non-institutional household with a person eligible to receive home delivered meals, may also receive home delivered meals when the provision of a meal to the non-elderly disabled individual is in the best interest of the eligible participant.

Visit Office for the Aging on Jefferson County's website for helpful resources:

Volunteer Transportation Center	315-788-0422
North Country Library System - get your Tech Help	315-818-0660
here Jefferson County DSS (Dept. of Social Services)	315-785-3000
Jefferson County HEAP (Heating) Program	315-785-3229
Jefferson County SNAP (Food Stamp) Program	315-779-5923
Jefferson County Crisis Hotline	315-782-2327

The ability to make **contributions online** for Home Delivered Meals, Respite, HIICAP or EISEP is **NOW Available**. Go to the County website- <https://co.jefferson.ny.us/departments/OfficefortheAging>

Click on the tab at the top of the right side that says "I WANT TO"

At the bottom of the drop down that appears, click on "Pay A bill"

Enter your name as customer, select **Office for the Aging** under **Payment type**, pick what service you want the contribution to go to and the amount you wish to contribute.



Economic Abuse

A Powerful and Common Form of Gender-Based Violence



It is Common But Not Recognized

While economic abuse is a common form of abuse, the tactics are not widely recognized as abuse.

Employment Sabotage:

- Preventing a survivor from obtaining/maintaining employment
- Stalking, harassing, or assaulting the survivor at the workplace
- Forcing a survivor to be late, or miss or leave work
- Interfering with a survivor's attempts to obtain or further their education
- Taking or altering the vehicle so there is no mode of transportation

Deception About Finances:

- Refusing to pay rent, mortgage, or utility bills
- Preventing the survivor access to utilities (including phone/internet)
- Denying the survivor control over household finances or how money is spent
- Preventing the survivor knowledge of household finances and financial decisions
- Preventing the survivor from having ownership of and/or access to a vehicle/transportation

Preventing Access to Finances:

- Preventing a survivor from using their financial resources
- Withholding money or giving "an allowance"
- Not allowing the survivor to have access to bank accounts
- Converting the survivor's assets into their own
- Hiding or lying about joint assets

Misusing Finances:

- Forcing the survivor to sign financial documents, or forging the survivor's signature
- Forcing the survivor to write bad checks or file fraudulent legal financial documents
- Pressuring the survivor to be a co-signor or guarantor
- Using the survivor's personal information or assets against their will or without their knowledge
- Coercing the survivor into debt or forcing the survivor to overspend on credit cards

Coerced Debt is one of the most prevalent forms of financial abuse. Examples include taking out loans, credit cards, and other debts without the survivor's knowledge; or coercing them into taking on debt. Coerced debt and the debt caused by other forms of abuse can destroy the survivor's credit rating, making it difficult to rent housing, obtain employment, or obtain necessary loans.



All forms of gender-based violence have an economic impact on survivors and **harms economy and health of communities**. For example, the very nature of human trafficking is embedded in economic exploitation and the impact is similar—it is very difficult for people to achieve full safety without economic independence and stability. Sex Trafficking or Labor Trafficking.

Sex Trafficking or Labor Trafficking

Economic abuse can occur in the form of *human trafficking*. Human Trafficking is when someone exploits another person for commercial sex or labor through the use of force, fraud or coercion, including when an individual is:

- Forced by a partner or anyone else to perform commercial sex (sex acts in exchange for something of value)¹
- Harmed or threatened with physical harm to themselves or their family if they do not work
- Told they must work to pay off a debt or that they must turn over their earning.
- Promised a benefit they do not receive, such as a green card or money
- Threatened that immigration officials or the police will be called if they do not work

Economic Stability is Vital to Survivor Safety

We know that economic abuse creates a significant barrier for survivors to achieve safety and stability.

- ◀ Abuse impairs or stunts a survivor’s income trajectory by creating an unstable education or work history.
 - 66% of survivors in one study reported that an “abusive partner had disrupted their ability to complete education or training.”²
 - Domestic violence can contribute to job instability even after a survivor finds safety.
- ◀ Debt and arrears can prevent survivors from accessing safe housing and employment due to systems that allow for landlords and employers to make decisions based on credit history.

How to Get Help or to Learn More

Non-profit domestic violence and sexual assault services providers are available across New York State to talk with people who have experienced abuse and can provide information about rights and options. Many of these programs assist with emergency shelter, and even transitional and supportive housing. To find out where programs are located, you can contact the **New York State Domestic and Sexual Violence Hotline phone, chat, or text**.

Trafficked persons can contact their regional [Response to Human Trafficking](#) (otda.ny.gov) service provider.

[WomensLaw.org](#), a project of the National Network to End Domestic Violence (NNEDV) has an online guide that is helpful to anyone interested in learning more about economic abuse and identifying methods to remedy the impact of economic abuse.

In addition to the help that victim service programs may be able to offer, financial education can also be a significant source of empowerment. The Allstate Foundation offers an online learning platform that offers financial education that can be accessed anywhere with an internet connection. Visit the [Allstate Foundation website](#) (allstatefoundation.org) to learn more.

NEW YORK STATE DOMESTIC AND SEXUAL VIOLENCE HOTLINE



CALL
800.942.6906



TEXT
844.997.2121



CHAT
opdv.ny.gov

¹ Individuals under the age of 18 who engage in commercial sex do not need to prove force, fraud, or coercion to establish sex trafficking.
² Hess, C. & Del Rosario, A. (2018, October 24). “Dreams Deferred: A Survey on the Impact of Intimate Partner Violence on Survivors’ Education, Careers, and Economic Stability.” Institute for Women’s Policy Research.



Office for the
Prevention of
Domestic Violence

New York State Domestic and Sexual Violence Hotline

Text: 844.997.2121

Call: 800.942.6906

Chat: opdv.ny.gov

Free. Confidential. 24/7.

Available in most languages

Virtual Senior Center

The VSC is a special online platform designed by and for older adults.

Accessible through any internet ready device, the platform unlocks a world of live, interactive experiences driving engagement, connections, and conversations from the comfort of your home or wherever you call home. Our expert instructors take you through live and social presentations of their choosing.

Perfect for anyone looking to connect with others during the day, off-hours, or on weekends.

With the VSC, you can participate or view (when you have time) our archived programs plus lots of interesting new videos. You will be able to share extraordinary knowledge, new experiences (take a live tour of a city around the world), enjoy pets (Pets Together), participate in a fitness or art class, and even learn new aspects of technology, and so much more.

The VSC offers a friendly user platform for all your wants and needs. Available in eight different languages and includes games, news, weather, email, video chat and calendar to help keep you organized.

- Connect with new friends online; video chat with friends and family.
- Participate in live and interactive discussions on news, music, museum tours, exercise, medication, games and more!
- Play games, laugh with friends in recreational programs, and explore what the Internet has to offer.
- All from your home. You just need a laptop/computer, tablet, iPad, smartphone with internet/ WiFi at home to participate.
- New programs every week. Each day is different!
- Training & technical support available

For those of you who may have or take care of someone with mild-to-moderate memory loss, our special videos from Memory Lane TV, Saltbox TV, and Zinio TV are specifically designed for those with dementia and Alzheimer's. Memory Lane TV, for example, consists of plotless videos of beautiful multi-sensory experiences designed by scientists and experts.

The VSC is now available to any older adult who resides in Jefferson County through the Jefferson County Office for the Aging. Go to <https://www.vscm.selfhelp.net/>

For more information or if you need further assistance, call (718) 559-4373 or email help@enliveo.com

Jefferson County Office for the Aging now provides free access to the VSCI!



The VSC (Virtual Senior Center) streams interactive, live-programs led by subject matter experts, and provides person-to-person video chat for members to talk directly to each other.

Connect

with new friends on 2-way video chat

Participate

in 400+ live, instructor-led programs each month - exercise, wellness and 13 more diverse and engaging topics

Enjoy

a daily schedule of programs and built-in entertainment streaming

Rediscover life at home



vscm.selfhelp.net



vsc@enlivo.com



718-559-4460

What are the differences between: Respite Haven:

Is a social Adult Respite Day program run by the Office for the Aging. It is a program that provides relief for caregivers taking care of family/friends who are 60+ years old by offering 4 hours of programming, meals, exercise and supervision in a safe, friendly environment for older adults. Anyone interested in participating in the program will be screened for eligibility by an Aging Service Specialist.

Watertown Senior Center:

This is for active older adults 50+ that are looking for activities with other older adults with similar interests. There is no supervision and programs are organized by a group of volunteers that help run the center.

Watertown Adult Social Day Center:

A locally owned and operated adult day center providing a flexible and affordable alternative elder care option to nursing homes and in-home care services. The Center provides assistance and care in a safe, supervised, social environment for loved ones to thrive in. The Center is open seven days a week from 8am to 4pm.

MEDICARE OPEN ENROLLMENT

JANUARY 1ST - MARCH 31ST



**TIME FLIES.
COMPARE PLANS
WHILE YOU STILL CAN.**

“This project was supported, in part by the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.”

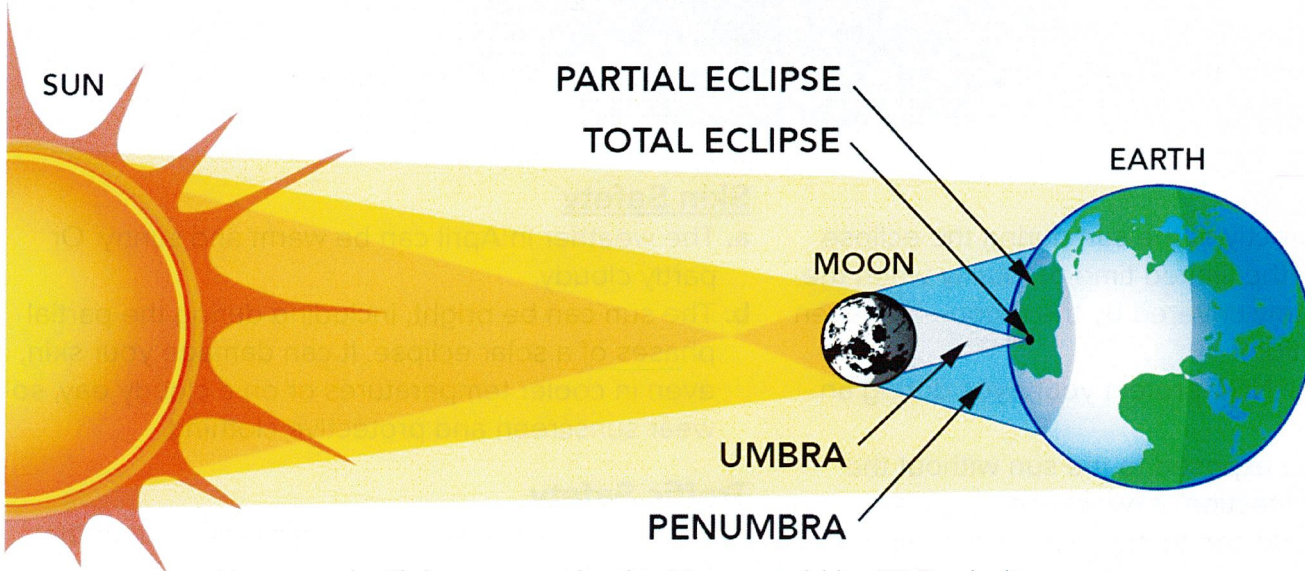
APRIL 8
2024

Experience the Total Solar Eclipse



What is a total solar eclipse?

For a total eclipse to take place, the Sun, Moon, and Earth must be in a direct line. The people who see the total eclipse are in the center of the Moon's shadow when it hits Earth. The sky will darken, as if it were twilight. Weather permitting, people in the path of a total solar eclipse can see the Sun's corona, the outer atmosphere of the Sun.

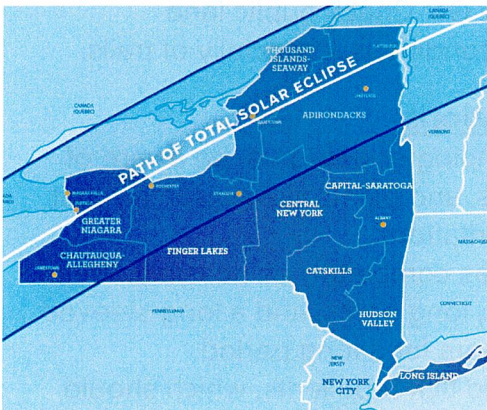


Not to scale: If drawn to scale, the Moon would be 30 Earth diameters away from Earth. The Sun would be 400 times that distance.



WHERE TO WATCH

Find a clear spot with a good view of the sky.



Map courtesy of I Love NY



WHEN & HOW LONG

On April 8, the total eclipse visits southwestern New York beginning at 3:16 pm EDT and exits the northeastern part of the state at 3:29 pm EDT.

A total eclipse can last up to 4 minutes, depending on your location.



HOW TO WATCH

You can see the Sun and an eclipse with special eclipse or solar viewing glasses. NEVER look directly at the Sun without appropriate eyewear.

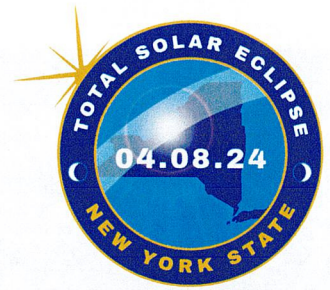
Regular sunglasses are NOT safe to view an eclipse.



WARNING

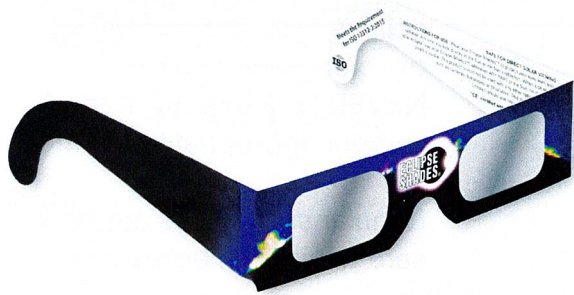
Looking at the sun is dangerous.
Refer to safety instructions on other side.

Viewing Safety Tips



Eye Safety

- Do not look directly at the sun during the eclipse (except during the limited time of totality when the sun is completely covered by the moon—and even then, with caution).
- Sunglasses will NOT protect your eyes during an eclipse.
- If your eyes are exposed to the sun without the appropriate protection, it will cause “eclipse blindness,” which can temporarily or permanently damage your eyes.
- One of the best ways to view a solar eclipse is through a pinhole projector where you look at a projected image made through a pinhole in cardboard paper.
- Another way to view a solar eclipse without harming your eyes is by using International Organization for Standardization (ISO) 12312-2 certified eclipse glasses from a trusted source.



Scan to
build your
own pinhole
projector!

Skin Safety

- The weather in April can be warm and sunny. Or partly cloudy.
- The sun can be bright, including during the partial phases of a solar eclipse. It can damage your skin, even in cooler temperatures or on a cloudy day, so wear sunscreen and protective clothing.

Traffic Safety

- Traffic volume is expected to be very high on the day of the eclipse.
- Streets or bridges may be closed and depending on your location you may run into traffic jams. Prepare by bringing water, gasoline, and food in your vehicle.

Weather/Storm Safety

- The weather in April can also be cold, snowy, or have significant rainfall.
- If needed, be prepared with the appropriate clothing/footwear—such as jackets and boots—and alternate plans should the weather present extreme hazards.
- Know Before You Go: Check public land regulations and conditions, especially of trails.

Outdoor Precautions

- If you will be camping or outdoors, be aware of ticks, mosquitoes, and plants like poison ivy that can cause skin irritations.
- Cover your skin as completely as possible. Wear shoes and socks, long pants, and a long-sleeved shirt when outdoors for a long period.
- Use mosquito and tick repellents, which should always be applied accordingly.

2024 Eclipse Information for Home Delivered Meal clients and Community Meal Sites

We have an exciting opportunity presented to us on April 8th, 2024. Our area will be one of the best places to see the total eclipse! With this will come meal delivery challenges.

For our Home Delivered Meals clients:

Trinity will be delivering all meal clients extra frozen meals on Thursday 4/4/2024 and Friday 4/5/2024. Please try to be home on those days so you can receive your meals. These meals are meant for use on **Monday 4/8/2024** and **Tuesday 4/9/2024**. There will be no meal delivery on those days.

For our clients who go to the Community Meal Sites:

Community sites will be closed Monday 4/8/2024 and Tuesday 4/9/2024. If you attend a community site on those days, please order your meal ahead of time. The site manager will have a signup sheet where you can sign your name and pick up a meal the week before. Please sign up for your meal by the week of 3/25/24 - 3/29/24.

Also, the Office for the Aging has glasses for the solar eclipse if you are interested. They are a limited quantity so please contact us to reserve a pair, (315) 785- 3191

Paynter Center Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
10am - Nickel Bingo 11am - Balanced boxing 1pm - Diamond Art	8am - Watertown 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1:30pm - Hawn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 12:30pm - River Chorus	9am - Bus to Alex Bay 10am - Nickel Bingo	10am - Nickel Bingo	
10	11	12	13	14	15	16
10am - Nickel Bingo 11am - Balanced boxing 1pm - Spring Wreath	8am - shopping 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1:30pm - Hawn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 12:30pm - River Cloggers	10am - Nickel Bingo		
17	18	19	20	21	22	23
10am - Nickel Bingo 11am - Balanced boxing 1pm - Cards with Golda	9am - Evans Mills 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1:30pm - Hawn Memorial 5pm - CPR with TIERS	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @ 1pm - History of The	9am - shopping PRICE 10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo 5pm - Community Dinner 6pm - Johnston School of		
24	25	26	27	28	29	30
10am - Nickel Bingo 11am - Balanced boxing 1pm - Free Rock Painting	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch 1:30pm - Hawn Memorial	9am - Clayton Shopping 10am - Coffee hour 11am - Exercise 1pm - Grief Share @	10am - Boomer Movers 11:15am - Zoomers 12pm - Hot Lunch	10am - Nickel Bingo 12pm - Pizza lunch & LCR		
31	1	2	3	4	5	6

Watertown Senior Center Event Calendar

Monday 3/11	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15
		9-11am Meet & Greet & Coffee 12pm Bag Lunch (Bring Your Own Lunch) 1-2pm Spring Craft		9am Coffee Hour 10am Nutrition w/ Eva 12pm Bag Lunch (Bring Your Own Lunch) 1pm Playing Card Games
Monday 3/18	Tuesday 3/19	Wednesday 3/20	Thursday 3/21	Friday 3/22
9am Coffee Hour 10am Exercise 12:30pm Bag Lunch (Bring Your Own Lunch) 1-2pm Valerie's Painting Class		9am Coffee Hour 11am Understanding Alzheimer's and Dementia w/ Alzheimer's Association 12pm Bag Lunch (Bring Your Own Lunch) 1-2pm Travel Class- Ireland		9am Coffee Hour 10am Games & Puzzles 12pm Bag Lunch (Bring Your Own Lunch) 1-2pm Nickle Bingo
Monday 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28	Friday 3/29
9am Coffee Hour 9:30am Woman's History 10:30am-12:30pm Wellness Initiative for Senior Education (Lunch included for Participants) 12pm Bag Lunch (Bring Your Own Lunch) 1-2pm Valerie's Painting Class 2-3pm Start a YouTube Channel		9am Coffee Hour 10am Garden Discussion 12pm Bag Lunch (Bring Your Own Lunch) 1-2pm Diary, Journaling		CLOSED