

Nov. 2020

Andover Senior Center

November 2020

Andover Senior Center 410 N. Lioba, Andover, KS 67002

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Important November Reminders:

November 1: Daylight Savings Time Ends—(Set clocks back 1 hour)

November 3: Election Day

November 11: Veterans Day — Center Closed

November 26 & 27: Thanksgiving—Center Close

Our mission is to foster fellowship and recreational enjoyment for the seniors in our community.

NOVEMBER 2020 - ACTIVITIES

Due to the planned kitchen remodel project and any changes to requirements concerning COVID-19, activities may be changed and/or cancelled.

Mon	Tue	Wed	Thu	Fri
2 9:30 Coffee Hour 11:30 Lunch	3 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	4 9:30 Coffee Hour 11:30 Lunch 1:00 Bridge	5 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	6 9:30 Coffee Hour 11:30 Lunch
9 9:30 Coffee Hour 11:30 Lunch	10 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	11 VETERAN'S DAY CLOSED	12 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	13 9:30 Coffee Hour 11:30 Lunch
16 9:30 Coffee Hour 11:30 Lunch	17 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	18 9:30 Coffee Hour 11:30 Lunch 1:00 Bridge	19 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	20 9:30 Coffee Hour 11:30 Lunch
23 9:30 Coffee Hour 11:30 Lunch	24 10:30-11:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Pool Players	25 9:30 Coffee Hour 11:30 Lunch 1:00 Bridge	26 THANKSGIVING CLOSED	27 THANKSGIVING CLOSED
30 9:30 Coffee Hour 11:30 Lunch			.	

NOVEMBER 2020—MENU

Due to the planned kitchen remodel project and any changes to requirements concerning COVID-19, activities may be changed and/or cancelled.

Mon	Tue	Wed	Thu	Fri
2 Tomato Soup Grill Cheese Desert	3 Glazed Ham Slices Baked Potato Cream Cheese Corn Dessert	4 Beef Enchilada Casserole Garden Salad Desert	5 Hamburger Potato Salad Baked Beans Dessert	6 Fish Fillets Mixed Veggies Cornbread Dessert
9 Polish Sausage Soup Cheesy Potatoes Kraut Dessert	10 Soft Taco Refried Beans Garden Salad Dessert	11 VETERAN'S DAY CLOSED	12 Chicken Fry Steak Mash Potatoes Gravy Great Beans Dessert	13 Tuna Casserole Spinach Casserole Muffin Fruit
16 Chow Mein Chick- en Casserole Broccoli & Cali- flower Casserole Roll Dessert	17 Breakfast Casse- role Fried Apples Cinnamon Rolls	18 Meatloaf Baked Beans Potato Salad Dessert	19 Hawaiian Ham Rice Orange Carrot & Pineapple Jello Roll Dessert	20 Baked Tilapia Fish Black Beans Baked Potato Garden Salad Dessert
23 Tamale Pie Garden Salad Cornbread Dessert	24 Broccoli/Cheese Soup Sub Slider Chips Dessert	25 Turkey/Dressing Cranberry Salad Roll Pie	26 THANKSGIVING CLOSED	27 THANKSGIVING CLOSED
30 Chef's Choice			.	



TIPS FOR A HEALTHIER THANKSGIVING

Thanksgiving is well known as a time being surrounded by family, friends and lots of delicious food! Here are some tips to help you celebrate a healthier Thanksgiving this year:

EAT BREAKFAST AND LUNCH: It is helpful to eat a healthy breakfast and lunch on Thanksgiving day to avoid severe hunger pangs when it comes time for dinner. It will also help you resist the urge to overindulge!

SKIP THE SALT: As you age, your sense of taste and smell may change which means foods may seem to lose their flavor. Using more salt is not the answer as high levels of salt could result in high blood pressure and an increased risk of heart problems. Instead of salt, ask for herb & spices such as garlic, oregano, basil, pepper, thyme and sesame.

TURKEY TIPS: A three (3) ounce serving of skinless white meat is a top source of lean protein, containing 25 grams of protein, barely 3 grams of fat and less than 1 gram of saturated fat. Dark meat has more saturated fat than white meat, and eating the skin adds a heavy amount of bad fats. Need more convincing...one turkey thigh contains more calories than a slice of prime rib!

AVOID THE GRAY: Canned gravy is full of salt and sugar, as well as preservatives that have no nutritional value. Homemade gravy tends to be just as bad...Try herbs or spices instead of gravy to add flavor.

FOCUS ON THE GREENS: Seniors need to pay attention to their calorie and fat intake; it is a good idea to add a lot of vegetables and limit foods high in fat. Green beans, in particular, are filled with vitamins A, C and K.

EAT SLOWLY AND TAKE A BREAK BETWEEN DINNER AND DESSERT...WEATHER PERMITTING, TAKE A NICE WALK AFTERWARDS...YOU'LL FEEL GREAT!

GET INVOLVED / UPCOMING EVENTS

Easy Ways to Support ASC

These are very easy ways to support the Center AND they can add a few hundred dollars to our income each quarter:

- ⇒ **Go to Dillons customer service or online at www.dillons.com and select Community Rewards from the main menu. Once you are on the Community Rewards page search “Andover Senior Center” and follow directions to link our Center to your rewards card! Its THAT easy!**
- ⇒ **Drop off aluminum cans in designated area in our parking lot!**

Donation Wish List-

Used and new books of any genre; Christian, Mystery, Biographies, Historical Fiction, Self-Help and Inspirational titles are in high demand!

Monetary donations for weekly groceries.

Dillons gift cards (you will receive 4x fuel points when purchasing a gift card)

Large Print Word Search Books

DID YOU KNOW...

The Andover Senior Center is an IRS approved 501c3! We are financed by donations, memorials, fundraisers, grants and special events. We appreciate your membership and donations to our Center. **THANK YOU!**

WHAT DOES BEING A “MEMBER” OF THE ANDOVER SENIOR CENTER MEAN BESIDES ENJOYING THE PROGRAM AND BENEFITS OF MEMBERSHIP?

It means that as a member, you have a vested interest in seeing that the center is used in a beneficial way to both members and the community. Ways that you can (and are) doing this is by participating in activities helping out with simple chores such as dishes after lunch, changing a light bulb and being personally responsible for picking up after yourself and others after activities. Volunteering to do specific duties such as cooking meals, leading an activity or working an event are things that will make the operation of the Center more cost effective and allow us to offer more varied activities that all can enjoy. There are lots of opportunities to help have a good time!

DEAL ME IN!!!!

Are you a card player? Used to play cards, but haven't in a while? Would you like to play cards but don't know the rules of the game?

Why don't you come over and join us for cards? We have the following card games going on and always looking for more players:

PINOCHLE: Tuesdays & Thursdays—12:30-3:30 pm

PITCH: Wednesdays—1:00-3:00 pm



A BREIF HISTORY OF VETERANS DAY

VETERANS DAY, formerly know as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was “dedicated to the cause of world peace and to be hereafter celebrated and known as ‘Armistice Day’”. As such this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress — at the urging of the veterans service organizations —amended the Act of 1938 by striking out the word “Armistice” and inserting the word “Veterans”. With the approval of this legislation on June 1, 1954, November 11th became a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington’s Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on October 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of November 11th, beginning in 1978. Since then, the Veterans Day holiday has been observed on November 11th.

IN HONOR OF ALL VETERANS ON VETERANS DAY 2020



**A TREMENDOUS THANK YOU TO OUR BUSINESS MEMBERS
CHARTER/GOLD/SILVER**

Due to the unusual circumstances of 2020, we have not been able to recognize these members as we had hoped. We just want to extend our genuine appreciation for their continued support of our Center. It is our hope that when life returns to normal and the Center is able to resume full activities, these members will be properly recognized:

Andover Court Assisted Living

Andover Estates

DAMM Pharmacies—Andover Drugs

Design Benefits

Faith Baptist Church

Farm Bureau Financial Services—Mike Garman

Phil Hamilton Heating and Air

Professional Mechanical Contractors—PMC

The Outdoor Living Center

Victoria Falls Skilled Nursing and Rehabilitation

Whole Life Home Care

