

**NEWSLETTER  
FOR SENIORS**

November 2012



WARREN / HAMILTON  
COUNTIES  
OFFICE FOR THE AGING  
1340 State Rte 9  
Lake George, N.Y.  
(518) 761-6347 PHONE  
DIRECTOR— CHRISTIE SABO  
Toll Free Number 1(888)553-4994

### Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

#### Sudoku #001 (Hard)

4	3	8	7	6		1		2
2				9		5	3	
					2	6		8
		4		2	3		5	
3						8		
6								
		5		1		3		9
	1						8	
9			6				7	

#### Sudoku #002 (Hard)

1		8	3	6	9		7	5
	7			1				
3								
		7			2	1		9
							5	
			9		1		4	
9	8		5	2		4		
5	2		6		4			3
					8			

#### Access Blocked - Content Alert

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[http://googleads.g.doubleclick.net/client=ca-pub-76274400773190843A%2F%2Fwww.puzzles.ca%2Fsudoku\\_puzzles%2Fsudoku\\_hard\\_001-240&u\\_his=0&u\\_jav20new%20roman&dfs=16&a-2&ady=-2&biw=351&bih=403A%2F%2Fwww.puzzles.ca%2Fsudoku.html&fu=](http://googleads.g.doubleclick.net/client=ca-pub-76274400773190843A%2F%2Fwww.puzzles.ca%2Fsudoku_puzzles%2Fsudoku_hard_001-240&u_his=0&u_jav20new%20roman&dfs=16&a-2&ady=-2&biw=351&bih=403A%2F%2Fwww.puzzles.ca%2Fsudoku.html&fu=)  
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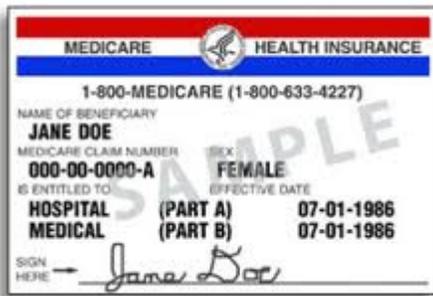
Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <http://www.puzzles.ca/sudoku.html>

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# Facts

1. Thanksgiving Day is celebrated on the fourth Thursday in November in the United States.
- 2. By the fall of 1621 only half of the pilgrims, who had sailed on the Mayflower, survived. The survivors, thankful to be alive, decided to give a thanksgiving feast.**
3. Thanksgiving Day is celebrated on the second Monday in October in Canada.
- 4. The Plymouth Pilgrims were the first to celebrate the Thanksgiving.**
5. The pilgrims sailed on the ship, which was known by the name of 'Mayflower'.
- 6. They celebrated the first Thanksgiving Day at Plymouth, Massachusetts.**
7. The first Thanksgiving celebration lasted three days.
- 8. The state of New York officially made Thanksgiving Day an annual custom in 1817.**
9. Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving.





# Medicare 2013: Coming Soon!

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## Open Enrollment: Monday October 15th through Friday, December 7<sup>th</sup>

- You can switch Medicare coverage during Open Enrollment & save money beginning Jan. 1. Shop now for a plan that best fits your needs.
- Your Medicare Benefits are better than ever for 2013: Many preventive benefits have no out-of-pocket costs and an annual wellness visit is included!
- You have lots of choices for Part D. Choose from up to 28 Prescription Drug Plans with monthly premiums starting at \$18.50.
- The “donut hole” in Part D coverage is shrinking. You save money in the gap with discounts on brand name and generic drugs.
- “Extra Help” is available to lower your prescription costs—see if you qualify and stop worrying about the cost of your drugs.
- Five-star Ratings now help you find the best Medicare Health and Part D Plans! Find out how your plan rates at [www.medicare.gov](http://www.medicare.gov) or 1-800-MEDICARE.

***Do you have questions and want answers --  
without all the advertising?***

***Call the Office for the Aging—761-6347***

PLEASE  
POST

Warren-Hamilton Counties Office for the Aging  
1340 State Rt. 9, First Floor – Human Services building  
Lake George, New York 12845 (518) 761-6347

PLEASE  
POST



The Greater Glens Falls Senior Citizens Center  
 Located at: 380 Glen Street, Glens Falls, NY 12801  
 Phone 793-2189 Fax 793-7640 E-Mail: [agreaterglensf@nycap.rr.com](mailto:agreaterglensf@nycap.rr.com)  
 Celebrating over 50 years of Service to our Senior Community  
 Something for everyone No Residency Requirements.....  
 Rene Clements, Executive Director/ Shiela Satterlee, Assist. Director  
 Lauren Tompkins, Outreach Specialist/ Joan Counter, Admin. Assistant

**NEW MEMBERS WELCOME**

**NEED NOT BE MEMBER TO PARTICIPATE IN ANY OF THE ACTIVITIES/or TRIPS**

**SOME OF THIS MONTH'S HIGHLIGHTS**

Mon-11/5	Good Books Club- <i>"Caleb's Crossing"</i> by Geraldine Brooks	1:00 p.m.
Mon-11/5	CDPHP representative available	1:00 p.m.
Tues-11/6	Trip day-information on Mississippi River/Hawaii	1:00/2:00 p.m.
Wed-11/7	Humana Health representative	10:00 a.m.
Fri-11/9	Free veteran's breakfast-call to reserve- bring one guest	9:00 a.m.
Mon-11/12	One Stroke Painting Class-Cost: \$15-call by 11/9/12	12:30 p.m.
Tues-11/13	Michigan Rummy	1:00 p.m.
Wed-11/14	Annual Membership mtg.	1:00 p.m.
Thurs-11/15	Christmas Tree Shop trip-Gas donatin \$12	9:30 a.m.
Mon-11/19	Special Bingo-prizes, refreshments	1:15 p.m.
Tues-11/20	Center Line Dancers perform	1:00 p.m.
Wed-11/21	Festival of Trees lunch-Queensbury Hotel-call to reserve by 11/5/12-Cost: \$18	11:30 a.m.
Mon-11/26	Defensive Driving Class-\$17 AARP member/\$19 non-member-call to sign up	9 a.m.-5 p.m.
Wed-11/28	Pot Luck holiday/decorating lunch-bring a favorite dish	12:00 p.m.
Sat-12/3	Christmas Boutique	9-2
12/11	Christmas Banquet/Queensbury Hotel-Cost: \$22	12:00 p.m.
Monday- Friday	Thrift Shop/new items all the time	10 a.m.-12 p.m.
Every Tues	Bingo in AM/Program in PM-Transportation provided	10:30 a.m.
Every Thursday	Chair Yoga- with Toby-Free- Sponsored by MVP	10:30- 11:30 a.m.
Mon.-Thurs.	Osteo exercise program- Monday-Thursday-Sponsored by MVP	9-10:30 a.m.
Every Friday	Tai Chi Class-Cost: \$6	9:00 a.m.-10:00 a.m.-Cost: \$6

**Ongoing activities at a glance:**

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/ Computer Classes/ performing line dancing/ beginning line dancing/Walking Club/Woodshop/Bowling/Crafts/Duplicate Bridge/Cards/Bingo & Much More.

**Some Trips included- See attached list**

**Call Center for pricing and information on the upcoming events!  
 Don't be lonely- come and participate in "YOUR SENIOR CENTER".  
 TRANSPORTATION TO CENTER AVAILABLE- 24 HOURS NOTICE**

**Interested in Joining and receiving more information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**ALWAYS NEEDED- HOUSEHOLD ITEMS, BOOKS & JEWELRY  
 COME AND JOIN THE SENIOR CENTER-BRING A FRIEND**



**TRIPS! TRIPS! TRIPS!**  
Greater Glens Falls Senior Citizens Center  
380 Glen Street  
Glens Falls, NY 12801  
(518) 793-2189



**NEW YORK CITY/BROOKLYN TOUR  
CHRISTMAS LIGHTS AND CANOLI'S**

*Saturday, December 8, 2012*

Free time in Time Square for lunch and shopping; tour Brooklyn with Tony from "The Chew", tour city, holiday lights with the grand finale Canoli's. Cost: \$85. Call to sign up by November 15.

**PLAN AHEAD!**

**Friday, November 9**-Veterans Breakfast

**Wednesday, November 14**-Annual meeting

**Thursday, November 15**-Christmas Tree Shop-Call to reserve by November 13

**Wednesday, November 21**-Festival of Trees senior lunch-sign up as soon as possible.

**Saturday, December 1**-Christmas Boutique-items needed

**Tuesday, December 11**-Annual Christmas Party

**UPCOMING TRIPS!**

**SHOW: LEADING LADIES**

**Where:** Homemade Theater, Saratoga

**When:** Sunday, April 28, 2013, 2:00 p.m. showtime

**Info:** Two down-on-their-luck male actors try to steal an inheritance by pretending they are the legitimate heirs-unfortunately, the actual heirs are nieces and that is where all the comedy in this play begins. We have priority seating for this play as well, so sign up by March 15, 2013. Depart Center 12:45 p.m. Van available for 11 people.

**MISSISSIPPI RIVER ADVENTURE**

*June 5-May 26, 2013*

Visit Graceland, Vicksburg, Memphis, New Orleans, sleep aboard a steamboat while cruising the Mighty Mississippi, nightly entertainment, local historian aboard recounts stories of fact and fiction, tour Oak Alley and several plantations

Special program on Tuesday, November 6 at 1:00 p.m. with Jennifer Baumann of Collette Tours on this trip. Plan to stay for the information on the Eastern Mediterranean trip at 2:00 p.m. There is a special bonus discount for early booking.

**EASTERN MEDITERRANEAN**

**What:** Royal Caribbean- Navigator of the Seas

**When:** June 15-23, 2013

**Info:** Tour Rome highlights, Colosseum, Forum, Capitoline Hill, Trevi Fountain, Pantheon, Piazza Navone, and the Vatican. Cruise to Messina; Kusadas, Turkey; Athens, Crete; Civitavecchio.

5 cabin categories, Albany round trip included. Deposit required guaranteeing reservation, balancing due March 1, 2013. Stop in office for detailed itinerary.



Greater Glens Falls Senior Center  
Presents

*The Christmas Boutique*  
*Saturday, December 1, 9 a.m.-2 p.m.*

*Come, Shop and Experience*  
*Christmas at Sherman House*



*Baked Goods*



*Jewelry*

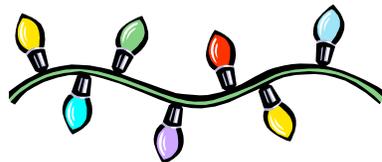
*Holiday Decorations*



*Visit with Mrs. Santa Claus*

*Gifts Galore*

380 Glen Street  
Glens Falls, NY 12801  
793-2189



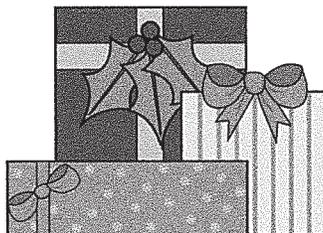
**We are now accepting Christmas donations!!**

**CEDARS SENIORS  
Activities Club  
35 Evergreen Lane (Bldg. 1)  
Queensbury, NY**

# **CRAFT FAIR**

**Saturday, November 10, 2012  
9 a.m.-4 p.m.**

**Handmade totes, Purses, Aprons, Cards  
Signs with saying, Adirondack Items  
Christmas wreaths & decorations, Throws,  
Hats & Scarfs  
And much more...**



**Come Do Your Christmas Shopping**

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**Bake Sale**

**Book Sale**

**Hot Dogs, chips and soda available**

**Evergreen Lane is located across from the North Parking Lot of SUNY/Adirondack Community College on Bay Rd. (turn in south of the Church of the King).**



***A Community Conversation:  
Long Term Care Transition Choices***

***November 7, 2012 9:30-12:30 pm***

held at Crandall Public Library Community Room  
251 Glen St, Glens Falls, NY 12801

*Hosted by Washington, Warren, and Hamilton  
Counties Long Term Care Council.*

*We invite you: consumers, providers, and  
everyone interested in hearing about new health  
care transition projects in our area, the work  
done by LTCC workgroups, and results of the  
LTCC survey.*

*(light refreshments will be provided)*

*Event planning committee: Judith McKinnon, Susan Dornan, Maria Geizer, Fran Feathers, Cathy DeGregerio, Sue Gillingham, Jackie Dunn, Jocelyn Blanchard.*

*LTCC Chairperson Jocelyn Blanchard, Vice-chairperson Andrew Cruikshank,  
Secretary Jackie Dunn.*

*\*The purpose of the NY Connects Long Term Care Council is to identify emerging long-term care needs, to forge new relationships, and to reinforce existing ones in order to work toward improved communication and a more streamlined long-term care delivery system. For more information, contact Susan Dornan at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931.*

# FAMOUS BIRTHDAYS!

3<sup>rd</sup> – Roseanne – Star of  
“true-to-life” sitcom  
with husband Tom Arnold



4<sup>th</sup> – Matthew McConaughey-  
Actor’s first big role was in  
“Dazed and Confused”

8<sup>th</sup> – Margaret Mitchell –  
Author of bestselling novel  
“Gone with the Wind”



11<sup>th</sup> – Leonardo DiCaprio –  
Signature role was artist  
Jack Dawson in “Titanic”

16<sup>th</sup> – Burgess Meredith –  
Played trainer of “Rocky”  
and the penguin in “Batman”





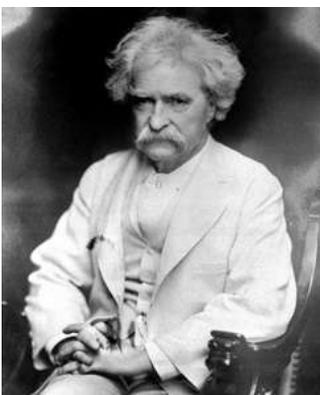
18<sup>th</sup> – Elizabeth Perkins –  
Played Fred’s wife Wilma in  
“The Flintstones” movie

21<sup>st</sup> – Goldie Hawn –  
Star of “Laugh-in” and movies,  
Kate Hudson’s mom.



23<sup>rd</sup> - Miley Cyrus –  
Daughter of Billy Ray Cyrus  
seen as “Hannah Montana”

26<sup>th</sup> – Tina Turner –  
Entertainer’s signature hit  
was “Proud Mary”



30<sup>th</sup> - Mark Twain –  
American icon wrote  
“Tom Sawyer” and  
“Huckleberry Finn”

Did you know?

**Medicare pays 100 % for your annual Flu Vaccine!**

**Call  
Warren County Public Health  
at 7 6 1— 6 5 8 0  
to make your appointment today!**

Providing information and service resources  
about home and community-based care for  
residents of Warren/Hamilton Counties.  
Call Susan Dorman, NY Connects Coordinator  
at 1-866-805-3931





Find the Thanksgiving words from the bottom in the Thanksgiving word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the Thanksgiving word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Thanksgiving fact.

## Thanksgiving Word Search

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

AUTUMN  
 BOUNTIFUL  
 CELEBRATE  
 DINNER  
 FAMILY  
 FOURTH THURSDAY  
 GATHERING  
 HARVEST  
 HOLIDAY  
 INDIANS

MAYFLOWER  
 NOVEMBER  
 OVEREATING  
 PILGRIMS  
 PLYMOUTH ROCK  
 PUMPKIN PIE  
 STUFFING  
 THANKSGIVING  
 TURKEY  
 WEEKEND



*742 Bay Rd. Queensbury N.Y. Serving Seniors age 55+*



**Just a sampling of the many activities we offer  
at the Queensbury Center....**

Thursday Nov. 1st Medicare Workshop 10am-11am  
Fri. Nov. 2nd - New Member / Veterans Recognition Luncheon @ noon  
Sat. Nov. 3rd - Community Dinner Dance at the Queensbury Hotel 6pm  
Wed. November 7th - Springfield Day Trip  
Wed. Nov. 14th - "Dining for a Cause" at Log Jam Restaurant @ noon  
Tues. Nov. 27th - Annual Decoration Party for "Be a Santa to a Senior"  
Mondays - Mahjonn, Shuffleboard, Line Dancing & Knitting  
Mon. & Fri. Osteobusters 9:00am  
Every Tues. & Thurs - Bridge 12:30pm, Computer Instruction 1:00pm  
Every Wednesday - Painting, Pitch & Mexican Train Dominoes 1:00pm  
Thursdays - Geneology Workshop 11:00am, Pinochle 1:00pm  
Tues. & Thurs. Stretch & Tone 8:30am, Chair Yoga Thurs. 9:45am

**Join for \$10pp or \$14 per household  
to get on our mailing list!**

**Call 761-8224 or 745-4439 for more information.**

# Health benefits of apples

Take advantage of this fall produce and bite into a juicy apple today



Here are some of the health benefits of apple:

## **Bone Protection**

Protection and strengthening of bones especially among women is extremely important for health and longevity. Apples contain some ingredients like phloridzin that increase bone density and boron that strengthens bones.

## **Asthma Help**

Apples Prevent Breathing Problems - Five or more apples a week (less than an apple a day!) has been linked with better lung function, most likely because of an antioxidant called quercetin found in the skin of apples (as well as in onions and tomatoes).

## **Alzheimer's Prevention**

Alzheimer's is essentially a degenerative disease which manifests in the immediate and regular loss of memory. A recent study says that an ingredient in apple called quercetin may be instrumental in protecting the brain from free radical damage that ultimately leads to Alzheimer's.

## **Lower Cholesterol**

One medium-sized apple contains about 4 grams of fiber. Some of that is in the form of pectin, a type of soluble fiber that has been linked to lowering of LDL or *bad cholesterol*. That's because it blocks the absorption of cholesterol, helping the body to use it rather than store it.

## **Cancer Prevention**

Recent studies have verified that having apples regularly may also prevent a number of cancers like lung, breast, colon and liver cancer. The high levels of flavonoids like quercetin and naringin in apples prevents and lowers the risk of developing cancer.

## **Diabetes Management**

Diabetes is another high-risk disease that brings about many critical ailments if not kept in check or managed regularly. Scientists have found that a component of apple namely pectin supplies galacturonic acid to the body that lowers the body's need for insulin thus keeping diabetes in check.

## **Weight Loss**

Apple's high fiber content can also keep you feeling full for longer without costing you a lot of calories -- there are about 95 in a medium-sized piece of fruit. That's because it takes our bodies longer to digest complex fiber than more simple materials like sugar or refined grains.

# Apple Muffins



**Total Time: 55 min**

**Prep: 15 min**

**Cook: 40 min**

**Level: Easy**

**Yield: 12 servings**

## Ingredients

- Cooking spray
- 3/4 cup plus 2 tablespoons packed brown sugar
- 1/4 cup chopped pecans
- 1/2 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 1 cup whole-wheat pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup canola oil
- 2 large eggs
- 1 cup natural applesauce
- 1 teaspoon vanilla extract
- 3/4 cup lowfat buttermilk
- 1 Golden Delicious apple, peeled, cored and cut into 1/4-inch pieces

## Directions

Preheat oven to 400 degrees F. Coat a 12-capacity muffin pan with cooking spray.

In a small bowl, mix together 2 tablespoons of the brown sugar, the pecans and cinnamon. In a medium bowl, whisk together the all-purpose and whole-wheat flour, baking soda and salt.

In a large bowl, whisk the remaining 3/4 cup sugar and oil until combined. Add the eggs, 1 at a time, whisking well after each addition. Whisk in the applesauce and vanilla.

Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined. Gently stir in the apple chunks.

Pour the batter into the prepared muffin pan and sprinkle with the pecan mixture. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them. Cool completely on the rack.

**Nutrition information - Per Muffin (12):** Calories: 216; Total Fat: 7.5 grams; Saturated Fat: 1 gram; Protein: 4 grams; Total carbohydrates: 34 grams; Sugar: 20 grams; Fiber: 2 grams; Cholesterol: 36 milligrams; Sodium: 234 milligrams

# Apple Rub



The fruity apple and warm spice flavors in this rub are light and pleasing. Sprinkle it on pork tenderloin, chicken or turkey breasts to completely cover the outside of the meat and grill immediately. This makes enough for a whole chicken, 6 large pork chops, 2 pork tenderloins or a whole turkey breast.

Total Time: 5 min

Prep: 5 min

Yield: 1 cup

## Ingredients

1 cup crumbled dry apple chips	2 tablespoons kosher salt
1 1/2 teaspoons black peppercorns	1 tablespoon sweet paprika
1 teaspoon coriander seeds	1 teaspoon ground ginger
1/4 teaspoon whole allspice	1/4 teaspoon ground cinnamon
1/4 cup sugar	

## Directions

Grind the apple chips to a very fine powder in a spice grinder. (The drier the powder, the better and the rub will last longer without clumping.) Transfer to a bowl.

Grind the peppercorns, coriander seeds and allspice into a fine powder and add it to the apple powder.

Add the sugar, salt, paprika, ginger and cinnamon to the apple powder mixture and combine well. If not using immediately, store in an airtight container in a cool, dark place for up to 30 days.

Catherine Keating RD CDN  
Warren/Hamilton's Co.'s OFA  
Recipe courtesy Vincent Camillo for Cooking Channel

## NOVEMBER

November woods are bare and still;  
November days are clear and bright;  
Each noon burns up the morning's chill,  
The morning's snow is gone by night..



© Mark Parisi, Permission required for use

# Volunteer Birthdays!

Pat Minucci 4<sup>th</sup>

John Curley 16<sup>th</sup>

Marie Godsil 25<sup>th</sup>

Cathy Hodgkins 25<sup>th</sup>

Wayne Carlton 27<sup>th</sup>





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Candy Rivera Whitehead, NYS EPIC Representative will be at the Warren County Office for the Aging to speak with you about:

- EPIC eligibility
- How EPIC works with Medicare Part D
- Upcoming changes in 2013

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If you are thinking about enrolling in EPIC, or are currently enrolled and have questions about EPIC and Medicare Part D come to one of these enrollment sessions being held at the Warren County Office for the Aging:

October 17      9 AM – 12 PM

November 13    1:30 PM – 4:30 PM

December 17    10 AM – 1 PM

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Warren County Office for the Aging  
1340 State Rt. 9  
Lake George  
Please call for appointment  
(518) 761-6347

# *comfort...love...respect*

## **National Hospice & Palliative Care Month**

A time to celebrate the kind of care that helps patients and family caregivers find comfort, love and respect when they're needed most.

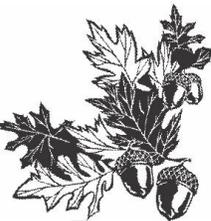
- ♥ *Hospice and palliative care professionals and volunteers understand that every person they care for is a unique individual with a lifetime of experiences, relationships and gifts to share.*
- ♥ *By focusing on the individual, not the illness, hospice care honors life's final journey, leaving a legacy of compassion and caring. Last year, hospice helped more than 1.6 million Americans live fully up until the end of life.*
- ♥ *Hospice and palliative care professionals will take the time to help you understand your illness and what options may be available. They ask you what's important – and they listen to what you say.*

***When curative measure can no longer add more days to you your life -  
Hospice is here to add life to every day.***



**High Peaks Hospice  
& Palliative Care Inc.**

*Dignity, comfort and peace at the end of life.*  
667 Bay Road Suite 1 Queensbury NY 12804



Come join our holiday celebration...



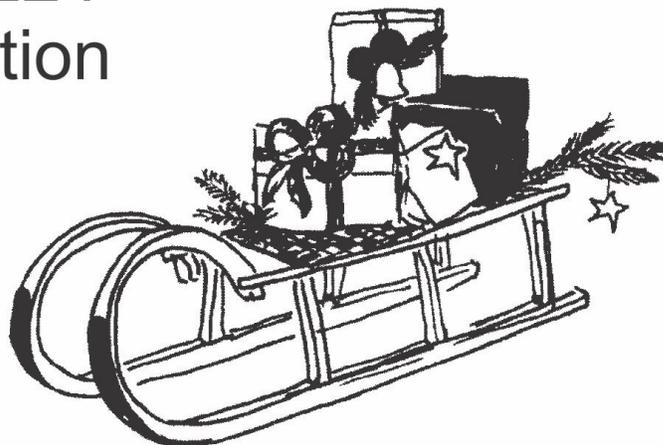
# Annual Christmas Luncheon

*at the Great Escape Lodge*

Thursday Dec. 6th from 11:00am - 3pm



Call 761-8224  
for information



Cost:  
\$20  
tables of 10  
singles  
welcome

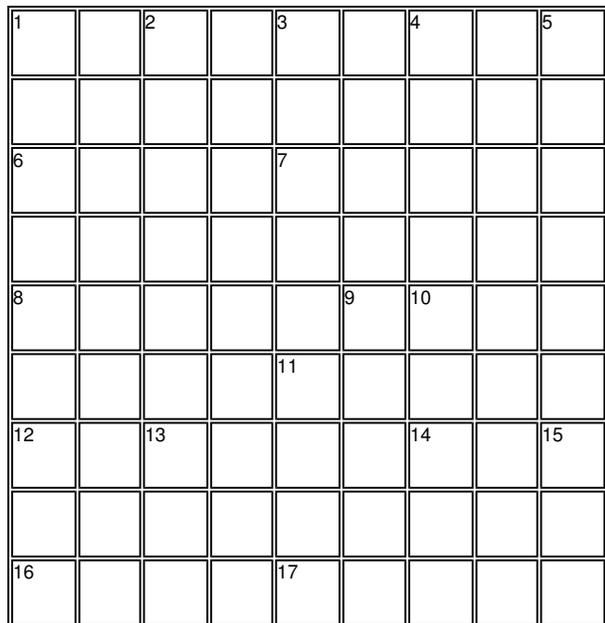
**\*Watch for our bi-monthly "Homestyle Membership Dinners  
The first one to be held on Friday Nov. 9th at 4:30**

# NOVEMBER

20 unusual facts about the month of November!

1. November is one of 4 months in the Gregorian Calendar that has 30 days
2. November comes from the Latin word root “novem”, which means nine. It was originally the 9th month in the Roman Calendar.
3. In Finland they call November “marraskuu” which translates as “month of the dead”
4. November is National Tobacco Awareness Month
5. November is National Beard Month
6. The birthstone for November in Topaz
7. Which U S President was assassinated in November? **John F. Kennedy**
8. U S President Abraham Lincoln gave a famous speech in November 1863 that became known as The Gettysburg Address
9. Do you know the end of which World War started the November 11th Veterans Day Celebration? **WWI**
10. President Polk and President Harding were both born on November 2nd, but 70 years apart!
11. World War I ended on the 11th day of the 11th month (November) at 11PM, in 1918
12. The infamous Berlin Wall began to come down on November 9, 1989
13. The first women police officers began working in Britain on November 27th, 1914
14. On November 5th 1935, Parker Brothers introduced the game Monopoly to the world
15. November 5th, 1959 the National Football league was formed with 8 teams: the Houston Oilers, New York Titans, Buffalo Bills, Boston Patriots, Los Angeles Chargers, Dallas Texans, Oakland Raiders, and Denver Broncos
16. November is World Kindness Month
17. November 17th is National Take A Hike Day
18. On November 22nd, 1957 Simon & Garfunkel performed on the “American Bandstand” Show as “Tom & Jerry”. Bet ya never knew that one?
19. November 18th, 1963 Bell Telephone Company introduced to the public, the push button phone
20. The flower that represents November is the **Chrysanthemum**.

### 9x9 Crossword #35



#### Across

- 1. Measuring stick
- 4. Heavy mist
- 6. 5th month
- 7. Primitive aquatic plants
- 8. Not female
- 9. Wool
- 12. Maker of peanut butter cups
- 14. Help
- 16. Affirmative
- 17. Having texture of sand

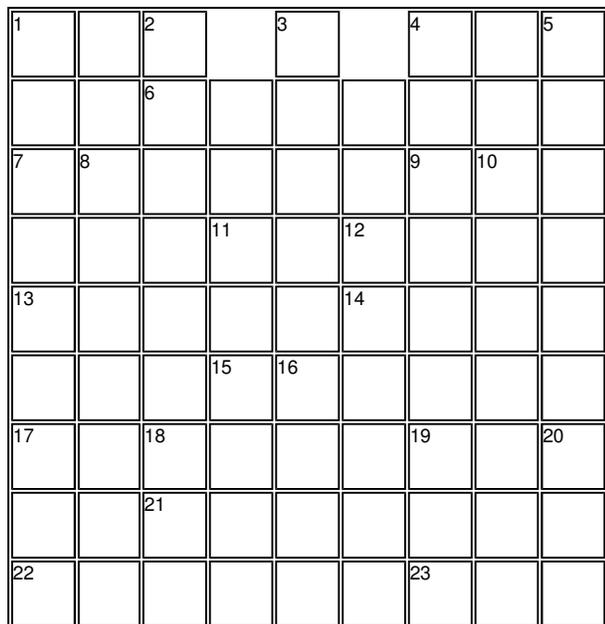
#### Down

- 1. Male sheep
- 2. Faithful
- 3. Not fake
- 4. A fruit
- 5. From Greece
- 8. Wed
- 10. Repeated another time
- 11. Untidy
- 13. Belonging to Ed
- 15. Not night

#### Answers to 9x9 Crossword #36:

**Across:** 1.off, 4.ban, 6.arise, 7.fir, 9.now, 11.egg, 13.open, 14.ergo, 15.dam, 17.aye, 19.uno, 21.totem, 22.CIA, 23.pie **Down:** 1., 2., 3., 4., 5., 8., 10., 11., 12., 16., 17., 18., 19., 20.

### 9x9 Crossword #36



#### Across

- 1. Not on
- 4. Forbid
- 6. To get up
- 7. An evergreen tree
- 9. Immediately
- 11. Chicken lays it
- 13. Not closed
- 14. Therefore
- 15. Beaver's house
- 17. Yes, in a vote
- 19. A card game
- 21. Tall carved log
- 22. Central Intelligence Agency
- 23. Round baked dessert

#### Down

- 1. Big clumsy man
- 2. A great distance away
- 3. Worn on a finger
- 4. Benjamin (abbrev)
- 5. Not second hand
- 8. Intended meaning
- 10. Church keyboard
- 11. Not the beginning
- 12. Precious stone
- 16. Small insects
- 17. Segment of a circle
- 18. Estimated Time of Arrival
- 19. He's behind the catcher
- 20. In debt

#### Answers to 9x9 Crossword #35:

**Across:** 1.ruler, 4.fog, 6.may, 7.algae, 8.male, 9.bark, 12.Reese, 14.aid, 16.yes, 17.sandy **Down:** 1.ram, 2.loyal, 3.real, 4.fig, 5.greek, 8.marry, 10.again, 11.mess, 13.Ed's, 15.day

# November 2012

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>November 1</b> Beef Stew Boiled Potatoes/Carrots Biscuit Fresh Fruit	<b>November 2</b> Macaroni & Cheese Stewed Tomatoes Sunshine Salad Mandarin Orange
<b>November 5</b> Breaded Haddock/Bun Scalloped Potatoes Green Beans Tropical Fruit Cup	<b>November 6</b> Stuffed Shells with Marinara Meat Sauce Wax Beans Tossed Salad Garlic Bread Pears	<b>November 7</b> Apple n' Onion Chicken Sweet Potatoes Spinach <b>Birthday Cake</b>	<b>November 8</b> Hungarian Goulash California Medley Tossed Salad Chilled Pineapple	<b>November 9</b> Roast Pork Loin/Gravy Roasted Red Potatoes Peas & Onions Apple Crisp
<b>November 12</b>  <b>Meal Site Closed</b>	<b>November 13</b> Ground Beef And Gravy Mashed Potatoes Italian Blend Veggies Chilled Peaches	<b>November 14</b>  <b>CHEF'S CHOICE</b>	<b>November 15</b> <b>Thanksgiving Meal</b> Roast Turkey/Gravy Mashed Potatoes Winter Squash Stuffing/Dinner Roll Assorted Pies	<b>November 16</b> Lemon Baked Fish Au gratin Potatoes Carrots Rice Pudding
<b>November 19</b> Quiche of the Day Mixed Veggies Muffin of the Day Mixed Fruit Cup	<b>November 20</b> Juice of the Day Chicken & Biscuit Scandinavian Blend Veggies Gingerbread/Topping	<b>November 21</b> Spanish Rice Broccoli Corn Bread Mandarin Oranges	<b>November 22</b>  <b>Meal Site Closed</b>	<b>November 23</b> Pepper Steak Mashed Potatoes Brussels Sprout Chilled Pineapple
<b>November 26</b> Baked Chicken Tenders with Sauce Potato of the Day Cauliflower Chilled Apricots	<b>November 27</b> Pork Chop/Applesauce Sweet Potatoes Mixed Veggies Chilled Pears	<b>November 28</b> Meatloaf/Gravy Mashed Potatoes Zucchini & Tomatoes Strawberry Shortcake	<b>November 29</b> Chicken & Stuffing Casserole Rice Pilaf California Medley Fruited Gelatin	<b>November 30</b> Spaghetti & Meatballs Marinara Sauce Green Beans Tossed Salad Peach Cobbler

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. **Menus subject to change.** Frozen Dinner Heating Instructions: Oven: 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

WARREN COUNTY OFFICE FOR THE AGING  
1340 State Rte 9  
Lake George , N.Y. 12845



Newsletters now available online at  
<http://warrencountyny.gov/ofa/meals.php>

Also can be emailed please call  
Kayla @ 824-8824

**“If your local school district is closed due to a snow  
day, your meal site is also closed.”**

**Staff:**

**WARREN COUNTY**

CINDY ROSS – FISCAL MANAGER  
DEBORAH COALTS – COORDINATOR OF NUTRITION SERVICES  
CHRIS LITTLE – COORDINATOR OF SERVICES  
HARRIET BUNKER – SPECIALIST SERVICES FOR THE AGING  
CINDY CABANA – AGING SERVICES ASSISTANT  
ROSE ANN O’ROURKE – TYPIST / RECEPTIONIST  
KAYLA JARRELL -- COORDINATOR OF VOLUNTEERS / “NEWSLETTER”  
CATHERINE KEATING-STAUCH-REGISTERED DIETICIAN/MENU  
SUSAN DORNAN – POINT OF ENTRY COORDINATOR FOR NYCONNECTS

**CHRISTIE SABO- DIRECTOR**

(518) 761-6347 PHONE

Web site- [www.co.warren.ny.us/](http://www.co.warren.ny.us/)

Meal site Numbers:

Bolton-644-2368; Cedars-832-1705; Chestertown-494-3119  
Indian Lake; 648-5412; Johnsbury-251-2711; Lake Luzerne; 696-2200  
Lake Pleasant-548-4941; Long Lake-624-5221; Warrensburg-623-2653;  
Wells-924-4066  
Toll Free Number 1(888)553-4994