

Senior Nutrition Program

October 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
2 Chicken Cacciatore Rice Pilaf Peas/Carrots Bar cookie 2% Milk <i>pool tournament</i>	3 Country Fried Steak Mashed potatoes & Gravy Calif blend Mandarin orange/pineapple Dinner Roll w/margarine 2% Milk <i>music w/ babe</i>	4 Chicken Fajitas Refried Beans Chips/Salsa Mixed fruit Applesauce cake 2% Milk	5 Pulled sweet Pork Au gratin potato Steamed Cabbage w/ shredded carrots Jell-O with fruit Whole Wheat Bread w/ margarine 2% Milk <i>Bingo</i>	9 Spaghetti with Meat Sauce Green Salad Fruit French Bread 2% Milk	10 Chili w/ cheese Corn Muffin peaches Cookie 2% Milk <i>music w/ babe</i> <i>Board meeting</i>	11 Sausage & Egg scramble Hash browns Green Beans Mandarin oranges Cinnamon Roll 2% Milk	12 Cook's Choice  <i>Bingo</i>
16 Chicken Enchilada Mexican corn Fruit Cup Refried Beans 2% Milk	17 Tomato Soup Tuna Macaroni Salad Crackers Peaches & pears Carrot Cake 2% milk	18 Baked Chicken Mashed Potato w/ gravy Glazed Carrot Tropical Fruit Lemon poppyseed cake 2% Milk	19 Stuffed Cabbage Casserole Green Beans Cottage Cheese w/ Pears Bread w/ margarine Ginger snap cookie 2% milk <i>Bingo</i>	23 BBQ Ribs sandwich Baked Beans Tator tots Coleslaw Applesauce 2% milk	24 Hawaiian Meatballs green peppers & Pineapple over brown rice Vegetable blend Tropical Fruit Roll w/ margarine 2% Milk	25 Malibu chicken w/ honey Mustard Sauce Cheesy Potato Casserole Peas Mandarin oranges Slice of homemade bread 2 % milk	26 Meat pizza Green Salad Peaches Brownie 2% milk <i>Bingo</i>
30 Chicken Alfredo Egg Noodles Calif Blend Fruit Pumpkin choc Chip Cookies 2% Milk	31 Hamburger Goulash Cheese stick Grave yard pudding Bread stick 2% milk Halloween Cupcake HAPPY HALLOWEEN						

On the day you plan to eat at the center please Let the Center know the day before or by 9am  
MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

*527-41061*

*need a note? 527-41061*

## Rules For a Healthy and Happy Life

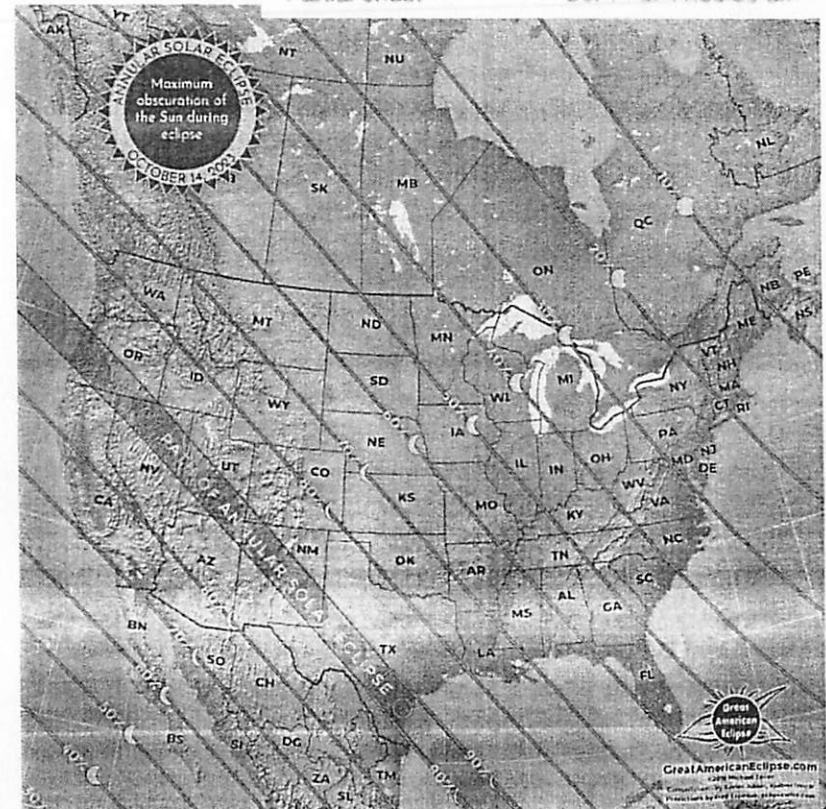
1. Complement three people every day.
2. Watch a sunrise at least once a year.
3. Be the first to say, "Hello."
4. Live beneath your means.
5. Treat everyone like you want to be treated.
6. Never give up on anybody. Miracles happen.
7. Forget the "Joneses" unless they the ones you know.
8. Never deprive anyone of hope. It may be all they have.
9. Pray not for things, but for wisdom and courage.
10. Be tough-minded but tenderhearted.
11. Be kinder than necessary.
12. Remember, a person's greatest need is to feel appreciated.
13. Keep your promises.
14. Learn to show cheerfulness, even when you don't feel like it.
15. Remember "overnight success" can take at least 15 years.
16. Leave everything better than you found it.
17. Remember that winners do what losers don't want to do.
18. Let the first thing you say each day brighten everyone's day.
19. Don't rain on other people's parades.
20. Never waste an opportunity to tell someone you love them.

On Saturday, October 14<sup>th</sup>, we expect that there will be lots of extra people in Monroe to witness the solar eclipse which will be visible in several central Utah counties and towns. Monroe City has suggested that we might provide breakfast to our out-of-town guests on that morning. As of this printing, we are planning to provide a biscuits and gravy breakfast box for about \$5.00. These plans might change, but this is a heads up in case you would like to participate. This will be done as a fund raiser for a new building for Senior Services. More informational updates as the time gets closer to the event.

An annular eclipse is when the moon covers the sun except for an outer ring (annular meaning "ring-shaped"). The moon will appear too small to cover the entire sun, leaving the famous "ring of fire." Richfield, Utah is one of the very few cities along the eclipse path to have full annularity (being able to see the complete ring). This is truly a once in a lifetime opportunity. This year, Richfield is listed as the best place in Utah to see the eclipse.

Although the sun will be partially covered, it is still unsafe to look directly at the sun during this phenomenon. In order to have a safe viewing experience, solar eclipse glasses need to be worn. There will be an 89.44% coverage of the sun.

Duration of annularity:	4 minutes, 35 seconds
Partial begins:	Oct 14 at 9:09:02 am
Full begins:	Oct 14 at 10:26:28 am
Maximum:	Oct 14 at 10:28:46 am
Full ends:	Oct 14 at 10:31:03 am
Partial ends:	Oct 14 at 11:56:56 am



# RECIPE CORNER

## Apple Caramel Puff Pastry with Cream Cheese Filling

1 sheet puff pastry; defrosted

Caramel sauce

1 egg white beaten to use on top of the pastry braid.

1-2 Tbs white sugar to sprinkle on top of the pastry braid before baking.



### For the Apple Filling:

2 large apples, peeled, cored and thinly sliced

½ cup brown sugar

½ tsp cinnamon

### For the Cream Cheese Filling:

8 oz cream cheese, softened

½ cup white sugar

1 tsp vanilla

Add the brown sugar and cinnamon to the apples and toss to coat. In a mixing bowl, combine the cream cheese, white sugar and vanilla. Carefully unfold the sheet of puff pastry. Place on a sheet of parchment paper and roll lightly with a floured rolling pin until it is ¼ inch thick. Transfer the puff pastry and parchment paper to a baking tray. Add the cream cheese mixture down the center of the puff pastry, leaving enough at the top and bottom to fold over the filling. Arrange the apple slices on top of the cream cheese mixture. Using a knife, begin slicing diagonal strips down both sides of the puff pastry being careful to leave a ½" border around the cream cheese and apple slices. Starting at one end, begin folding the strips over the apples, alternating sides to "braid" the dough. Continue to fold the dough strips until the apples are covered. Tuck the end strips under. Brush the pastry braid with the beaten egg white and sprinkle the top with 1 to 2 Tbs white sugar. Bake in a preheated 400° oven for 20 to 25 minutes or until golden brown. Allow to cool slightly before drizzling caramel sauce on top. Slice and serve.

## October Nutrition

2<sup>nd</sup> – Chicken Cacciatore, rice pilaf, peas & carrots, bar cookie, milk

3<sup>rd</sup> – Country Fried Steak, mashed potatoes & gravy, veggies, mandarin orange pineapple salad, dinner roll/butter, milk

4<sup>th</sup> – Chicken Fajitas, refried beans, chips & salsa, mixed fruit, applesauce cake, milk

5<sup>th</sup> – Pulled Sweet Pork, au gratin potatoes, steamed cabbage & shredded carrots, Jell-O & fruit, ww bread/butter, milk

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9<sup>th</sup> – Spaghetti with Meat Sauce, green salad, fruit, french bread, milk

10<sup>th</sup> – Chili w/Cheese, corn muffin, peaches, cookie, milk

11<sup>th</sup> – Sausage & Egg Scramble, hash browns, green beans, mandarin oranges, cinnamon roll, milk

12<sup>th</sup> -COOK'S CHOICE

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16<sup>th</sup> – Chicken Enchiladas, Mexican corn, fruit cup, refried beans, milk

17<sup>th</sup> – Tomato Soup, tuna macaroni salad, crackers, peaches & pears, carrot cake, milk

18<sup>th</sup> – Baked Chicken, mashed potatoes & gravy, glazed carrots, tropical fruit, lemon poppyseed cake, milk

19<sup>th</sup> – Stuffed Cabbage Casserole, green beans, cottage cheese w/pears, bread/butter, ginger snap cookie, milk

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23<sup>rd</sup> – BBQ Rib Sandwich, baked beans, tater tots, coleslaw, applesauce, milk

24<sup>th</sup> – Hawaiian Meatballs with Green Peppers & Pineapple over Brown Rice, veggie blend, tropical fruit, roll/butter, milk

25<sup>th</sup> – Malibu Chicken w/Honey Mustard Sauce, cheese potato casserole, peas, mandarin oranges, homemade bread, milk

26<sup>th</sup> – Meat Pizza, green salad, peaches, brownie, milk

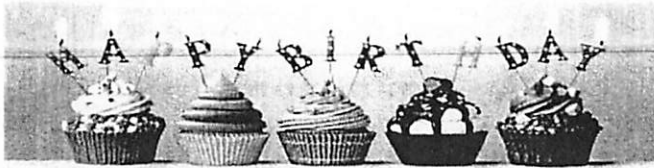
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30<sup>th</sup> – Chicken Alfredo, egg noodles, California blend veggies, fruit, pumpkin chocolate chip cookie, milk

31<sup>st</sup> -Hamburger Goulash, cheese stick, grave yard pudding, bread stick, Halloween cupcake, milk

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This menu is subject to substitutions or change. Please call the center to make your reservations by 9 a.m. the day you wish to have lunch. (527-4061)



## OCTOBER BIRTHDAYS

Gary Yokomori	Oct 3
Jan Hammond	Oct 6
Kathy Stevens	Oct 16
Richard Dunn	Oct 24
Dale Magelby	Oct 24

### Just So You Know.....

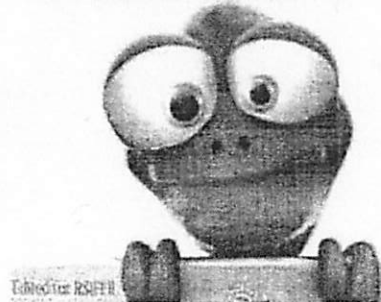
Monday, Oct 2<sup>nd</sup> – Pool Tournamet  
 Tuesday, Oct 3<sup>rd</sup> – Music with Gabe  
 Tuesday, Oct 10<sup>th</sup> - Board Meeting & Music with Gabe  
 Thursday, Oct 26<sup>th</sup> – Blood sugar & pressure @ 11

We will have Bingo after lunch each Thursday with  
 Birthday Bingo treats on the last Thursday. Bingo prizes  
 are now being provided by members. Help if you can.



Remember?

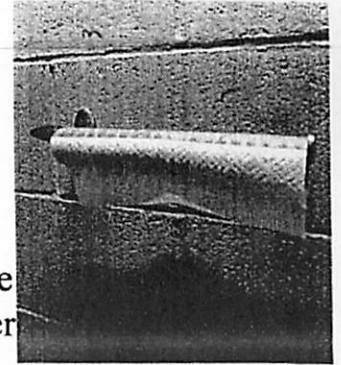
Have you ever just looked  
 at someone and knew  
 the wheel was turnin' but..  
 the hamster was dead?



The last paper towel on the roll.

The one nobody wants.

Some say it serves no purpose  
 with all that glue on it. It was the  
 foundation for all the other paper  
 towels on that roll and now it  
 has no purpose.



Now think of a family member.

A grandparent perhaps.

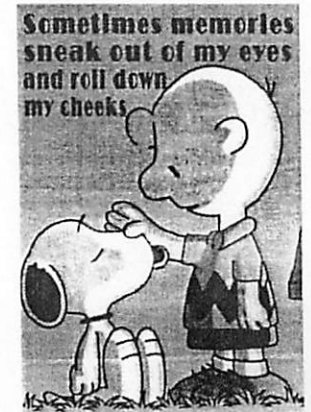
For some they're like the last paper towel on the roll.

We think they have no purpose, yet they have been  
 the glue that's held the family together for many  
 years.

They were the foundation for who we are.

Hold on to those grandparents  
 and make sure they know their  
 importance.

Without the last paper towel of  
 glue..... we'd all be napkins

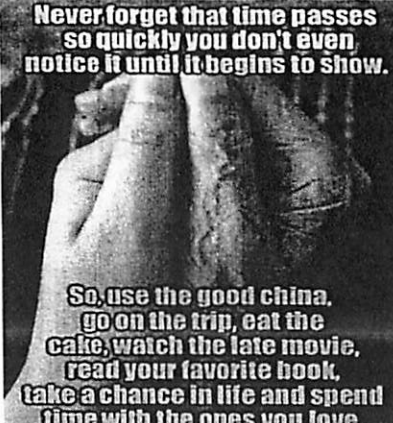


Sometimes you have to eat your words, chew your ego, swallow your pride, and accept that you are wrong.




That's not giving up - **that's growing up!**

Never forget that time passes so quickly you don't even notice it until it begins to show.



So, use the good china, go on the trip, eat the cake, watch the late movie, read your favorite book, take a chance in life and spend time with the ones you love.



Remember when we were young, how we couldn't wait to be grown up? Wow, were we stupid or what?

JAMsCraftCloset

The butterfly does not look back at the caterpillar in shame, just as you should not look back at your past in shame. Your past was part of your own transformation. Anthony Gucciardi



**LIFE**  
IT'S ALL ABOUT HOW YOU DEAL WITH THE PUDDLES



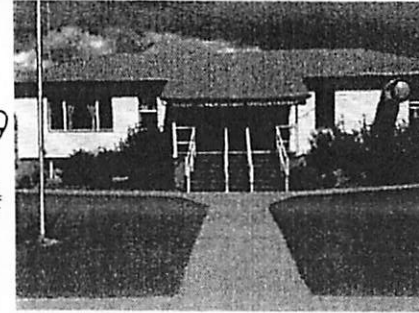
**SCARY TOY FOR CHILDREN**



**ADULT VERSION**



# South Sevier Senior Sentinal



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

October, 2023

Volume 214

## Gentle Thoughts



*He who sows courtesy reaps friendship, and he who plants kindness gathers love.*

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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*