



Skamania County Senior Services

Swift Water

Newsletter

MARCH/APRIL 2019

**Skamania County
Senior Services**
710 SW
Rock Creek Drive
PO Box 369
Stevenson, WA 98648
(509) 427-3990

CALENDAR OF EVENTS

MARCH

Daylight Savings	10
Hood River Shopping Trip	12
Birthday Lunch	15

APRIL

Mobile Dental Unit	3
AARP Driver Safety Course	8 & 9
Hood River Shopping Trip	11
Birthday Lunch	19



CERAMICS CLASS???

If Senior Services provided a Ceramics class offering:

- * making molds
- * sculpting
- * the use of a wheel
- * glazing

Mon-Wed-Fri mornings would you be interested? If so, Please call !!!

509-427-3994



DRIVER SAFETY 2 Day COURSE

Mon. April 8th: 8:30 am to 1:00 pm

Tues. April 9th: 9:00 am to 1:00 pm

\$15 for AARP members \$20 for non-members

Join us at the Rock Creek
Hegewald Center
10:30am - 11:30 am

Exercise Classes

Mondays: Ashley & Ellie, SAIL program
Wednesdays: Margaret on DVD, SAIL Program
Fridays: Margie, Strong Women's Program



Focuses on strength, balance and fall prevention.
Free class appropriate for all ages and fitness levels.



www.facebook.com/SkamaniaSeniors

Skamania County Senior Services

MARCH

Menus Subject to Change Based on Availability of Food Items

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 White Chicken Chili, Lazy Daisy Cake Exercise Class	2
3	4 Tuna Salad, Melon Ceramics Exercise Class	5	6 Potato Skins, PB Cookies Exercise Class	7	8 Lasagna, Chocolate Pudding Exercise Class	9
10	11 Chicken Stew, Apricots Ceramics Exercise Class	12 <i>Hood River Shopping Trip</i> <i>Weather Permitting</i>	13 Beef lo Mein, Butter-scotchies Exercise Class	14	15 <i>Birthday Lunch</i> Corned Beef & Cabbage, Birthday Cake Exercise Class	16 
17	18 Chicken Salad, Tropical Fruit Ceramics Exercise Class	19	20 Denver Omelet, Irish Apple Cake Exercise Class	21	22 Spaghetti, Pineapple Upside Down Cake Exercise Class	23
24 	25 Turkey Greco, Berries Ceramics Exercise Class	26	27 Taco Salad, Banana Cake Exercise Class	28	29 Swedish meatballs, Lemon Bars Exercise Class	30

Skamania County Senior Services

APRIL

Menus Subject to Change Based on Availability of Food Items

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Chicken Caesar Salad, Fruit Cocktail</p> <p>Ceramics Exercise Class</p>	2	<p>3 Macaroni & Cheese, Oatmeal Raisin Cookie Exercise Class</p>	4	<p>5 BBQ Beef on Bun, Brownie Exercise Class</p>	6
7	<p>8 Turkey & Swiss, Peaches Ceramics Exercise Class</p>	9	<p>10 Beef Enchilada Pie, Cheesecake Exercise Class</p>	<p>11 <i>Hood River Shopping Trip</i></p>	<p>12 Cheesy Chicken Casserole, Blueberry Coffee Cake Exercise Class</p>	13
14	<p>15 Chicken Coconut Curry, Melon Ceramics Exercise Class</p>	16	<p>17 Sloppy Joe, Double Orange Jello Exercise Class</p>	18	<p>19 <i>Birthday Lunch Baked Chicken, B-day Cake Exercise Class</i></p>	20
21	<p>22 Baked Omelet, Apricots Ceramics Exercise Class</p>	23	<p>24 Chicken Pot Pie, Macaroons Exercise Class</p>	25	<p>26 Hungarian Goulash, Carrot Cake Exercise Class</p>	27
<p>28 </p>	<p>29 Chicken Teriyaki, Tropical Fruit Ceramics Exercise Class</p>	30				

Nutrition Tip
By Sally Munoz, Nutrition Manager

Our taste and smell senses diminish with age. Older adults tend to lose sensitivity to salty and bitter tastes first, so we may be inclined to salt our food more heavily than before, even though older adults need less salt than younger people and over-salting can be downright dangerous for the heart. Beyond flavor, over-salting is often a habit, as I've watched countless people salt their food before even tasting it. Try using herbs, spices, and healthy oils like olive oil to season food instead of salt. There are some nice salt-free spice blends that add a lot of flavor with zero salt.

Similarly, older adults tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food such as fruit, peppers, or yams. There are also some very tasty herbal teas (technically called tisanes) that contain naturally sweet ingredients like licorice, cinnamon, fennel, roasted carob, etc. that serve as a very nice dessert without all the added calories and carbohydrates of a sugary dessert.



Skamania County Senior Service
Mission Statement

The goal of Skamania County Senior Services is to honor each individual's independence by encouraging aging in place



Senior Services Stats for
DEC/JAN

Meals Served: 1708
Transportation: 3654



SKAMANIA COUNTY SENIOR SERVICES
P.O Box 369
Stevenson, WA 98648

RETURN SERVICE REQUESTED

PRESORTED STANDARD
U.S. POSTAGE

PAID

Stevenson, WA 98648
PERMIT NO. 23