



SENIOR MOMENTS

Lac du Flambeau Aging & LTC Program

JUNE 2021



Happy Fathers Day!

SENIOR CENTER UPDATES:

It's almost that time....strawberry season.

We have sent the Elder List to the Forestry Department. To check when the season will begin at the **Golden Eagle Strawberry Farm** call the "Strawberry Hotline" at 715-588-3485, for updates.

Rules: Any Lac du Flambeau Tribal Elder is eligible for 1 flat of strawberries. If you cannot pick your berries please send a note with whomever you choose to pick for you.

The Golden Eagle Strawberry Farm employees will not pick for you.

Elder Night at Lakeland Cinema.

Tribal Elders may enjoy a free movie any Tuesday of the month. The first Tuesday of the month you may bring an adult companion.

Senior Center Participants may have a free movie night on the first Tuesday of each month.

Any questions, please call me 715-588-4385. ~Sharon



Sunday, June 20, 2021

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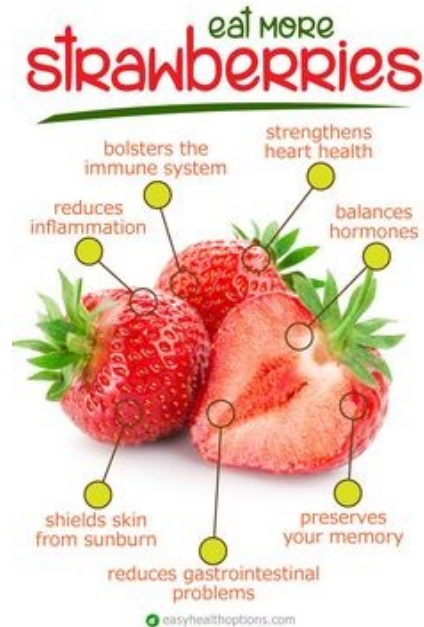
Senior Center Menu

Green Salad with Berries

TOTAL TIME: Prep/Total Time: 15 min. **YIELD:** 4 servings.

Ingredients

- 1 cup torn romaine
- 1 cup fresh baby spinach
- 1 cup sliced fresh strawberries
- 1/2 cup thinly sliced celery
- 1/2 small red onion, thinly sliced
- 1/2 cup coarsely chopped walnuts
- 2 green onions, chopped
- 1/4 cup raspberry vinaigrette
- 1 cup fresh raspberries



Directions

1. In a large bowl, combine the first 7 ingredients. To serve, drizzle with vinaigrette and toss to combine. Top with raspberries.

Nutrition Facts

1 serving: 157 calories, 10g fat (1g saturated fat), 0 cholesterol, 50mg sodium, 15g carbohydrate (8g sugars, 5g fiber), 4g protein. **Diabetic Exchanges:** 2 fat, 1 vegetable, 1/2 fruit.

All pictures for **MEMORY LANE** provided by:

Teresa Mitchell, Museum Director

George W. Brown Jr. Ojibwe

Museum and Cultural Center

PO Box 804, 603 Peace Pipe Rd.

Lac du Flambeau, WI 54538



Joe Negani, Jim Lacasse, Jim Wildcat, Naomi Bobbs Lacasse, Joyann Lacasse and Fred Lacasse



Marliss Mayo & Dave Carufel



Jim Doud & Joe St. Germaine

Save More (looks like the 50's?)





Hey!!! You have arrived at the FUN PAGE!!!



Things to Do With Dad Word Search



Best friends forever... 



V	V	C	A	M	P	I	N	G	I	U	C	I	E	M	D	P	BASEBALL
W	P	O	O	L	O	Q	I	D	R	B	M	V	G	E	I	F	BBQ
E	H	N	C	X	U	W	X	D	E	V	C	N	Z	N	Y	O	BOWLING
B	E	F	V	U	C	E	S	U	N	I	B	A	G	W	H	O	CAMPING
O	G	N	I	H	S	I	F	Q	N	V	L	P	A	O	J	T	CUDDLE
I	G	A	M	E	S	C	B	C	I	V	O	T	C	T	M	B	DINNER
P	F	Q	G	S	K	G	I	V	D	N	C	K	S	T	X	A	EATOUT
G	L	P	N	M	W	P	A	N	G	H	E	J	H	L	L	L	FISHING
J	O	L	I	Q	M	K	X	R	T	Y	R	J	L	W	A	L	FOOTBALL
T	G	A	T	T	R	H	B	V	D	M	R	A	C	H	H	Z	GAMES
T	W	Y	N	A	U	U	B	B	V	E	B	B	C	F	I	Q	GARDENING
K	S	B	U	N	E	O	Q	Q	N	E	N	A	W	H	K	C	GOLF
N	T	A	H	K	G	L	T	L	S	J	X	I	R	N	I	Q	HIKING
T	R	L	K	J	N	C	D	A	A	G	R	P	N	P	N	Q	HOCKEY
D	O	L	U	S	K	R	B	D	E	K	L	A	T	G	G	G	HUNTING
X	P	G	N	I	L	W	O	B	U	U	R	E	C	C	O	S	KITEFLYING
V	S	Y	A	R	D	W	O	R	K	C	V	I	P	O	N	T	PICNIC
H	R	X	V	K	K	I	T	E	F	L	Y	I	N	G	D	A	PINGPONG
																	PLAYBALL
																	POOL
																	SOCCER
																	SPORTS
																	TALK
																	WATCHTV
																	YARDWORK



And then the fight started.....



A COP PULLED ME OVER AND SAID, "YOUR EYES ARE RED, HAVE YOU BEEN DRINKING?"
I REPLIED, "YOUR EYES LOOK GLAZED HAVE YOU BEEN EATING DONUTS?"
WE LAUGHED AND WE LAUGHED. I NEED BAIL MONEY.





Marvin Ree	6	2	Shirley White	6	7	Gavin Haley	6	20
Gregg Guthrie	6	3	Kenneth Big John	6	8	Lauri Valliere	6	24
Judith Birdsbill	6	3	Agnes Jack	6	9	Alice LaBelle	6	25
James Smith, Jr.	6	4	Cynthia Bauman	6	10	Dallas White	6	25
John Teschner	6	4	Tom Eickenberg	6	10	Debra Chapman	6	26
Daniel King	6	5	Jean Thoms	6	11	Gary Maki	6	26
Garold Smith	6	5	Duane Maki	6	12	Linda Daniels	6	26
Margo Wewasson	6	5	Cynthia Carufel	6	13	Vincent Snow	6	26
Wanda Wayman	6	6	James Cobb	6	13	Terry Mitchell	6	27
William Wewasson Jr	6	6	Christopher Jack	6	14	Michael Bodeau	6	28
Anna Borchardt	6	7	Darrell Hagamon	6	14	Pauletta Johnson	6	28
Brenda Peterson	6	7	Peggy Young	6	14	Polly Vachon	6	28
Renee Klimowicz	6	7	Elizabeth Perrone	6	17	Capitola Landin	6	29
Sharon Mehling	6	7	Angeline Williams	6	18	Judith Rivers	6	30

CONTACT INFORMATION:

Administrative Office:

Sharon Thompson, Aging Director

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Open, Senior Site Manager

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CONTACT INFORMATION:

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Tomato Soup Cheese Sandwich Crackers Cinnamon Pears	Peppersteak w/Gr., Red & Yellow Peppers Brown Rice Peas Apricots	Cheddarwurst on a Bun Scalloped Potatoes Beets Peaches	Baked Fish Boiled Red Potato Cole Slaw Baked Beans Watermelon
	8	9	10	11
Hot Dog Bean Soup Cheese Cubes Dinner Roll Apple	Beef Tips Noodles Green Beans Cantaloupe	Cabbage Rolls w/Rice Corn Plums V8 Juice	Marsala Chicken Noodles Buttered Carrots Muffin	Pork Chop Au Gratin Potatoes Broccoli Bread Applesauce
14	15	16	17	18
Spanish Rice w/ Ground Beef Cauliflower Rye Bread	BBQ Riblets Potatoes Brussel Sprouts Tropical Fruit	Diced Turkey Gravy Over Rice Acorn Squash Dinner Roll	Cheese Burger on Kaiser Roll, Lettuce, Tomatoes, Onion Steak Fries	Gargen Rotini w/ Tomatoes Cukes, Green Onion Baked Beans
21	22	23	24	25
Chili Mac w/Ground Beef, Cottage Cheese, Crackers Yogurt	Sliced Ham Sweet Potatoes California Blend Wheat Bread Lemon Pudding	Chicken Ala King Over Biscuit Corn Mandarin Oranges	Liver n Onions Rice Pilaf Carrots Rye Bread Grapes	Egg Salad on Wheat Bread Bean Soup Crackers Banana
28	29	30	LdF Senior Center 125 Old Abe Lac du Flambeau, WI 54538 715-588-4360	
Salisbury Steak Gravy & Brown Rice Cauliflower Bread	Meatballs Mashed Potatoes Mexicorn Tapioca	Smoked Sausage w/Penne Pasta and Vegetables Italian Bread		

