

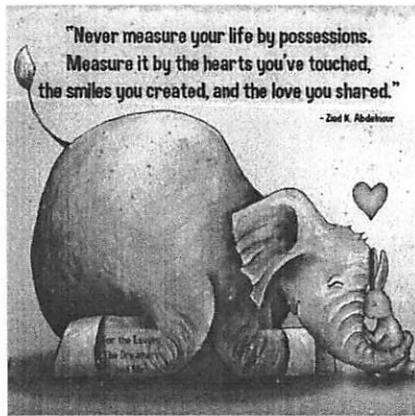
# April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>Suggested Donation</b> <b>Seniors 60 &amp; Older \$3.00</b> <b>Under 60 full cost of</b> <b>Meal is \$6.00</b>		
3 Country Fried Steak Mashed potatoes w/ country gravy Mixed Vegetable Tropical fruit Bread w/ margarine 2% Milk <p style="text-align: center;"><b>POOL TOURNAMENT</b></p>	4 Taco Salad Chip & Salsa Peaches Carrot Cake 2% Milk <b>MUSIC WITH GABE</b>	5 Lasagna Corn Hot Cinnamon Apples Garlic Bread 2% Milk	6 Chicken and Stuffing Bake w/ gravy Cranberry Sauce Seasoned Green Beans Pear crisp Bread w/ margarine EASTER TREAT 2% Milk <b>BINGO</b>
10 <p style="text-align: center;">Cooks Choice</p>	11 Tuna Wrap Cole Slaw Potato Chips <b>MUSIC WITH GABE</b> Peaches Brownie w Choc Frosting 2% Milk <p style="text-align: center;"><b>Board Meeting</b></p>	12 Chicken Cordon Bleu Rice pilaf Normandy blend veggie Fruit salad 2% milk	13 Meatloaf Mashed potato/gravy Carrots Applesauce Roll w/ Margarine O Henry Bar 2% milk <b>BINGO</b>
17 Beef Stroganoff over noodles Green beans Fruit Dinner Roll w/ Margarine 2% milk	18 Ham & Bean Soup Cheese stick Fruit cup Crackers Choc crinkle cookies 2% Milk	19 Lemon Pepper Chicken Au gratin potato Beets Bread w/ margarine Fruit 2% Milk	20 Chef Salad w/turkey, Ham & Cheese Pears w/ cottage cheese Bread stick Peanut Butter Cookie 2%Milk <p style="text-align: center;"><b>BINGO</b></p>
24 Fish Fillet w/ tartar sauce Alfredo noodles Calif Blend Fruit cocktail Bread w/ margarine 2% milk	25 French Dip w/au jus Chips Macaroni salad w veggie Peaches Jell o Poke Cake 2% Milk	26 Chicken Ala King over rice Side of Peas/carrots Mandarin Orange Biscuits 2% Milk	27 Shepherd's Pie Side of green beans Tapioca pudding fruit <b>BLOOD PRESSURE</b> Raisin filled cookies 2% Milk <b>BINGO</b>

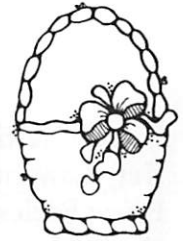
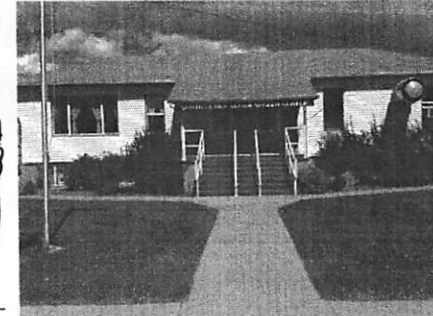
Senior Nutrition Program  
 District IV  
 PO Box 820  
 Richfield, UT 84701

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

\*\*Please make your reservation by 9:00 a.m.  
 on the day you plan to eat at the center.  
**THANK YOU!! 527-4061**



# South Sevier Senior Sentinel



152 W. 100 S. in Monroe, Utah – Phone – 527-4061

April, 2023

Volume 208

## Gentle Thoughts



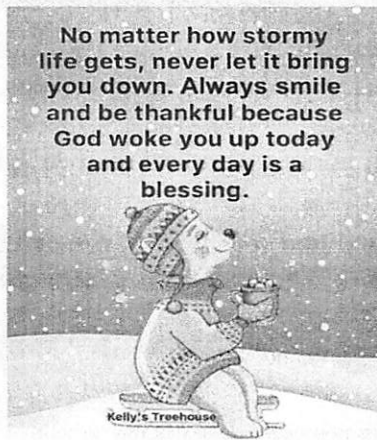
*"Hatred is like acid; it can do more damage to  
the vessel in which it is stored, than to the object  
on which it is poured"*

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### Senior Citizen Services at the South Sevier (Monroe) Center

Meals on Monday through Thursday - \$3.00 donation for seniors and  
\$6.00 cost for those younger than 60  
Meals-on-Wheels to qualified recipients  
Blood Pressure, Blood Sugar and sometimes Cholesterol screening on  
each 4<sup>th</sup> Thursday  
Transportation to and from lunch and to shopping, etc. on Tuesdays and  
for special events.  
*(The phone at the center for lunch reservations – 527-4061)*

*The Editor: Carolyn Collins - 199 N. 300 W. -  
Phone 201-7179*



*I came, I saw,  
I forgot why I came  
into this room.  
I retraced my  
steps, got lost on  
the way back.  
Now I have no idea  
where I am and  
now I have to pee.*



# April



Bonnie Herring April 9  
Katy Lawrence April 11  
Bruce Eccles April 17  
Gayle Morgan April 21  
Sharleen Hansen April 27

## Just So You Know....

**Monday, April 3<sup>rd</sup> – Pool Tournament**

**Tuesday, April 11<sup>th</sup> – Board Meeting @ 10**

**Thursday, April 27<sup>th</sup> – Blood sugar and pressure @ 11**

**We will be having BINGO after lunch on Thursdays  
with birthday Bingo treats on the last Thursday.**

**Brenda is looking for a volunteer bus driver. If you or  
anyone you know might be interested, please call her or let  
a board member know.**

I think the  
only reason why  
people hold onto  
memories so tightly  
is because memories  
are the only things  
that don't change  
when everyone  
else does.

-Unknown-

THE  
WISE  
YOU

### DON'T WAIT

FOR THINGS TO GET BETTER  
LIFE WILL ALWAYS BE COMPLICATED.  
LEARN TO BE HAPPY RIGHT NOW,  
OTHERWISE YOU'LL RUN OUT OF TIME.



Just  
because the  
past didn't turn  
out like you wanted  
it to, doesn't mean  
your future can't be  
better than you've  
ever imagined.

INSPIRATIONAL  
JOURNAL

## Saying Grace In A Restaurant

Last week, I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if Mom gets us ice cream for dessert. And Liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job, and God was certainly not mad at him, an elderly gentleman approached the table.

He winked at my son and said, "I happen to know that God thought that was a great prayer."

"Really?" my son asked.

"Cross my heart," the man replied.

Then, in a theatrical whisper, he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment, and then did something I will remember the rest of my life.

He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."



# RECIPE CORNER

## The Salad To Bring

(When they ask you to bring a salad)

### For Vinaigrette:

- 1/4 c. extra virgin olive oil
- 1 small shallot or green onion, finely chopped
- 2 T. white wine vinegar
- 1 T. maple syrup
- 1/2 t. salt
- 1/4 t. freshly ground black pepper

### For Salad:

- 2 heads of Butter Lettuce (Romaine would be fine, too)
- 10 oz. spinach
- 1 c. pecans, toasted and chopped
- 1/2 c. dried cherries (or raisins)
- 1/4 c. crumbled blue cheese or Feta

Whisk together ingredients for vinaigrette in a small bowl or measuring cup.

Toss salad greens in a large bowl with vinaigrette, and sprinkle with nuts, dried fruit, and blue cheese.



## April Nutrition

- 3<sup>rd</sup> – **Country Fried Steak**, mashed potatoes & country gravy, mixed veggies, tropical fruit, bread/butter, milk
- 4<sup>th</sup> – **Taco Salad**, chips & salsa, peaches, carrot cake, milk
- 5<sup>th</sup> – **Lasagna**, corn, hot cinnamon apples, garlic bread, milk
- 6<sup>th</sup> – **Chicken & Stuffing Bake w/Gravy**, cranberry sauce, seasoned green beans, pear crisp, bread/butter, EASTER TREAT, milk

\*\*\*\*\*

### 10<sup>th</sup> – COOK'S CHOICE

- 11<sup>th</sup> – **Tuna Wrap**, cole saw, potato chips, peaches, brownie, milk
- 12<sup>th</sup> – **Chicken Cordon Bleu**, rice pilaf, Normandy blend veggies, fruit salad, milk
- 13<sup>th</sup> – **Meatloaf**, mashed potatoes & gravy, carrots, applesauce, roll/butter, O Henry bar, milk

\*\*\*\*\*

- 17<sup>th</sup> – **Beef Stroganoff over Noodles**, green beans, fruit, roll/butter, milk
- 18<sup>th</sup> – **Ham & Bean Soup**, cheese stick, fruit cup, crackers, chocolate crinkle cookie, milk
- 19<sup>th</sup> – **Lemon Pepper Chicken**, Au gratin potatoes, beets, bread/butter, fruit, milk
- 20<sup>th</sup> – **Chef Salad w/Turkey, Ham & Cheese**, pears & cottage cheese, bread stick, peanut butter cookie, milk

\*\*\*\*\*

- 24<sup>th</sup> – **Fish Filet w/Tartar Sauce**, Alfredo noodles, Calif. Blend veggies, fruit cocktail, bread/butter, milk
- 25<sup>th</sup> – **French Dip w/Au Jus**, chips, macaroni salad w/veggies, peaches, Jell-O poke cake, milk
- 26<sup>th</sup> – **Chicken Ala King over Rice**, peas & carrots, mandarin oranges, biscuit/butter, milk
- 27<sup>th</sup> – **Shepherd Pie**, green beans, tapioca pudding, fruit, raisin filled cookie, milk

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This menu is subject to substitutions or change. Please remember to call the center to make your reservations the day you wish to come to lunch. (527-4061)

# Bathing Suit Shopping

I have just been through the annual pilgrimage of torture and humiliation known as buying a bathing suit.

Back in the 1940's and 1950's, the bathing suit for a woman with a mature figure was designed for a woman with a mature figure - boned, trussed and reinforced, not so much sewn as engineered. They were built to hold back and uplift and they did a good job.

Today's stretch fabrics are designed for the prepubescent girl with a figure carved from a potato chip. The mature woman has a choice - she can either show up at the maternity department and try on a floral suit with a skirt, coming away looking like a hippopotamus who escaped from Disney's Fantasia - or she can wander around every run-of-the-mill department store trying to make a sensible choice from what amounts to a designer range of fluorescent rubber bands.

What choice did I have? I wandered around, made my sensible choice and entered the chamber of horrors known as the fitting room. The first thing I noticed was the extraordinary strength of the stretch material.

The Lycra used in bathing costumes was developed, I believe, by NASA to launch small rockets from a slingshot, which give the added bonus that if you manage to actually lever yourself into one, you are protected from shark attacks. The reason for this is that any shark taking a swipe at your passing midriff would immediately suffer whiplash.

I fought my way into the bathing suit, but as I twanged the shoulder strap in place, I gasped in horror - my bosom had disappeared! Eventually, I found one bosom cowering under my left armpit. It took awhile to find the other.



At last I located it flattened beside my seventh rib. The problem is that modern bathing suits have no bra cups. The mature woman is meant to wear her bosom spread across her chest like a speed bump. I realigned my speed bump and lurched toward the mirror to take a full view assessment. The bathing suit fit all right, but unfortunately, it only fit those bits of me willing to stay inside it. The rest of me oozed out rebelliously from top, bottom, and sides. I looked like a lump of play dough wearing undersized cling wrap.

As I tried to work out where all those extra bits had come from, the prepubescent sales girl popped her head through the curtains, "Oh there you are!" she said, admiring the bathing suit. I replied that I wasn't so sure and asked what else she had to show me. I tried on a cream crinkled one that made me look like a lump of masking tape, and a floral two piece which gave the appearance of an oversized napkin in a serviette ring.

I struggled into a pair of leopard skin bathers with ragged frill and came out looking like Tarzan's Jane pregnant with triplets and having a rough day. I tried on a black number with a midriff and looked like a jellyfish in mourning. I tried on a bright pink pair with such a high cut leg I thought I would have to wax my eyebrows to wear them.

Finally, I found a suit that fit...a two piece affair with shorts style bottom and a loose blouse-type top. It was cheap, comfortable, and bulge friendly, so I bought it.

When I got home, I read the label which said "Material may become transparent in water." I'm determined to wear it anyway.....I'll just have to learn to do the breaststroke in the sand.

