

Farmington Senior Center

2015

welcome
April 

573-756-1376

607 Wallace Rd, Farmington MO

We will be hosting a Town Hall meeting with US Senator Claire McCaskill Thursday April 2nd at 2:30 pm. Every one is welcome to come and participate. If you have questions or concerns this will be a great opportunity to meet with her.

We will be have a Rummage Sale Saturday April 4th 8:00-12:00
If you have donations please bring them in. If you would be able to help set up Friday afternoon or to help Collect money Saturday and help clean up please sign the sheet on the registration table.

Friday April 3rd, the Youth of Modern Woodman will once again be here to make Ice Cream Sundaes for everyone for lunch.

Miracle Ear will be here April 22nd to do hearing screenings.

We have not asked for a product of the month for a very long time.
This is not a product but we are in need of **kitchen towels**. If you could donate kitchen towels we would greatly appreciate it.

June with Clarks Pharmacy will once again be doing blood pressure and blood sugar screenings on her regular schedule of the 2nd and 4th Tuesday of each month.

Monday April 6th the Monday night music will be doing a fund raiser there will be \$5.00 admission. The Band will provide the meat and side dishes are pot luck so bring your favorite dish for a night of fun and food.

WEEKLY EVENTS

MONDAY

Exercise 9:00 am

Exercise-- 10:00 am

Music by the House Band--6:00 pm

TUESDAY

Decorative Painting 9:00 am

Basket weaving 9:00 am

Exercise Class 1:00pm

WEDNESDAY

Exercise 9:00 am

Exercise-- 10:00 am

THURSDAY

Games 12:30

Exercise Class 1:00pm

Wood Carvers 5:30

FRIDAY

Exercise 9:00 am

Exercise--10:00 am

MONTHLY ACTIVITIES

First Thursday--9:30 Silver Bells

2nd Tuesday

Paper Dolls craft club 1:00 pm

Threads of Friendship quilters guild 6:00
pm

3rd Wednesday

Bunco 10:00 am

SPECIAL HEALTH PROGRAM

Special Health program will be April
21st at 10:45 with a Physician from
Mineral Area Regional Medical
Center.

**Volunteers needed: Did you
know that volunteering
connects you to others,
improves both mental and
physical health, combats
depression, brings fun and
fulfillment to your life?**

**We are in need of drivers for meal
delivery. We have openings on
Monday, Wednesday, Thursday
Friday.**

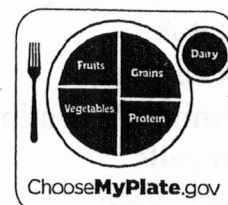
**We also need volunteers to help
with drinks and make sure every
thing needed in the drinks area
is taken care of.**

10 tips

Nutrition
Education Series

be food safe

10 tips to reduce the risk of foodborne illness



A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

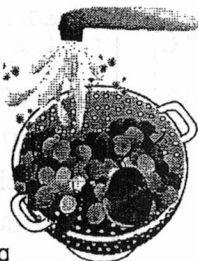
At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roasted chicken Smoked sausage Potatoes Green beans Hominy Au gratin Hot rolls Berry crisp 30	Ham & Beans Chicken Tenders Fried potatoes Spinach Carrot/raisin salad Cornbread Spiced apples Apple pie 31	Beef stroganoff Pork cutlet Mashed potatoes California blend Salad Roll Pineapple Hawaiian pie 1	Easter dinner Pork Chop Turkey Dressing Yams Green beans Roll Easter cake 2	Patty Melt Turkey Sandwich Carrots sticks Warm Corn salad Fries Strawberry short Cake 3
Meat loaf/mashed Potatoes Ham sandwich Basket /fries Green beans Baked apples Apple pie 6	Taco Salad Chicken Enchilada Mexican rice Pinto beans Tortilla chips Jello&Fruit 7	Chicken strips Chop sirloin Baby bakers Carrots Hot roll Cherry crisp 8	Ham slice Turkey Yams/pecans Broccoli Buttered noodles With parmesan Peaches Cake 9	Salmon Patty Cheese burger Baked beans Cauliflower Corn bread Orange 10
Swiss steak Smothered chicken Mushroom pilaf Beets Green bean almandine Blushing pears Cake 13	Citrus glazed Turkey Meatballs Parsley Potatoes Lima beans Bread Jello & Fruit 14	Pork Chop& Stuffing Roast beef Scalloped potatoes Red cabbage & apple salad Zucchini & tomatoes Peach crisp 15	Chicken Salad Open Face Turkey Baked sweet Potato Marinated veggies Peas Citrus fruit Mix Chocolate tart 16	Baked fish Ham quiche Garlic grits Glazed carrots Spinach salad WW bread Mixed fresh fruit 17
Hamburger On bun 20 Pulled pork Fries Cucumber onion Salad Baked beans Mandarin Oranges	Chili Mac 21 Ham & fried Potatoes Brussels sprouts Succotash Roll Pineapple Cook's choice pie	Chicken & dumplings 22 Reuben sandwich Baby carrots Broccoli Roll Apple crisp	Chicken Parmesan Chop Sirloin 23 Pasta & marinara Sauce Salad Green beans Garlic toast Pears	Fish fillet 24 Ham sandwich slaw White beans Crackers Banana strawberry grapes
BBQ beef 27 Fajita chicken Home fries Slaw Corn on cob Spiced applesauce Pie	Spaghetti/meat Chicken Alfredo Cauliflower 28 Peas Garlic toast Jello & fruit	Chef salad 29 Hot dog on bun With fries 3 bean salad Crackers Pear crisp	Turkey&Cheese Croissant 30 Lasagna Pea Salad Carrots Banana Pudding	Chicken Gumbo 1 Pork Roast Rice Green beans Harvard beets Corn bread Hot apples & raisins