

LIVELY LIVING

From the Desk of Brenda Rogers- Director

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July 2010

Special Thanks

The Madison County Senior Center wishes to thank Ozark Foods for supplying the meat at cost for our **Ms. Ugly Beauty Pageant** Fundraiser , and Special thanks to the Wine Hill Bread and Cookie Company for donation of garlic bread for our Spaghetti Supper. To our Highlighters and Ozark Hillbilly Bands – you are so great. Your generosity is greatly appreciated.

Pictures pg .4



From The Desk of The Director

I would like to share with all of you a few words of wisdom Roberta Appleton pointed out a short while ago. “Always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away. Life’s journey is not to arrive at the grave safely, in a well-preserved body, but, rather to skid in sideways, totally worn out, shouting ‘holy cow...What A Ride!’” I totally agree. Brenda Rogers, Director



Madison County Senior Center July Events

The Senior Center is hosting family oriented fundraisers on a monthly basis. You don’t have to be a senior to attend these events. Everyone benefits from generational interaction between seniors and others in the community. The funds collected at these events go toward supporting program services for our seniors such as Meals-On-Wheels.

The center is hosting a fundraiser on **July 22** (location 903 N College in Huntsville) with **Southern Raised**, a talented family band that performs bluegrass and gospel music. This wonderfully talented group of entertainers are donating their time to our center to help with fundraising efforts. An auction will also be held in conjunction with the concert and many, many door prizes given away (thanks to Donald Eaton). Please show your support by attending.

Show time 6:00pm. Tickets are \$10.00 for adults, \$5.00 for children 12 & under. Purchase tickets at the senior center and other various locations where flyers are posted.

Concessions available at the senior center

July MENU 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Quote from The Health Literacy Connection</p> <p>I once watched my grandfather, after being diagnosed with hypertension, shake salt into his hand and dump that on his dinner, saying "I don't know why the Doctor said not to use the salt shaker."</p>			<p>1 Ham and Pinto Beans Squash Cornbread Fruited Gelatin Milk/Tea/Coffee</p>	<p>2 Poppy Seed Chicken Oven Browned Potatoes Peas and Carrots Biscuit Peanut Butter Cookie Milk/Tea/Coffee</p>	3
4	5 CLOSED	<p>6 Baked Chicken Garden Blend Rice Mixed Vegetables Biscuit Peach Cobbler Milk/Tea/Coffee</p>	<p>7 Breaded Pork Chop Au Gratin Potatoes Buttered Baby Carrots Roll Apple Crisp Milk/Tea/Coffee</p>	<p>8 Speedy Beef Stroganoff English Peas Pineapple Tid-Bits French Bread Sugar Cookie Milk/Tea/Coffee</p>	<p>9 Tater Tot Casserole Yellow Squash Tossed Salad w/Dress Cornbread Cake Milk/Tea/Coffee</p>	10
11	<p>12 Chicken Fried Steak w/gravy Mashed Potatoes Green Beans Biscuits Brownie Milk/Tea/Coffee</p>	<p>13 Roast Beef w/ Gravy Oven Browned Potatoes Broccoli w/ Cheese Roll Pudding Milk/Tea/Coffee</p>	<p>14 Oven Fried Fish Baked Steak Fries Coleslaw Hushpuppies Seasonal Fresh Fruit Milk/Tea/Coffee</p>	<p>15 Spaghetti & Meat Sauce Tossed Salad w/ Dressing—Green Beans Garlic Bread Chocolate Chip Cookie Milk/Tea/Coffee</p>	<p>16 Hot Turkey Sandwich Butter Beans Applesauce Gingerbread w/ topping Milk/Tea/Coffee</p>	17
18	<p>19 Taco Salad Nachos Mexican Corn Cake Milk/Tea/Coffee</p>	<p>20 Homemade Meat-loaf Mashed Potatoes Peas & Carrots Roll Pudding Milk/Tea/Coffee</p>	<p>21 Ham w/Pineapple Au Gratin Potatoes Turnip Greens Cornbread Fruit Cobbler Milk/Tea/Coffee</p>	<p>22 Veal Parmesan Tossed Salad w/ Dressing Buttered Corn Roll Applesauce Milk/Tea/Coffee</p>	<p>23 Hamburger on Bun Lett/Tom/Pickle Baked Beans Potato Salad Cake Milk/Tea/Coffee</p>	24
25	<p>26 Hamburger Stew Baked Potato Biscuit Spice Cake Milk/Tea/Coffee</p>	<p>27 Roast Turkey w/ Gravy Buttered Carrots Zucchini & Tomatoes Roll Peanut butter Cookie Milk/Tea/Coffee</p>	<p>28 Lasagna Garden Salad w/ Dressing Green Beans Garlic Bread Chocolate Pudding Milk/Tea/Coffee</p>	<p>29 Salmon Patty Scalloped Potatoes Seasoned Lima Beans Biscuit Apple Crisp Milk/Tea/Coffee</p>	<p>30 Chicken Tenders Mashed Potatoes Black-eyed Peas Roll Pineapple Tidbits Milk/Tea/Coffee</p>	31



Happy Independence Day America

July Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*Scheduled Events are subject to change.	<u>Bean Bag Baseball And Wii Bowling Games will be posted at center.</u>		1 Story telling & Poets Club 10:00-11:00am 1st Thurs. Of each month Ozark Hillbillies	2 Farmer's Market Coupons Reg. Wii Bowling Cards, Games Exercise 10:30	3
4 4th of JULY	5 CLOSED	6 Highlighters Band 10:30 Games Art Class 1:00pm	7 Tai Chi 10:30am Card Games Wii Bowling Practice	8 Ozark Hillbillies Music, Pool Card Games Wii Bowling Practice	9 Farmer's Market Coupons Reg. Exercise 10:30 Wii Bowling Cards, Games	10
11	12 Exercise 10:30 Card Games Pool	13 Highlighters Band 10:30 Games Art Class 1:00pm	14 Tai Chi 10:30 Card Games Wii Bowling Practice	15 Ozark Hillbillies Music Cards, Games, Pool Pot Luck	16 Farmer's Market Coupons Reg. Exercise 10:30 Wii Bowling Games	17
18	19 Exercise 10:30 Go to Jasper for Bean Bag Baseball	20 Highlighters Band 10:30 Games Art Class 1:00pm	21 Tai Chi 10:30am Pool, games, Cards	22 Ozark Hillbillies Caregivers Meeting SOUTHERN RAISED 6:00PM	23 Farmer's Market Coupons Reg. Exercise 10:30 Games, Pool, Cards Wii Bowling	24
25	26 Exercise 10:30 Card Games Pool	27 Highlighters Band 10:30 Games Art Class 1:00pm	28 Tai Chi 10:30am Games, Pool Cards	29 Ozark Hillbillies Games, Pool Cards	30 Farmer's Market Coupons Reg. Exercise 10:30 Games Wii Bowling	31

ACTIVITIES MAY BE ADDED OR DELETED THROUGH OUT THE MONTH



July Birthday Blessings

Bessie Middleton
Lewis Counts
Roberta Appleton
Florence Burkes
Viola West

Anthony Spurduto
Marlene McEl-haney
Velma Livermore
Cecil Calico
Pauline Pavis
Leota French
Edward Judd
Tommy Ledbetter
Linda Parson

Jim Owens
Carolyn Newman
Simon Keck
Betty Obenshain
Wilma Keck
Donald Eaton
Loretta Ferguson
Linda Johnson
Dean Smith



Emogeme Adams
Jerlean Beard

Speak Out Seniors

We're always open for suggestions or ideas for trips, activities or whatever you would like to see happen at the Center. This is your Center we want you to be happy and excited about coming. Join our Ambassador Committee, express your opinions.

Contact Brenda at:
479-738-2750

VouInteers

You are the "Heart Beat" of our seniors

**MADISON COUNTY SENIOR
ACTIVITY CENTER**

P.O. Box 598
903 N. College.
Huntsville, AR 72740

Phone: 479-738-2750
Fax: 479-738-1662
Email: sac5@MADISON COUNTY.NET

Operating Hours: 8 am -4 pm , Monday-Friday



MONDAY: No Route

TUESDAY: Forum-Alabam-Huntsville—Clifty and Hinds-ville

WEDNESDAY: Kingston-Marble-Huntsville-Japton-Drakes Creek and Ball Creek /Pettigrew

THURSDAY: ST. Paul-Combs /White River-Whorton Creek-Aurora and Huntsville

FRIDAY: No Route

Van Schedule

The Madison County Senior Activity Center serves people who are 60+ years and over, or the spouse of an age 60+ person who participates in the program. Although we receive some Federal and State funding, we must generate money locally to help meet operating expenses. Donations are made privately. A donation of \$3.00 for lunch and \$3.00 for transportation is suggested for those 60+. Donations are extremely important and very much appreciated. For folks under age 60, cost is \$5.00 for lunch and \$5.00 for Transportation Services. **ABOUT US**



Master of Ceremony Faron Ledbetter , Dwight Furstenfeld, MC Leon Lauber. Below Ms. Ugly and her court : Left to Right - Dwight Furstenfeld, Jay Moffett, Simon Keck, and Frank Weaver

The Madison County Senior Center serves people who are 60+ years and over, or the spouse of an age 60+ person who participates in the program. If you are interested in riding one of our vans please contact the center at 479-738-2750. We rely on donations to help meet expenses. A suggested round trip donations have increased to \$3.00 due to fuel increase. Donations are extremely important and very much appreciated.

MS. Ugly Contestants



Laughter is the Best Medicine

A great time was had by all attending the Ms. Ugly Pageant on June 4, 2010. What a great bunch of contestants. It takes a real man to put on a dress and perform in front of a live audience. Perform is exactly what they did, and we are all better for it. The fundraiser brought in \$1,057.00 for senior center program services.



Paul Burgess Alex Foster Tom Ledbetter Dwight Furstenfeld Jay Moffett Simon Keck Frank Weaver

*Operated by the
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