

# Deposit Senior Center

14 Monument Street, Deposit New York (Inside The Christ Episcopal Church)

Phone: (607) 467-3953

Open Tuesdays & Thursdays, 9:00 am—2:00 pm

Site Supervisor—Carolyn De Nys Site Council President - Erwin Sessler

Lunch served at 12:30 p.m.—reservations requested by 1 p.m. one day in advance

Lunch— \$2.50 contribution age 60+ and spouse of any age, \$3.50 for others

## Veterans Day Remembrance

Thursday, November 5, 11:15 am

Celebrate Veterans Day with us. Veterans will receive a complimentary meal from the Broome County Office for Aging. We will be entertained by David Hores the accordionist at 11:15 am. Then, enjoy a delicious meal of sliced pork with gravy & a black forest brownie. Followed by a salute to veterans at 12:15 pm. Please call to reserve.

### Health Corner

#### **Blood Pressure Screenings**

November 3 1 pm

By Barbara Salte

Such a simple thing to keep yourself well day after day. Good work, keep it up!

#### **Site Council Meeting** November 3

All are welcome to sit in on planning our activities. Find out what makes the center run.

#### **Deposit Schools Superintendent**

November 3

Ms. Hauber will speak at noon on the capital project. Keep informed about your community.

#### **Ice Cream Day!** November 12, 1 pm

Yum, banana splits. After the birthday party.

#### **Meadow Park Luncheon** November 4

Lunch at 12:30 pm, bring a friend!

Nickel bingo at 11:15 am

### **Birthday Celebration**

November 12, noon

- |       |                |       |                  |
|-------|----------------|-------|------------------|
| 11/2  | Ginger Haugen  | 11/11 | Vicky Cempa      |
| 11/2  | Sally Lynn     | 11/12 | Don Gleason      |
| 11/3  | Ellen Jogo     | 11/13 | Linda Servetas   |
| 11/5  | Ralph Travy    | 11/17 | Diane Kalweit    |
| 11/8  | Clara Walker   | 11/19 | Jeanne Dailey    |
| 11/9  | Kay Lewis      | 11/20 | Mary Alberta     |
| 11/9  | Bob Thomas     | 11/21 | Bob Hanrahan     |
| 11/10 | Louise Belknap | 11/28 | Doris Gruscavage |

#### **Thanksgiving Dinner** November 19

Entertainment by Senior Sounds at 11 am followed by lunch at 12:30 pm

#### **Bingo "Our Way"** November 24, 1 pm

Everyone wins, no one loses!

#### **Volunteer of the Month** November 24

Who is next? Could it be you?

#### **Center closed for Thanksgiving**

November 26

Church is open for a free meal from 11-2 pm

## It's Pumpkin Season!

Did you know that there are competitions every year to see who can grow the largest pumpkin? Prize winners have weighed in at more than 1,000 pounds!

While they can be grown to a massive size, pumpkins are also good for you! Pumpkins are made up of 90% water, they have about 40 calories per 1/2 cup, almost no fat, and 3.5 grams of fiber per serving!

It is a great substitute for oil, butter, and other fatty ingredients used in cooking.

Try this pumpkin soup to warm up this fall:

### Ingredients

4 cups fat free chicken broth  
 1 15 oz can pumpkin  
 1 15 oz can black beans, drained and rinsed  
 1 cup canned sweet corn kernels  
 3/4 cup salsa  
 1 tbsp minced garlic  
 1 tsp chili powder  
 1/2 tsp ground cumin

Optional toppings include:  
 Shredded low fat cheese, fat free sour cream, and chopped scallions

### Directions

-Spray a medium pot with nonstick spray and bring to medium heat on the stove  
 -Place garlic in the pot, stir and cook 1 minute  
 -Add broth and spices, bring to a simmer  
 -Add pumpkin and mix well  
 -Add remaining ingredients, stir, and bring soup to a boil  
 -Reduce heat to low and simmer for 10 minutes  
 -If you like, top with any optional ingredients before serving

Recipe serves 4



## On the Menu



Entrée and Dessert. Menu subject to change.

11/3 Pepperjack Chicken Sandwich w/  
 Ranch Dressing & Pineapple Tidbits

11/5 Roasted Pork w/Gravy & Black Forest  
 Brownie

11/10 Pub Burger w/Toppings & Peanut  
 Butter Cookie

11/12 Turkey ala King Over a Biscuit &  
 Pudding

11/17 Savory Chicken Filet w/Gravy &  
 Frosted Lemon Cake

11/19 Macaroni & Cheese & Sliced Pears

11/24 Liver w/Onions OR Sausage w/  
 peppers and onions & Pumpkin Cookie