

APRIL 2022



NUTRITION SITE MANAGER - VICKY TUTTLE OFFICE # 785-528-4170

OSAGE CO SENIOR CENTER OFFICE # 785-528-1170

OSAGE CO PUBLIC TRANSPORTATION OFFICE #785-528-4906

DIRECTOR TAMMY FAGER CELL # 785-219-2440

Joan & Tammy's Corner

Happy Spring/Easter everyone. I'm very excited to see if we can get some more people to come into the Senior Center. We are going to have a GAME night on Thursday's from 6pm – 8pm or when everyone is finished. Bring your favorite food to share with everyone.

We have a new face when you all come in please Welcome Marsha Mondragon I guess she's actually an old face that's came back. Marsha use to work for Osage Co Public Transportation a number of years ago. Marsha will be dispatching and driving.

With Spring rapidly coming up, I hope we will be able to have some activities this year and we can get back to the new normal. If you have any ideas, please let me know. I have been asked several time about a Health & Resource Fair hopefully we will be able to do one this fall or early 2023 spring.

April 2022

◀ March

May ▶

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------|--|---|--|--|---|-------------------------------------|
| | | | | | 1 VICKIE LEWIS | 2 |
| 3 | 4 Exercise 9am Art(painting) 9am Mexican Train 12:30pm Pitch 5:30pm | 5 Exercise 9am Mexican Train 12:30pm | 6 Exercise 9am Exercise 9am Mexican Train 12:30pm | 7 Exercise 9am Art (painting) 9am New: Game Night 6:00pm | 8 Exercise 9am Bingo 10am Mexican Train 12:30 pm | 9 CRAFT FAIR |
| 10 | 11 Exercise 9am Art(painting) 9am Mexican Train 12:30pm Pitch 5:30pm | 12 Exercise 9am Mexican Train 12:30pm | 13 Exercise 9am Exercise 9am Mexican Train 12:30pm | 14 Exercise 9am Art (painting) 9am New: Game Night 6:00pm | 15 Nutrition –Thrift Sale Exercise 9am Bingo 10am Mexican Train 12:30 pm | 16 Nutrition –Thrift Sale |
| 17 EASTER JOAN SLOOP | 18 LIZ STAFFORD Exercise 9am Art(painting) 9am Mexican Train 12:30pm Pitch 5:30pm | 19 Exercise 9am Mexican Train 12:30pm | 20 Exercise 9am Exercise 9am Mexican Train 12:30pm | 21 Exercise 9am Art (painting) 9am New: Game Night 6:00pm | 22 FLOYD BOSS Exercise 9am Bingo 10am Mexican Train 12:30 pm | 23 |
| 24 | 25 Exercise 9am Art(painting) 9am Mexican Train 12:30pm Pitch 5:30pm | 26 Exercise 9am Mexican Train 12:30pm | 27 BLOOD DRIVE Exercise 9am Exercise 9am Mexican Train 12:30pm | 28 Exercise 9am Art (painting) 9am New: Game Night 6:00pm | 29 Exercise 9am Bingo 10am Mexican Train 12:30 pm | 30 |

Monday & Thursday Evening: BRING YOUR FAVORITE SNACK FOOD or COVERED DISH TO SHARE

Game's Thursday will be CARD's, Mexican Train, Yahtzee, Farkel, etc

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APRIL





Congregate and Home-Delivered Meal Program

2022

East Central Kansas Area Agency on Aging
Reservation or Cancellation for a meal must be
made with YOUR SITE by 11:00 p.m. the day before

NUTRITION SITES

- Blue Mound -913- 756-2262
- Burlingame - 785-893-3425
- Burlington - 620-591-9834
- Carbondale-785-893-1107
- Centerville - 855-396-9674 #2
- Colony -620-852-3530
- Garnett - 785-800-4108
- Kincaid - 620-439-5449
- Lane - 785-433-1172
- Lebo - 620-256-6166
- Louisburg - 913-837-5113
- Mound City - 855-396-9674 #1
- Osage City - 785-528-4170
- Osawatomie - 913-755-2443
- Ottawa - 785-248-0139
- Paola -913-294-9220
- Parker -855-396-9674 #3
- Pleasanton - 913-352-8896
- Pomona -785-566-3608
- Richmond - 785-835-6465
- Sunflower -785-418-1222
- Waverly - 785-733-2603
- Wellsville -785-883-4334
- Williamsburg -785-746-5459

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| Frozen Meal Heating: 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on high---Stop and Stir foods after each minute NOTE: Some foods may heat faster than others---may have to remove foods as they heat NOTE: Frozen meals may be different than menu NOTE: Meals can be heated in an oven or warmer Frozen Meals Heat Best when they are thawed | | Suggested meal donation • \$3.50 | | 1 |
| | | | | Taco Casserole Spanish Rice Tortilla Chips Banana Pudding |
| 4 | 5 | 6 | 7 | 8 |
| Chicken Alfredo Broccoli Wheat Roll Cookie | Barbeque Chicken Legs Roasted Potatoes Green Beans Wheat Bread Apricots | Meatloaf Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Fruit Crumble  | Chicken Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Whole Wheat Roll Strawberries | Fish Filet Rice Pilaf Broccoli/Cauliflower Mix Cookie Wheat Roll |
| 11 | 12 | 13 | 14 | 15 |
| Cheese Burger Potato Salad Brussel Sprouts Whole Wheat Bun Stewed Apples | Chicken Tenders Hash Browned Potatoes Stewed Tomatoes Whole Wheat Bread Pears | Pork Cutlet Sweet Potato Casserole Calico Corn Whole Wheat Bread Muffin | Swedish Meatball/Noodles Peas/onions Whole Wheat Bread Mandarin Oranges | Macaroni and Cheese Winter Mix Vegetables Whole Wheat Roll Fuit Crisp  |
| 18 | 19 | 20 | 21 | 22 |
| Salisbury Steak Mashed Potatoes/Gravy Broccoli Wheat Roll Strawberry Cup | Ham and Beans Seasoned Spinach Cornbread Apricots  | Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Marble Cake w/ Ice Cream  | Chili Cinnamon Roll Orange Juice Stewed Apples | Beef Tips and Peppers White Rice Peas and Carrots Wheat Bread Fruit with Mandarin Oranges & Pineapple |
| 25 | 26 | 27 | 28 | 29 |
| Sloppy Joe Potato Wedges Pickled Beets Bun Mixed Fruit | Spaghetti/Meat Balls Green Beans Texas Bread Peaches | Chicken and Noodles Mashed Potatoes Peas Whole Wheat French Roll Lemon Fruit Cup | Roast Pork Candied Sweet Potatoes Winter Mix Whole Wheat Bread Brownies | Vegetable Beef Stew Coleslaw Biscuit Cookie |

ECKAAA Office
785-242-7200



Spring Edition

word search



BLOOM

BUNNY

SPRING

BUTTERFLY

EASTER

FLOWERS

MARCH

APRIL

MAY

RAINBOW

PUDDLE

TULIP

ROBIN

LADYBUG

RAINCOAT

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LADYBUG

RAINCOAT

Finish the Phrase

1. Sight for —
2. A bed of —
3. A blast from —
4. A bolt from —
5. A diamond is —
6. A drop in the —
7. A fate worse —
8. A foregone —n
9. A frog in —
10. A good man is —
11. A horse, a horse, my kingdom —
12. A house divided against itself —
13. A knee jerk —
14. A labor of —
15. A laughing —
16. A leopard cannot —
17. A lick and —
18. A little knowledge is a —
19. A man after —
20. A man's got to —
21. A Molotov —
22. A multitude —
23. A picture paints —
24. A rose is a —
25. A shot across —
26. A small step for man —
27. A sorry —
28. A square —
29. A stool —
30. A thing of beauty is —
31. A whiter shade —
32. Abandon hope all —
33. Absence makes —
34. Ace in —
35. All that glitters —
36. An eye for an eye, —
37. Between a rock —
38. Discretion is the —
39. Eat drink and —
40. Finger lickin —
41. Full of piss and —
42. Genius is one percent inspiration and —
43. Keep up with —
44. Like a chicken —
45. Make him an offer —
46. Much Ado about —
47. No rest for —
48. On a wing —
49. Speak softly and —
50. The Ball is in —
51. The die has —
52. Walk the —
53. What's up —
54. You are what —
55. Apples and —
56. As cool as —
57. As dead as —
58. As fit as —
59. As happy as —
60. As mad as —
61. As pure as the —
62. Ashes to ashes —
63. Back seat —
64. Barking up the —
65. Beat about the —
66. Beauty is in the —
67. Beauty is only —
68. Been there, —
69. Bet your —
70. Better to have loved and lost —

Did you know.....

- the revolving door was invented in 1888
- Sir Isaac Newton was 23 when he discovered the law of gravity
 - The drinking straw was invented in 1886
- Scissors were most likely invented ancient Egypt
- all of the cobble stones used to line the streets in New York were originally stones found in the hulls of Belgian ships ballast
 - Diet Coke was introduced in 1982
 - Shakespeare invented the words 'assassination' and 'bump'

Solutions

Sudoku #601 (Easy)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 9 | 1 | 8 | 6 | 2 | 7 | 5 | 3 |
| 8 | 7 | 2 | 5 | 9 | 3 | 1 | 6 | 4 |
| 3 | 5 | 6 | 4 | 7 | 1 | 2 | 8 | 9 |
| 7 | 1 | 4 | 6 | 3 | 5 | 8 | 9 | 2 |
| 2 | 6 | 9 | 7 | 8 | 4 | 3 | 1 | 5 |
| 5 | 3 | 8 | 1 | 2 | 9 | 4 | 7 | 6 |
| 6 | 4 | 5 | 3 | 1 | 7 | 9 | 2 | 8 |
| 9 | 8 | 7 | 2 | 4 | 6 | 5 | 3 | 1 |
| 1 | 2 | 3 | 9 | 5 | 8 | 6 | 4 | 7 |

Sudoku #602 (Easy)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 3 | 5 | 1 | 2 | 6 | 8 | 4 | 7 |
| 4 | 6 | 8 | 7 | 3 | 5 | 9 | 1 | 2 |
| 7 | 1 | 2 | 8 | 9 | 4 | 3 | 5 | 6 |
| 8 | 9 | 4 | 2 | 7 | 3 | 1 | 6 | 5 |
| 1 | 5 | 6 | 9 | 4 | 8 | 2 | 7 | 3 |
| 2 | 7 | 3 | 5 | 6 | 1 | 4 | 8 | 9 |
| 3 | 2 | 1 | 4 | 5 | 7 | 6 | 9 | 8 |
| 5 | 4 | 9 | 6 | 8 | 2 | 7 | 3 | 1 |
| 6 | 8 | 7 | 3 | 1 | 9 | 5 | 2 | 4 |

https://www.puzzles.ca/sudoku_puzzles/sudoku_easy_601_solution.html

Answers to Riddles

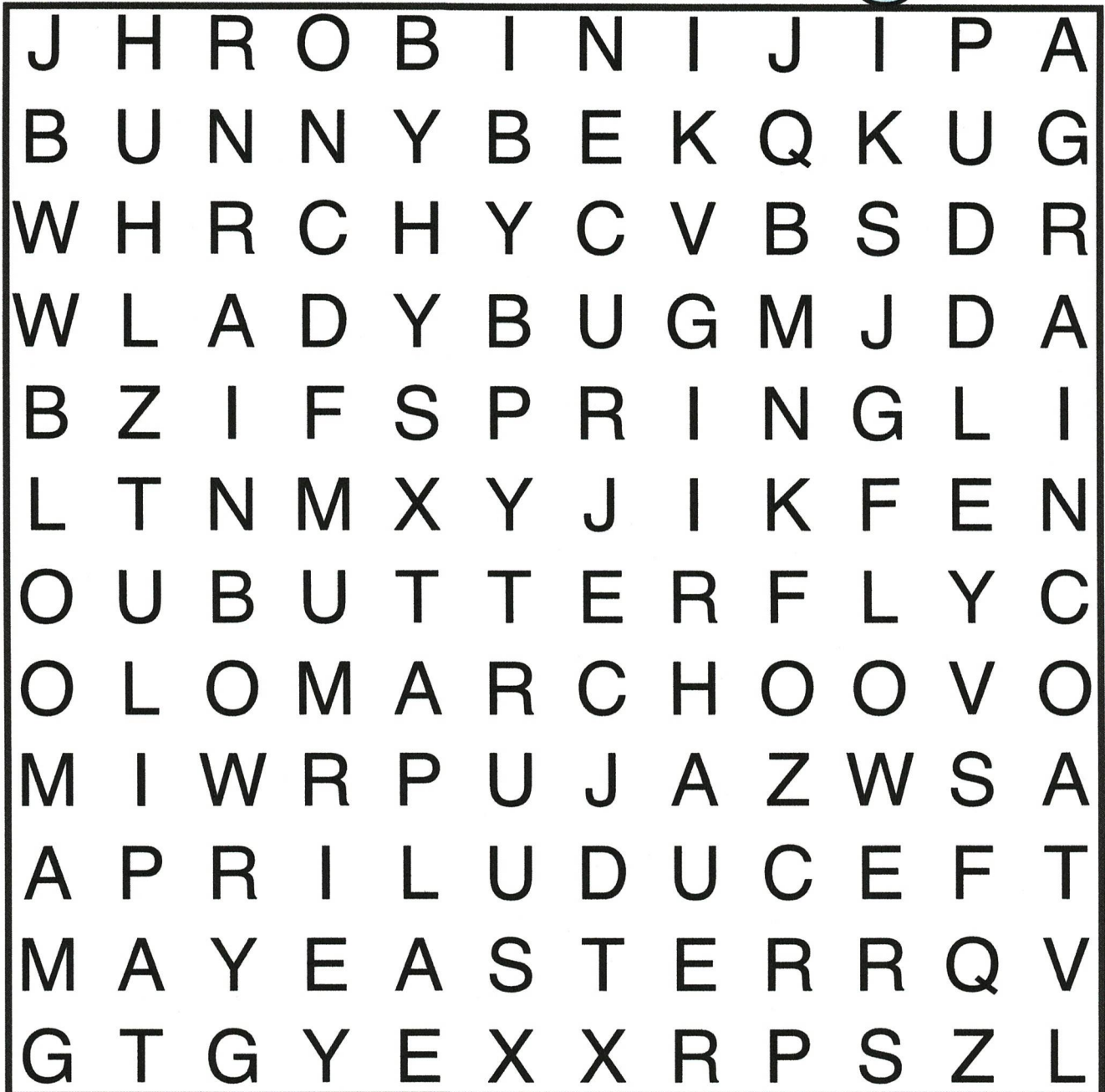
1. The man is my son.
2. A stamp
3. A candle
4. A towel
5. Meat
6. Incorrectly
7. Promise
8. None, Moses wasn't on the ark Noah was.
9. Stop Imagining
10. The letter m.
11. A bottle
12. Fish
13. Egg

Convert.

- | | |
|------------------------|-----------------------|
| 1 a. 5 yd = _____ ft | 1 b. 24 ft = _____ yd |
| 2 a. 6 yd = _____ ft | 2 b. 9 yd = _____ ft |
| 3 a. 11 yd = _____ ft | 3 b. 6 ft = _____ yd |
| 4 a. 30 ft = _____ yd | 4 b. 4 yd = _____ ft |
| 5 a. 3 yd = _____ ft | 5 b. 36 ft = _____ yd |
| 6 a. 3 ft = _____ yd | 6 b. 21 ft = _____ yd |
| 7 a. 3 ft = _____ yd | 7 b. 7 yd = _____ ft |
| 8 a. 33 ft = _____ yd | 8 b. 9 yd = _____ ft |
| 9 a. 33 ft = _____ yd | 9 b. 2 yd = _____ ft |
| 10 a. 33 ft = _____ yd | 10 b. 8 yd = _____ ft |

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word search



BLOOM

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MARCH

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MAY

RAINBOW

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TULIP

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LADYBUG

RAINCOAT

Finish the Phrase

Answers

1. Sight for Sore Eyes
2. A bed of roses
3. A blast from the past
4. A bolt from the blue
5. A diamond is forever
6. A drop in the bucket
7. A fate worse than death
8. A foregone conclusion
9. A frog in the throat
10. A good man is hard to find
11. A horse, a horse, my kingdom for a horse
12. A house divided against itself cannot stand
13. A knee jerk reaction
14. A labor of love
15. A laughing stock
16. A leopard cannot change its spots
17. A lick and a promise
18. A little knowledge is a dangerous thing
19. A man after my own heart
20. A man's got to do what a man's got to do
21. A Molotov cocktail
22. A multitude of sins
23. A picture paints a thousand words
24. A rose is a rose is a rose
25. A shot across the bows
26. A small step for man, a giant leap for mankind
27. A sorry sight
28. A square meal
29. A stool pigeon
30. A thing of beauty is a joy forever
31. A whiter shade of pale
32. Abandon hope all ye who enter here
33. Absence makes the heart grow fonder
34. Ace in the hole
35. All that glitters is not gold
36. An eye for an eye, a tooth for a tooth
37. Between a rock and a hard place
38. Call a spade a spade
39. Discretion is the better part of valor
40. Eat drink and be merry
41. Finger lickin good
42. Full of piss and vinegar
43. Genius is one percent inspiration and 99 percent perspiration
44. Keep up with the Joneses
45. Like a chicken with its head cut off
46. Make him an offer he can't refuse
47. Much Ado about Nothing
48. No rest for the wicked
49. On a wing and a prayer
50. Speak softly and carry a big stick
51. The Ball is in your court
52. The die has been cast
53. Walk the plank
54. What's up Doc?
55. You are what you eat
56. Apples and pears
57. As cool as a cucumber
58. As dead as a doornail
59. As fit as a fiddle
60. As happy as a clam
61. As mad as a hatter
62. As pure as the driven snow
63. Ashes to ashes dust to dust
64. Back seat driver
65. Barking up the wrong tree
66. Beat about the bush
67. Beauty is in the eye of the beholder
68. Beauty is only skin deep
69. Been there, done that
70. Bet your bottom dollar
71. Better to have loved and lost than never to have loved at all

Sudoku #601 (Easy)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 8 | | 2 | 7 | 5 | |
| | | | | | 3 | 1 | 6 | 4 |
| 3 | | | | | | | | 9 |
| | 1 | 4 | | | | | | |
| 2 | | | | | | 3 | | |
| 5 | 3 | | 1 | | | | | |
| | | | | 1 | | | 2 | |
| 9 | 8 | | | 4 | | | | |
| | 2 | | | 5 | | | | 7 |

Sudoku #602

| | | | | | | | | |
|---|---|---|--|---|---|---|---|---|
| | 3 | | | 2 | | | 4 | |
| | 6 | | | | | 9 | | |
| | | | | | | | 5 | |
| 8 | 9 | | | | 3 | | | |
| 1 | | 6 | | 4 | 8 | | | 3 |
| | | | | | 1 | 4 | 8 | |
| 3 | | 1 | | | 7 | 6 | | |
| | | 9 | | | | | | |
| | | | | 1 | | 5 | 2 | 4 |

Solution on reverse.

Solve These Riddles

- Brothers and sisters I have none but this man's father is my father's son.
Who is the man?
- What can travel around the world while staying in a corner?
- I'm tall when I'm young and I'm short when I'm old. What am I?
- What gets wetter and wetter the more it dries?
- Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?
- Which word in the dictionary is spelled incorrectly?
- What gets broken without being held?
- How many of each species did Moses take on the ark with him?
- Imagine you are in a dark room. How do you get out?
- What occurs once in every minute, twice in every moment, yet never in a thousand years?
- What has a neck but no head?
- From "The Hobbit" by J. R. R. Tolkien,
Alive without breath,
As cold as death;
Never thirsty, ever drinking,
All in mail never clinking.
- From "The Hobbit" by J. R. R. Tolkien,
A box without hinges, key, or lid,
Yet golden treasure inside is hid.

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RAINCOAT

Baked Potato Casserole

★★★★★

This baked potato casserole makes a perfect side dish to bring to large family potlucks, picnics, and celebrations.

By rocc27

Cook: 1 hr 30 mins**Total:** 1 hr 45 mins**Prep:** 15 mins**Servings:** 45**Yield:** 45 servings

Ingredients

10 pounds red potatoes
 2 pounds bacon
 8 cups shredded sharp Cheddar cheese
 4 cups processed cheese sauce
 2 cups sour cream
 2 cups mayonnaise
 2 large onions, finely chopped
 1 tablespoon minced chives
 2 teaspoons salt
 2 teaspoons ground black pepper

Directions

Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain, cool, and cut into cubes.

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble.

Preheat oven to 325 degrees F (160 degrees C). Lightly grease an 8-quart baking dish.

Combine potatoes and bacon in a large bowl. Mix Cheddar cheese, cheese sauce, sour cream, mayonnaise, onions, chives, salt, and pepper in a bowl. Stir cheese mixture into potatoes; transfer to baking dish and cover with aluminum foil.

Bake in preheated for 50 minutes; remove foil and continue baking until cheese is bubbly and lightly browned, about 10 minutes.

Nutrition Facts

Per Serving: 354 calories; protein 12.3g; carbohydrates 22.1g; fat 24.3g; cholesterol 54.1mg; sodium 828.6mg.

Chicago Macaroni Salad

★★★★★

My family is from Chicago. This is one of my grandma's best recipes that's been handed down. Kids love it because of the cheese cubes! It's a great potluck dish because it has a lot of color! I use salad macaroni because of its small size.

By Lisa Anne

Cook: 10 mins

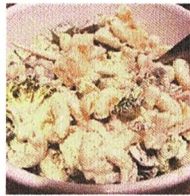
Additional: 4 hrs

Total: 4 hrs 40 mins

Prep: 30 mins

Servings: 10

Yield: 10 servings



Ingredients

- 1 (8 ounce) package salad macaroni
- 1 cup small broccoli florets
- ¾ cup diced Cheddar cheese
- ½ cup chopped green bell pepper
- ½ cup dill pickle relish, with juice
- 1 large dill pickle, chopped
- ½ cup chopped celery
- ½ cup sliced black olives
- ½ cup sliced green olives (Optional)
- ¼ cup chopped green onion
- 2 tablespoons shredded carrot
- 1 tablespoon chopped pimento peppers
- 1 cup light mayonnaise
- ¼ cup prepared yellow mustard
- 1 teaspoon salt
- ½ teaspoon white sugar
- ¼ teaspoon black pepper

Directions

Fill a pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the salad macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink, and rinse with cold water until chilled. Drain again to remove excess water.

Place macaroni, broccoli, Cheddar cheese, green pepper, pickle relish, dill pickle, celery, black olives, green olives, green onion, carrot, and pimento in a salad bowl, and toss lightly to combine. In a bowl, whisk together the light mayonnaise, mustard, salt, sugar, and black pepper to make a smooth dressing; pour the dressing over the salad, and lightly mix to coat all ingredients with dressing. Refrigerate at least 4 hours to blend flavors before serving.