Sandy Truman

Manager  
Crofton Golden Age Senior Center1/6/22

            Welcome to 2022 and getting back to our daily every day routine after the holidays. It’s always a good time during the holidays spent with family and friends, but it’s time to “get back to work”.

            I am getting settled in and familiarizing myself with the Center operations. I won’t be able to fill Mary’s shoes, but will give it my best. She and Kim are enjoying their time I’m sure, and she’s just a phone call away if I need her assistance (which I have already).

We will be conducting a blood pressure clinic Thursday, January 6th beginning at 5:00. Then stay and enjoy a chicken supper, which is one of our favorites.

Exercise classes will resume Friday January 7th at 10:30. Come do some stretch and flex, which keeps the blood flowing and your joints flexible. Then stay for lunch, and as long as you are here for lunch stay for BINGO! We are still looking for sponsors for our monthly birthday bingo parties for the months of April, May and June, and it’s only $30.00. Mossy Oak Properties has volunteered the month of January, which will be January 19th.

We appreciate all donations which helps keep our costs down. Items on our wish list include Kleenex, fresh fruit, hand soap, decaf coffee, toilet paper, napkins, small prizes (for bingo), just to name a few.

As Covid cases continue to rise, we encourage you to take precautions, using hand sanitizers, wearing a mask in certain situations, washing hands often and stay home if you aren’t feeling well. We have hand sanitizer and masks here at the Center.

**Activities:**  
BINGO – every Monday & Friday 1:00. Cost is $1 per card. We must sell 50 cards to play for money so come one come all! It is a nice cool building, and your game includes a snack and drink! Must be 18+ to play. We need one more volunteer to call bingo the third Monday of each month.

**Exercise Class** – every Friday **10:30**  
**Blood pressure clinic** – January 6th at 5:00

**January Caregiver Support Group-** January 12th 1:30-3:00

**Board meeting-** January 18th at 8:30

**January birthday party**- January 19th 1-2 Music at 11:30

Our meals are served M, T, W, F at noon and TH at **5:30 PM NOTE TIME CHANGE**.

Please call 2 hours before mealtime to reserve your meal 402-388-2365.

Fri 1/7/22 Chicken noodle soup, tator tots, carrot/pineapple salad, tropical fruit  
Mon 1/10/22 Hot pork sandwich w mashed potatoes/gravy, cauliflower, plums

Tue 1/11/22 Hamburger taco salad with all the toppings, peaches, tortilla chips

Wed 1/12/22 Ham, au gratin potatoes, green beans, pears  
Thursday 1/13/22 Creamed turkey on biscuit, baked sweet potatoes, cooked cabbage/carrots, mixed fruit.

**This menu is subject to change.**

We welcome menu suggestions although we are obligated to follow state nutrition guidelines and use state menus and recipes. We would use additional recipes after the state analyzes and approves the item.

Our interior decorator Dorothy has (sadly) removed the holiday decorations. However, she has decorated with her January theme and the birthday board, which is really beautiful. Be sure to stop in and take a look, and have a cup of coffee with us.

Stay warm, stay healthy, and have a great week!