



Canyon Lake Senior Center

June 2011 Online Newsletter

City Council Forum

Canyon Lake Senior Center

Canyon Lake Senior Center will hold a forum for all the candidates running for a seat on the City Council. This forum will be held on Friday, May 27 at 6:30 p.m. at the Center, 2900 Canyon Lake Drive. Each Ward will meet in a separate room. Bring your questions for the candidates to answer.

Candidates Ward 1 Charity Doyle; Ward 2 Steve Laurenti and Tim Rose, and Deb Hancock and Ritchie Nordstrom; Ward 3 Jerry Wright and Chad Lewis; Ward 4 John Roberts and Ron Kroeger; Ward 5 Ron Sasso and Kay Rippentrop.

The election will be Tuesday, June 7. The public is invited to this forum.

Monday Night Football

Canyon Lake Staff

You love or hate this game but it doesn't matter. It can be a win-win situation either way. The Monday Night Football pool books are one of the larger fundraisers for Canyon Lake Senior Center and sales begin June 24!

We ran into a couple issues this year. Our football committee is lacking important players. We need volunteers to help prepare, sell and call potential buyers. With our team running short we may not raise the amount of cash that the Center is used to receiving.

Next, we are challenging every Canyon Lake Senior member to sell two books. It really wouldn't be that hard to get a few of your family members for that. Just think of the funds you would be creating for the Center. We have over 1,106 members, and at two books each that has a potential of bringing in over \$20,000 before payouts. Just think what that could do for our Center.

If you don't know about the books, this should help you: Buy your football pool books for \$10, then you have an opportunity to win \$25 each week during the season. Buy them for birthday gifts or gifts for family and friends. Better yet, buy a book for yourself and help the Center. It's an inexpensive way to support your Center. Maybe you, too, will win a prize or two!

Monday Night Football games will be here before you know it and you don't want to be left out of the 16 opportunities to win. Also, the odds of winning are one in six so the chances are great!

You'll never have to worry about being gone during the football season, because the Center will send you a check when you win.

So plan those football parties and share the wealth. This is one of the main fundraisers for Canyon Lake Senior Center. We plan to do great things with the money raised, so help your Center to improve by selling or purchasing football ticket books.

If you would like to sell football ticket books, please contact the Office.

Cooking for One or Two

By Tiffany Krinke

The transition from preparing meals for large families to cooking for just one or two can seem overwhelming, no matter your age. Some seniors in this position may end up not eating much at all, or relegate themselves to sandwiches for dinner. Maintaining a healthy, well-balanced diet is essential for seniors to avoid malnutrition which can occur when seniors do not eat regular meals that contain nutritious ingredients.

Here are a few suggestions Comfort Keepers[®] has compiled to make cooking for one or two easy, just for you.

- Cut your favorite recipes in half. This is a great alternative to making more than you can eat and throwing the rest out.
- Freeze leftovers. Some recipes are easy to divide into individual portions and frozen for later use. This eliminates the struggle of wondering what to prepare for lunch or dinner, and minimizes time spent cooking.
- Buy frozen fruits, veggies and meat in bulk packages. Bags are frozen, but easily accessible for meal planning. Beef, chicken and fish are nutritious choices that keep well in the freezer for a period of time.
- Prepare and share. Find friends facing the same challenges and plan to share larger meals. Perfect for recipes that can be frozen in smaller portions; this idea provides the bonus of variety within your menu planning and is a great way to socialize with friends.

Reuse and recycle. One day you are having pot roast, the next you are having shredded beef enchiladas! Making large meals that can be recycled into another dish the next day is a great way to keep family favorites around without wasting the leftovers.

Ghostly Adventure Set For Black Hills Explorers

By Lee Alley

On Saturday, June 11 The Black Hills Explorers will walk explore one of the “ghost towns” of the Black Hills, along with a moderate hike in the area. The group will depart the Canyon Lake

Center promptly at 8:30am. Anyone in basic trail-walking physical condition is welcome join in. A Black Hills historian, to help interpret sights along the way, will accompany the group.

Please bring stable footwear, wind and rain protection, water, and a snack for yourself.

The Black Hills Explorers meet the second Saturday of each month. The purpose of the group is to explore new knowledge, activities and places in the Black Hills. While mild-weather activities will be primarily outdoors, some winter-weather explorations will be scheduled indoors.

For questions contact Canyon Lake Center member and Black Hills Explorers leader Lee Alley at (605) 863-0806.

1st Annual Canyon Lake Senior Citizen Spelling Bee

By Jeanne Hoback

Join in the fun at the Canyon Lake Senior Center. Get your partner; sharpen your skills because we are holding a "Spelling Bee" on Saturday, July 23, 2011, at 10 am. Select your partner, sign up, exercise your gray cells, and participate in our blast from the past!

If you like spelling, like a challenge or want to participate you can!

Rules are not hard: you must be 50 years or older, understand English, and live in the United States. Words can be found in the Webster's Dictionary. Stop in the office and pick up a set of rules.

There will be a 1st place team winner \$40, a second place team winner \$20, and a third place honorable mention.

After the Bee, we hope our contestants and audience will join us for a salad and dessert luncheon (\$6.00) in the main room. After dining, we will have an award ceremony recognizing the winners as well as all of the contestants.

Fill out the entry form and mail it in with your team \$10 entry fee or stop in the Canyon Lake Senior Center office.

We encourage the public of all ages to come and share the blast from the past!

Form:

Canyon Lake Senior Center Spelling Bee

Name: _____ Address: _____

State _____ Zip _____ Telephone: _____

Name: _____ Address: _____

State _____ Zip _____ Telephone: _____

Team Entry Fee: \$10 _____

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