

A SUCCESSFUL BACK TO SCHOOL FAIR

On Saturday, August 23, 2008, Warren County Caregivers held their first Kinship Caregivers Back to School Fair. The Warren County Caregiver Program held this year's event at the WCCS 741 Center from 11 am to 2 pm.

The Warren County Kinship Program is a support group in Warren County trying to reach grandparents, relatives and close family friends raising children other than their own. Consequently, more and more grandparents, relatives or close family friends are raising children who have no where else to turn. The goal of the Kinship Navigator Program is to provide these families the essential community resources and support that they can use to help raise the children.

At this year's Back to School Fair, the Warren County Health Department conducted free vision, hearing and blood pressure screenings. Amerigroup Insurance provided free dental screenings through Amazing Smiles Dental of Mason, Ohio. The Women Infant and Children Program (WIC) also provided literature regarding the WIC Food Supplemental Program. The American Cancer Soci-



ety answered questions and provided information to those in attendance regarding prevention and treatment of cancer.

Anita Pearson, Warren County Kinship Navigator Coordinator called this year's event "a big success". Various stores, businesses and organizations donated school supplies that Anita distributed to all the school age children attending the fair. Rent-2-Own attended the fair and gave each of the school age children a



backpack. Rent-2-Own also donated a Dell laptop that the Warren County Kinship Program raffled away to the winner, John Shipman.

Ms. Pearson, was pleased with this year's first Back to School Fair and is setting her sights on making next year's event even better. Anyone wanting to offer support to the Warren County Kinship Program should call Anita Pearson directly at (513) 695-2284.

Bentley Woods Apartments Begins Construction

Warren County Community Services, Inc. (WCCS) began construction in October on Bentley Woods Apartments, 30 units of senior housing.

Bentley Woods Apartments will be located at 852 Franklin Avenue/State Route 132, Lebanon, Ohio. Rent subsidies are available under the Section 8 Program of the U.S. Department of Housing & Urban Development.

This will be the 10th senior housing facility owned and operated by WCCS. Bentley Woods Apartments will have a coin operated laundry facility, emergency

medical pull cords, sprinkler system, smoke detectors, secured entry door, handicap accessible units, elevator and an on-site resident manager will be available.

Applicants must be 62 or over with an annual income below \$23,150 for individuals and \$26,500 for two people. Residents pay 30% of their adjusted monthly income for rent. All utilities are included except telephone and cable.

Plans are to open the apartments in the fall of 2009. If you have questions, or would like to be placed on an interest list, please call 932-6940.



WCCS provides Equal Housing Opportunities.

WESTERN ROUND-UP WRAP-UP

Another Round Up has come and gone. Thanks to all involved including sponsors, donors, volunteers, members and staff of the 741 Center. It was a great success and a lot of fun.

Thank you to Our Sponsors

Kettering Medical Health Network
Otterbein Retirement Community
St Leonard's Senior Living Community
Mason Health Care
Lebanon Country Manor
Humana of Middletown
AAA Royal Tours

Donors

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Smithfield's Foods
Jane Hon
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Mr Larry Brown
U.S. Foods
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and Confections
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Bon Ton Salon
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Silver Sneakers
Frisch's Restaurants
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Mrs Joyce Copeland
Miami Valley Floral
Village Restaurant and
Ice Cream Parlor
Brenda's Flowers and Gifts
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Mrs Penny Slusser
Tim Hortons - Springboro
Aretz Design
Liberty Western Shop
Cedar's Of Lebanon
Caesar's Creek Nursery
Cedar City Flowers
The Donut Shop Lebanon
The Ru-Barb Cottage
Floral Expressions
Cincinnati Association
for The Blind
Cincinnati Bengals



MEDICARE UPDATES FOR 2009

WCCS will be hosting its annual Medicare information open house on November 4th from 9 am to 2 pm. A representative from our state OSHIIP office will be here that day to assist you with any questions you may have. Please plan to be here at 9 am for brief information session which will be followed by one on one counseling.

All Medicare recipients will be receiving information in the mail regarding the many changes to Medicare. If you are currently receiving premium assistance you will be receiving or have already received letters regarding changes in 2009. Please come prepared with any questions you have regarding the information you have received.

Join us on November 4th. We look forward to seeing you there. If you have any questions please contact Aimee Morris at 513-695-2210 or 513-261-2210.

WCCS Works Through Power Outage

As many of you know, WCCS was without electric and phone service Monday and Tuesday following the hurricane winds of Sunday, September 14th. But did you know several WCCS departments continued to provide services during the power outage?

- The Nutrition Department delivered meals to Home Delivered Meal™ clients both days.
- Nutrition only lost \$300 of food because generators were quickly up and running.
- Medical Transportation continued to run clients to medical centers that were open.
- Homecare continued to serve clients.
- The Elderly Services Program (ESP) case managers checked on "at risk" clients and their safety.
- WCCS communications was temporarily shifted to Warren County Telecommunications, lines 2237, 2271.
- Information & Referral (I&R) and ESP case management each had a staff member answering phones at Warren County Telecommunications.

It is amazing what can be accomplished when the only alternative is to continue to serve.

Larry Sargeant, WCCS Executive Director stated, "I want to thank all the WCCS staff that worked so hard during the emergency. Thank you to Warren County Telecommunications for working with us during the power outage. And I also want to thank John Monds who assisted us with setting up the generators and restoring power to critical areas of the building. He was there when we needed him and responded in a timely manner."

Need for 211 Demonstrated

A Warren County 211 service became a priority after the power outage created by the hurricane winds of September 14th. 211 is a three-digit dialing code for accessing community information and referral to social service providers. Local I&R services, which have been provided for over two decades through a partnership between Warren County United Way and WCCS, will become Warren County's 211. In a community or county wide disaster 211 will provide information to citizens regarding the crisis alleviating Warren Counties 911 number to focus on emergencies.

After the hurricane winds of September 14th, 911 was inundated with callers requesting

information such as "When will my electric be turned back on?" "How widespread is the power outage," etc. 211 is the number local citizens will use to get information regarding a disaster or when experiencing difficulties and needing information for basic human services.

In 2007 the Warren County United Way set up a 211 Task Force Committee to implement 211 in Warren County. The committee includes representatives from Warren County Community Services, Inc.; Sue Miller, Family Services Director, Mary Gilliam, I & R Specialist, and Dolcee Hoffman, RSVP Director. Other Warren County agencies with representatives include; the Warren County Commissioners, The Abuse and Rape Crisis Shelter of Warren County, Warren County Telecommunications, and Warren County Combined Health District.

Currently several WCCS employees are receiving I&R certifications, software is being purchased and local phone companies are being contacted to provide 211 to Warren County residents. Finally, additional funds are being sought to fully implement 211 Services throughout Warren County.

ELC RECEIVES DONATION FROM LEBANON OPTIMIST CLUB



Lisa Cayard receives check for \$5,000 from Optimist Club member Arla Tannehill.

WCCS Early Learning Centers recently received a very generous donation from the

Lebanon Optimist Club. Director Lisa Cayard shared some information with Optimist Board members about the positive outcomes for children and families who participate in Head Start and the Early Learning Initiative (ELI) programs, and explained that program expenses are increasing while our funding remains flat. The program is facing some large expenses for a new furnace at the Lebanon center, and replacing buses that are at the end of their useful life, with no resources to cover

these costs.

The Optimist Club members were very impressed with what they saw at the Lebanon Early Learning Center, and said they would be recommending a donation of \$2,500 to our

program. When Lisa was invited to the Optimist Club's luncheon meeting on September 8, she was greeted with a stunning surprise: a check for \$5,000! Arla Tannehill, Optimist Club member, explained that the Blues Festival had taken in more than they expected, and they were able to double their donation to the Early Learning Centers! She said this would be the first installment on a new furnace for the Lebanon center.

We would like to express our heartfelt gratitude to the Lebanon Optimist Club for this generous donation, which will help to ensure that the preschoolers at enrolled at the Lebanon Early Learning Center will have warm classrooms this winter. This kind of caring support creates a strong community where children can grow and learn and reach their full potential as productive citizens. THANK YOU to the Lebanon Optimist Club!

Join the Campaign Today!

The "Early Start...Future Success" Capital Campaign continues.



There are many ways you can help including donating your time and service or giving a gift to make the new building a reality.

All donations are tax-deductible and can be made by check, cash, money order, or online.

WCCS is a 501(c)3 nonprofit charitable organization. Please visit www.wccsi.org/EarlyStart today for additional information or call for a brochure at 513-695-2206. Just leave your name, address, and phone number.

DLM Sign-Up for 2009



Dorothy Lane Market's (DLM) **Good Neighbor Program** is still open to WCCS participants.

At the end of every year, DLM rebates purchases made in the charity's name. WCCS' Good Neighbor number is **669**. It is quick and easy to sign up at any DLM location. You may obtain a form at any DLM location. As a DLM Club Member, you receive special deals and pricing.

Remember to Use Your Kroger Card



The Gift cards can be used for food, medicine, toiletries, gas, and any other item. WCCS receives 4% of every dollar spent at Kroger.

Did you know that you save time when you use the Gift Card? It's one easy swipe and you don't have to wait for change or write out a check!

Cards are available at the Welcome Desk in the Senior Center or in the Development Office – Room 225 or call 513-695-2206 for a complimentary \$1 card to get you started. Need a gift? Why not give the WCCS/Kroger card as a gift!

Attention Warren County Residents

E-HEAP Winter Crisis Program begins November 1st

There have been **IMPORTANT** changes to the program this year. Please contact our office for more information.



Please call for an appointment at (513) 695-2295 or (937) 425-2295

RSVP Spotlight: Barbara Kelly

“CAREGIVER OF CHILDREN AND CATS”

By Jan Beedle, a RSVP Volunteer



If anyone or anything needed rescued Barbara Kelly of South Lebanon cheerfully rose to the occasion. The spunky RSVP volunteer wrapped many neglected and abused urchins with welcoming arms of loving determination – to save them from miserable lives.

Growing up in a talented show business family surrounded Barbara with interesting people galore. The Vincent Price family lived about four blocks from Barbara’s family in Beverly Hills, California. Barbara and her brother, David, played with their son, Barrett, and often enjoyed tasty cuisine, which Vincent, an outstanding cook, as well as an actor and artist, prepared for them. Barbara reminisces, “They were a wonderful family to be our friends.”

Larry Lawrence, Barbara’s father, arrived in California from Russia and became a booking agent. Her mother was a glamorous tap dancer. Being forever “known as a cutup,” Barbara followed her mother’s example and hammed it up on the stage throughout her life – little did she know that her life would follow a different pathway of pleasure for others.

The Lawrence family traveled the USA extensively – Baton Rouge, Chicago, Los Angeles, Houston, New Orleans and Detroit. In Ohio about ten years, Barbara stated, “I settled in South Lebanon approximately five years ago to be closer to my daughter, son and three granddaughters – a brunette, blonde and

a redhead.” She proudly displays pictures of her family, along with various others she has nourished through the years.

Three cats are included in the pictures of dear ones littering her apartment – all rescued. They lived to a ripe old age of 22-23 years and fell asleep for good last fall within a short time of each other. One of the three was a black cat. Being I am an aficionado for black cats, I perked up when she introduced me to her newest black kitty, Shadow. Lucky cat...

Barbara is known affectionately as the *Library Lady* on Tuesdays and Thursdays at Happy Hearts Early Learning Center (ELC) in South Lebanon where she is a RSVP volunteer. The children and co-workers at the ELC bombard her with cat statues, cards and everything cats – cats, cats everywhere; children, children everywhere – the more the merrier. Barbara, in turn, makes special treats for them – pumpkin magnets for Halloween and wreathes for Christmas. “I enjoy arts and crafts and I love to give. In fact, I am a better giver than a receiver,” Barbara said. She recently chaperoned the children on a visit to the town fire station. “Living in a small town makes it easy for me to walk all over, so field trips are fun,” said Barbara.

Barbara is now the *Lunch Lady* at Union Village Apartments, WCCS’s senior housing, on Mondays, Wednesdays and Fridays by serving her grown-up friends of the village and helps in the kitchen when possible.

A plaque for *Outstanding Service at St. John’s in 1982* overlooks the living room. The award was given to Barbara when she ran a home for emotionally disturbed teenage girls in New Orleans. She often thinks about the girls and wonders how they are facing life.

Barbara often brought home children, when she was a case manager at an adoption agency in New Orleans. Her children graciously accepted each child and entertained the guests. She set an example of giving and hoped they would reach out to these children and learn to give of themselves.

In the Baton Rouge area, Barbara was director over ten homes for the mentally

challenged. Even though she accepted pay for many positions, she gave abundantly more of herself than any job description entailed. She hears from many grateful parents and children, is still giving, and still rescues.

Kudos to an ever-smiling and caring RSVP volunteer...

RSVP recruits people 55 and over to volunteer. If you are interested in volunteering at one of the four WCCS Early Learning Centers or learning of other volunteer opportunities, call RSVP at 513-695-2252.

741 ACTIVITIES

Monday

Open Computer Lab	8:00 - 4:00
Silver Sneakers Fitness Class	8:30 - 9:30
Mixed Media Classes	9:00-12:00
Square Dancing (Begin/Adv)	10:00-11:30
Clogging	12:30 - 2:30

Tuesday

Open Computer Lab	8:00 - 4:00
Cincinnati Asso. for Blind & Visually Impaired	
2 nd & 3 rd Tue of Mnth, by Appt 1-888-687-3935	
Veterans Club (1st Tuesday)	11:00-12:00
Texas Hold-Em	12:30 - 1:45
Checkers	12:30 - 3:00

Wednesday

Open Computer Lab	8:00 - 4:00
Book Club & Discussion (Dng Rm)	9:30
3 rd Wed. of Month	
Silver Sneakers Fitness Class	9:30-10:30
Writers Workshop	10:00-12:15
Arthritis Exercise Class	10:30-11:30
Comparative Religions & Cults	1:00 - 2:00
with Chaplain Rusk in Rm 111	
Euchre - Every Week	1:00 - 3:00
Line Dancing for Seniors	1:00 - 2:30

Thursday

Open Computer Lab	8:00 - 4:00
Oil Painting	9:00 - 1:00
Birthday/Anniversary (1 st Thur)	11:45-12:00
Bingo every Thursday	1:00 - 3:00

Friday

Open Computer Lab	8:00 - 4:00
Silver Sneakers Fitness Class	9:30-10:30
Arthritis Exercise Class	10:30-11:30
Checkers	12:30 - 3:00
Bridge	12:30 - 4:00

Computer Classes are by Appointment

Blood Pressure Check

is one time monthly, times and dates vary.

Call (513)695-2239

RSVP Welcomes New Volunteers

Sharing a Lifetime of Experience

Ron Beedle
John Belwood
Evelyn Dyer

Obie Gibson
Janet Harper
Carrie Hill

Bruce Lanich
Richard Stewart

741 SENIOR CENTER TRIPS



The Rockettes Christmas Spectacular US Bank Arena, Cincinnati Saturday, November 29, 2008

Let's start the Holiday Season with the World Famous Rockettes at the US Bank Arena! We depart the 741 Center at 9:00 AM and the Mason Methodist Church at 9:30 AM. A delicious luncheon is included at Nicholson's in the Cincinnati Theater District. Then enjoy the Radio City Christmas Spectacular starring The Rockettes! This is one of the very best Holiday Performances and your lower level seats take you close to the entertainment. From the Rockettes' standard chorus line dance to the amazing toy soldier routine to the inspirational manger scene, this fantastic show will make this a Holiday to Remember! Return home will be around 4:30 PM. Tour Cost: \$149 Per Person.

Price Buster Gaming Adventure Soaring Eagle Casino & Resort Mt. Pleasant, Michigan December 1-3, 2008

Soaring Eagle, a world class casino resort located in beautiful central Michigan, offers excitement on a grand Scale with one of the worlds largest gaming floors. With over 4,700 slot machines, Blackjack, Roulette, Craps, Caribbean Stud, Let it Ride, 3-Card Poker and High Stakes Bingo the excitement never stops! The luxurious Four-Diamond hotel offers spacious rooms, three restaurants, lavish full-service spa, indoor pool, indoor and outdoor whirlpools and a 3,260-seat showroom. As a Great Value at the resort, you'll receive \$60 (per person) in Free Slot Play and \$40 (per person) in a Dinning Gift Card. A total \$100 per person value to be used at your resort! All this at the unbelievable price of \$299 per person double occupancy! *Please attend the Soaring Eagle Travel Presentation – Wednesday, November 5th - 1:30 pm at the 741 Center.*

Christmas in Colonial Williamsburg December 8-12, 2008

From the splendor of the Grand Illumination to the beauty of natural decorations, delicious food, and festive music make Christmas in Colonial Williamsburg's Historic Area unforgettable. Since the first organized Christmas celebration drew visitors in 1936, nothing quite matches the excitement, sights, smells, sounds and grandeur of the Christmas Season in Colonial Williamsburg. *Attend the Colonial Williamsburg Travel Presentation Friday, November 7th, 1:30 PM at the Center.*

Holiday Show at Boggstown Inn & Cabaret December 15, 2008

One of our most popular show tours and is "The Biggest Little Show in the World"! The Boggstown Cabaret show features a Vaudeville Musical Comedy Revue with audience participation. Enjoy a delicious sit down luncheon and then join the fun with "Howie" and the gang on a fast paced, laugh filled, musical celebration. We depart the 741 Center at 8:30 AM and the Mason Methodist Church at 9:00 AM and will return at approximately 5:00 PM. Tour Cost: \$73/Person.



Grease At the Aronoff Center Saturday, January 31, 2009

Direct from Broadway! Enjoy the #1 Musical of the year – Grease! "Bad boy" Danny and "girl next door" Sandy fall in love all over again to the tunes of your favorite songs – "Summer Nights," "Greased Lightning," "We Go Together" and other songs from the hit movie "Grease". You'll enjoy this new Broadway production from terrific orchestra (floor level) seats. A luncheon is included prior to your matinee show. Depart the 741 Center at 10:00 AM and the Mason Methodist Church at 10:30 AM and return approximately 5:30 PM. Tour Cost: \$129 Per Person.



Hawaii 8 Days in Paradise April 24 - May 2, 2009

Join us on a fantastic trip to the Hawaiian Islands! You'll spend one night in a wonderful beachfront hotel on Waikiki Beach and tour Honolulu and Pearl Harbor. Then board Norwegian Cruise Line's magnificent Pride of America for a 7-Day Cruise that visits all four major Hawaiian Islands. You'll spend almost two full days in both Maui and Kauai! You'll have lots of time to explore Hawaii's volcanoes, waterfalls, gardens and beaches with nearly 100 hours of port time in seven days! The Pride of America is a beautiful modern ship (built in 2005) and a comfortably mid-sized ship (2100 passengers) that offers all the amenities of a deluxe resort. All meals and entertainment are included aboard your ship! Best of all your great itinerary allows you to fly in and out of Honolulu without having to cruise for four days (to or from) Hawaii, like most other cruise line's itineraries. All of your terrific vacation time is in beautiful Hawaii! *Please attend the Hawaii Travel Presentation Monday November 10th - 1:30 PM at the 741 Center.*

**For information on these trips
Call Joe Ramos at AAA Royal Tours
Phone: (513) 247-1126 or (800) 425-8253**

THE 741 CENTER CALENDAR OF EVENTS 2008

Programs are subject to change or cancellation. New programs sometimes start after the schedule is printed. All activities held at The 741 Center, unless otherwise indicated. Stop in the Center each month and pick up our detailed program calendar. For 741 Center reservations or information call (513) 695-2239. *Call for lunch reservations before 10:30 AM at (513)-695-2256.*

NOVEMBER

- Nov 4** **Vote, Vote, Vote!** - Noon. Then come-on over to the Center with your "I Voted" sticker and get a free lunch.
- Nov 4** **Veterans Meeting** - 11:00 AM. Mr. Paul Wilke member of the Sons of the American Revolution presents part two of "Flags of the USA" in the Multi-purpose room. This meeting is open to non-veterans today.
- Nov 6** **Greeting Cards for Christmas Class** - 10:00 AM. Create your own Christmas cards to send to loved ones. Taught by Sue Williams every Thursday morning in November your only cost is supplies which are magic markers and scissors. Call to sign up.
- Nov 7** **Bridge** - 12:30 PM. every Friday. Experience is required. Call if you are interested.
- Nov 10** **Mixed Media Class** - 9:00 AM. Try your hand at a variety of media/art classes like watercolors, calligraphy, sketching and drawing taught by art teacher Pam Campbell. A relaxed class that is good for beginners or those who need to brush up on their skills. \$15 covers your expenses. Call to register. The class is ongoing so you can join at any time.
- Nov 11** **Cincinnati Association for the Blind and Visually Impaired** - here at the center for vision checks etc. Must have an appointment. NO WALK INS PLEASE Call 1-888-687-3935 to make appointment.
- Nov 11** **Veterans Day Tribute & Recognition** - 11:45 AM. Veterans eat lunch today at no cost as we honor all of the men and women that served our country. A brief tribute will be offered in the Dining Room. Don't forget to fly your flags and wear red, white and blue today.
- Nov 12** **Comparative Religions Class** - 1:00 PM. Taught by Chaplain David Rusk each Wednesday through the end of 2008. No charge or registration required.
- Nov 12** **Writers Workshop** - 10:00 AM. One of our most popular classes for beginners and intermediate writers and others to refresh their writing skills. Jack Johnson experienced writer of eleven books teaches the class each Wednesday. Any age welcome. Call to register. A one time registration fee of \$5 is requested.
- Nov 12** **Trip to Newport Aquarium and Lunch** at Buckhead Grill. Leave at 10:00 AM. Call for reservations
- Nov 13** **PEANUT BUTTER LOVERS DAY** - Bring your favorite snack or dessert made with peanut butter to lunch today to share and enjoy with everyone.
- Nov 17** **Red Robin for Lunch & Graeters Ice Cream for Dessert** - Leave the Center at 11:00 AM. Call to make a reservation.
- Nov 20** **Thanksgiving Lunch Celebration** - 12:00 PM. Join us to celebrate Thanksgiving with a great meal along with music and fun! Call for your lunch reservation.
- Nov 24** **National Games & Puzzles Week** - Everyday this week bring your favorite board game or cards to the Center & and get a game started! We will have games and puzzles available as well, like dominoes, cards, some canasta, pinochle and other games.
- Nov 27** **Thanksgiving Day Center Closed**
- Nov 28** **Center Closed**

DECEMBER

- Dec 1** **SilverSneakers Fitness Class** - 8:30 AM Keep physically active during the holidays. Silver Sneakers is a great way to keep fit at your own pace while having a wonderful time with friends. Give us a call if interested. No cost for classes.
- Dec 4 & 5** **Christmas Craft Sale** - 10 AM to 3 PM. Bring a friend and shop for a variety of gifts at the Center. Books for the whole family, jewelry, folkart, handcrafted items, cosmetics, art and delicious baked goods.
- Dec 10** **Golden Notes Christmas Show** - 12:15 PM. Join us for lunch and a great Christmas performance by "The Golden Notes" singers sure to get us in a holiday mood! Call for lunch reservations
- Dec 11** **741 Trip to La Comedia** - Leave the 741 Center at 10:00 AM to see the Christmas Classic "Miracle on 34th Street". Call for information and for reservations.
- Dec 17** **Holiday Makeover** - 10:30 AM (No Charge) Join Deb Benvie, Makeup Consultant, as she shows you how to have a holiday glow with tips and techniques for maximizing the make up you wear. The makeover will include facial cleansing, moisturizing and applying make up. Enjoy a hot drink, soothing music and learn how to look like a new you! Call to register.
- Dec 18** **741 Christmas Party** - 11:45 AM. It's time to celebrate Christmas with great food, a visit from Santa, music, sing-alongs and door prizes. Make your reservation.
- Dec 19** **Krohn Conservatory Christmas Poinsettia and Floral Display** and lunch at PF Changs at Rookwood Commons. Leaving at 10:00 AM from the Center. Take a slow-paced tour through this floral display decorated just for the holidays with poinsettias, model trains and more. Easy walking tour. Then on to PF Changs Chinese for lunch. Admission is free for conservatory. Donations accepted. Call for your reservation.
- Dec 22** **Let's Look at Hanukkah!** - 11:45 AM in the Dining Room. Learn the history behind this holiday that our Jewish friends celebrate each year. We will partake of traditional Jewish foods of Hanukkah like potato latkes, jelly doughnuts and understand the lighting of the Menorah and fun with the dreidel.
- Dec 23** **Charles Dickens "A Christmas Carol" at Play House in the Park** - Leaving at 12:30 PM from the Center. Not a bad seat in the house. Call for information.
- Dec 31** **Special New Years Bingo for Prizes** - 12:45 PM in the Dining Room. Since Thursday is New Years Day we will play Bingo today, Wednesday, for prizes in the dining room for about 1 hour.



See You in 2009!
MERRY CHRISTMAS
and
HAPPY NEW YEAR!

NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3) 3 oz. Chicken Tenders ½ c Wild Rice ½ c Carrots, Bread Fresh Fruit 1 c Milk & Juice	4) 3 oz Pork Roast ½ c Yams ½ c Mixed Vegetables ½ c Mandarin Oranges Roll, 1 c Milk	5) 3 oz. Cheeseburger ½ c Tater Rounds ½ c Asparagus, Bun Cookie/SF Cookie 1 c Milk & Juice	6) 3 oz. Baked Chicken ½ c Mashed Potatoes ½ c Green Beans, Roll Cake / Angel Food 1 c Milk & Juice	7) 3 oz. Meat Balls ½ c Spaghetti ½ c Cauliflower Bread, ½ c Fruit Cocktail 1 c Milk & Juice
10) 3 oz Sirloin Patty w/ Onion, ½ c Baked Potato ½ c Broccoli, Roll ½ c Fruit In Jello SF 1 c Milk	11) 1 c Chicken Stew ½ c Brussels Sprouts ½ c Peas Biscuit ½ c Pears, 1 c Milk	12) 3 oz. Stuffed Green Pepper, ½ c Succotash ½ c Mashed Potatoes Cream Puff/SF Pudding Roll, 1 c Milk & Juice	13) 1 c Chicken & Noodles ½ c Lima Beans ½ c Diced Beets, Bread ½ c Peaches 1 c Milk	14) 1 c Lasagna ½ c Corn Pudding ½ c Italian Blend, Bread ½ c Tropical Fruit 1 c Milk
17) 3 oz. Cabbage Roll ½ c Mashed Potatoes ½ c Peas, Roll Brownie/SF Cookie 1 c Milk & Juice	18) 3 oz Sausage & Eggs ½ c Hash Browns ½ c Applesauce Biscuit, Fresh Fruit 1 c Milk	19) 3 oz. Chicken Thigh ½ c Rice Pilaf ½ c Asparagus, Bread ½ c Fruit Cocktail 1 c Milk & Juice	20) 3 oz. Turkey ½ c Stuffing/Cranberry Sc ½ c Green Beans Bread, Fresh Fruit 1 c Milk & Juice	21) 3 oz Pork Chop. ½ c Stuffing ½ c Carrots, Bread Fresh Fruit 1 c Milk & Juice
24) 1 c Beef Stew ½ c Mashed Potatoes ½ c Broccoli Roll, Fresh Fruit 1 c Milk	25) 3 oz. Veal Parmesan ½ c Pasta Marinara ½ c Italian Blend, Roll ½ c Tropical Fruit 1 c Milk & Juice	26) 3 oz. Salisbury Steak ½ c Mashed Potatoes ½ c Green Beans, Roll Pie/NSA Pie 1 c Milk & Juice	27) Agency Closed Happy Thanksgiving	28) Agency Closed
			Please Call Your Nutrition Site for Meal Times.	If you know you will not be home to receive your Meals On Wheels please call Nutrition at 513-695- 2231

DECEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1) 3 oz. Cheeseburger ½ c Tater Rounds ½ c Lima Beans Bun, Fresh Fruit 1 c Milk	2) 3 oz Chicken Cordon Bleu, ½ c Pasta Alfredo ½ c Italian Blend Bread, ½ c Applesauce 1 c Milk & Juice	3) 3 oz. Salmon ½ c Macaroni & Cheese ½ c Peas Bread, Fresh Fruit 1 c Milk & Juice	4) 3 oz. Baked Chicken ½ c Mashed Potatoes ½ c Green Beans Roll, Cake / Angel Food 1 c Milk & Juice	5) 3 oz. Pot Roast ½ c Red Potatoes ½ c Carrots Roll, ½ c Tropical Fruit 1 c Milk
8) 3 oz Meatloaf ½ c Mashed Potatoes ½ c Asparagus Roll, ½ c Pears 1 c Milk	9) 3 oz. Turkey ½ c Stuffing ½ c Green Beans Bread, Fresh Fruit 1 c Milk & Juice	10) 3oz. Smothered Pork Chop, ½ c Wild Rice ½ c Brussels Sprouts Bread, Brownie/SF Cookie 1 c Milk & Juice	11) ½ C. Meat Sauce ½ c Spaghetti ½ c Broccoli Normandy Bread, ½ c Peaches 1 c Milk & Juice	12) 1 C. Chicken Gravy ½ c Mashed Potatoes ½ c Peas, Biscuit ½ c Fruit Cocktail 1 c Milk
15) 3 oz. Cabbage Roll ½ c Mashed Potatoes ½ c Corn Pudding Bread, Fresh Fruit 1 c Milk	16) 3 oz Breaded Fish ½ c Macaroni & Cheese ½ c Beets, Bread ½ c Mandarin Oranges 1 c Milk & Juice	17) 3 oz. Chicken Leg ½ c Yams ½ c Cauliflower, Roll Cream Puff/SF Pudding 1 c Milk & Juice	18) 3 oz. Baked Ham Steak, ½ c Green Beans ½ c Scalloped Potatoes Roll/Cranberry Sauce Pie/NSA Pie, 1 c Milk	19) Chef's Choice
22) 3 oz. Salisbury Steak ½ c Mashed Potatoes ½ c Peas, Roll ½ c Fruit Cocktail 1 c Milk	23) 3 oz. Chicken Tenders ½ c Rice Pilaf ½ c Oriental Blend Bread, Fresh Fruit 1 c Milk & Juice	24) 1 c Creamed Chip Beef ½ c Mashed Potatoes ½ c Peas Biscuit, ½ c Fruit Cup 1 c Milk	25) Agency Closed Merry Christmas	26) Agency Closed
29) 3 oz. Chicken Thigh ½ c Diced Potatoes ½ c Carrots, Roll ½ c Diced Peaches 1 c Milk	30) 3 oz Sausage & Eggs ½ c Hash Browns ½ c Applesauce Biscuit, Fresh Fruit 1 c Milk	31) 3 oz. BBQ Beef ½ c Potato Rounds ½ c Succotash, Bun Cookie/SF Cookie 1 c Milk & Juice	Please Call Your Nutrition Site for Meal Times	If you know you will not be home to receive your Meals On Wheels please call Nutrition at 513-695- 2231

Suggested donations for person 60+ and spouses is \$2.50. Cost for those under 60 years of age is \$6.00

Tom Cox, Director of Nutrition Services • Menu Subject to change with Director's Approval
741 Senior Center 695-2256/925-2100 • Morrow Nutrition Center 899-2804 • Lebanon Nutrition Center 932-3545
South Lebanon Center 494-2400 • Mason Center 459-8066 • Franklin Center 743-0469 • Waynesville Center 897-0420

Warren County Community Services, Inc. operates programs and services funded through grants received from the State of Ohio, Departments of Federal Government, Warren County Human Services, Warren County United Way, Warren County Commissioners, Council on Aging of Southwest Ohio, Elderly Services Program Tax Levy, foundations, and individual contributions.

Visit us on the web at www.wccsi.org

Lebanon & surrounding area
513-695-2100

Cincinnati & surrounding area
513-925-2100

Middletown & surrounding area
513-261-2100

Dayton/Franklin/Springboro & surrounding area
937-425-2100

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