

Senior Talk & Tell



Activities Calendar
7 Foot Clinic, by apt
524-7688
20 Dining Center Com-
mittee 11a

Weekly Activities

Monday

Stretch & Flex, 9am
Tai Ji for balance 10a
Dupl.Bridge, 12:30pm
Line Dancing, 1 pm

Tuesday

Blood Pressure
Checks, 11-12
Bingo, 1pm

Wednesday

Music/Dancing, 11a
Line Dancing, 1pm
California Rummy, 1pm
Hand & Foot, 1pm /2:30

Thursday

Stretch & Flex, 9am
Jackpot Bingo, 1pm

Friday

Party Bridge, 1pm
Line Dancing, 1pm
Cribbage, 1pm
Pinochle Nite 6:30pm

Volunteer of the Year!



Nominations were gathered in July for the 2019 "Volunteer of the Year". Our volunteer Appreciation Dinner will be held on August 20th at 5pm here at the senior center. It will be a "Cowboy Theme" with appreciation gifts and door prizes. Please sign up to join us at the lunch reception desk



Wild Eastern Oregon Honey available in the office by the Quart for a donation to our senior meals program.

Sumpter's Amazing History

(as described in a Portland newspaper in 1900)

Sumpter is a young wonder. Two years ago it was unheard of, except as the camping place of a small detachment of United States troops the day the Charleston-Harbor fort was fired upon, and the spot where recently a little lumbering railroad has run out in the woods. In May of 1899, it had about 250 inhabitants; and in May, 1900-just a year later it is a rushing, bustling little city of nearly 4,000 population, with something like 150 business houses, including 25 hotels, restaurants and lodging houses, 23 saloons, three banks, four assay offices, 15 or 20 real-estate and brokers' offices, three live newspapers, four sawmills, a brewery, an opera house, news agencies, brickyards, millinery and jewelry stores, dance houses, shooting galleries and all the other boom mining camp establishments. Sumpter has churches, good schools, telegraph and telephone connection with all the great surrounding mines and the outside world in general, a stalwart fire department, a \$75,000 waterworks system with 15 fire hydrants.

AARP Smart Driving Class—August 15

Lunch Served
11:30 - 12:30

August Menu 2019

Community Connection of Baker County
2810 Cedar Street, Baker City OR 523-6591

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Birthday Cake sponsored by Grays West & Co, and Safeway Store. Meals on wheels Birthday Cake sponsored by Heart N Home</p>	<p><i>Senior & Volunteer Suggested Donation \$4.50</i> <i>Non-Senior Charge \$6.75</i> <i>Under 12 Charge \$4.50</i></p>		<p>1</p> <p>Meat Lasagna Cauliflower Garlic Bread Stix Green Salad Cheesecake</p>	<p>2</p> <p>Pork Roast Parslied Red Potatoes Mixed Vegetables Roll Fruit Ambrosia Brownies Entree Sponsor Baker CO Veteran Services</p>
<p>5</p> <p>Chicken Ala King Over Biscuit Broccoli Blend Fruit Cup Peach Crisp</p>	<p>6</p> <p>Pork Filet Mignon Potatoes & Gravy Mixed Vegetables Roll Jell-O W/Fruit Bread Pudding Entree Sponsor Baker Valley Physical Therapy</p>	<p>7</p> <p>Hot Turkey Sandwich Stuffing w/gravy Green Beans Green Salad Cinnamon Rolls</p>	<p>8</p> <p>Old Fashion Steak Parslied Red Potatoes Peas, Roll Sauerkraut Salad Ice Cream Entree Sponsor Marvin Wood Products</p>	<p>9</p> <p>Taco Salad (Beef, Lettuce, Tomato, Onion, cheese Chips & Salsa) Fruit Cup Cookies</p>
<p>12</p> <p>Boneless Chicken Breast W/Cream Gravy Mashed Potatoes Broccoli Blend Biscuit Fruit Ambrosia Brownies Entrée Sponsor Lyon's Club</p>	<p>13</p> <p>Beef Tips Over Fettuccine Carrots Bread Sauerkraut Salad Ice Cream</p>	<p>14</p> <p>Meatloaf Potatoes & Gravy Mixed Vegetables Roll Green Salad Cake Entree Sponsor Teak Inc DBA Subway Development</p>	<p>15</p> <p>BBQ Ribs Scalloped Potatoes Green Beans Roll Broccoli Bacon Salad Apple Crisp Entree Sponsor LaDonna & Willard Uttenreuthner</p>	<p>16</p> <p>Ham & Cheese Croissant Macaroni Salad Green Beans Cottage Cheese W/Fruit Cookies</p>
<p>19</p> <p>Pot Roast Potatoes & Gravy Mixed Vegetables Roll Green Salad Ice Cream Entrée Sponsor Elkhorn Eagles #3456</p>	<p>20</p> <p>Cabbage Rolls Parslied Red Potatoes Carrots Bread Cottage Cheese W/Fruit Cheesecake Entrée Sponsor Bev & Duane Schaer</p>	<p>21</p> <p>Chicken Cordon Bleu w/ Hollandaise Baked Potato Peas, Roll Carrot Raisin Salad Cake Entrée Sponsor R & D Lawn Services</p>	<p>22</p> <p>Spaghetti W/Meat Sauce Cauliflower Garlic Bread Green Salad Pudding</p>	<p>23</p> <p>Chicken Fry Chicken Potatoes & gravy Broccoli Blend Roll Cinnamon Roll Entrée Sponsor Judy Baker</p>
<p>26</p> <p>Sloppy Joes Potato Salad Corn Fruit Cup Lemon Bar</p>	<p>27</p> <p>Salisbury Steak Potatoes & Gravy Mixed Vegetables Roll, Cottage Cheese w/Fruit Sherbet Entrée Sponsor Settlers Park</p>	<p>28</p> <p>Baked Ham Scalloped Potatoes Green Beans Roll Beet & Onion Salad Birthday Cake Entrée Sponsor Encompass Health</p>	<p>29</p> <p>BBQ Chicken Parslied Red Potatoes Broccoli Blend Roll Coleslaw Cookies</p>	<p>30</p> <p>Swedish Meatballs Over Rice Carrots Bread Fruit Ambrosia Rice Pudding</p>