Costume Party

WITH

DIMINISHING FACULTIES

DANCING, COSTUME CONTEST, FOOD AND PRIZES!

OCTOBER 31ST
10:00 AM

* Lunch served at 11:30 am
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**Everyday Free Coffee**

Is donated by our Seniors!

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**Yearly $25 membership required for seniors 60 and over**

**HOT BREAKFAST**
served 8:00 to 9:30
**Tue, Thu & Fri only**

**COLD BREAKFAST**
served 8:00 to 10:00
**Mon & Wed only**

**LUNCH**
served at 11:30
$2.00

**Guests:** $4.00
*(without membership)*

**Donations Appreciated!**

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**HAIRCUTS**

Thursday, October 10th
at 10:00 am

*Members Only*

*(Please wash hair prior to getting it cut)*

---

**Please donate what you can for lunch...**

Remember that we do not receive any government funding. Donations go towards our Senior Center services. We would no longer be able to provide those services without donations.

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**HAIRCUTS**

Thursday, October 10th
at 10:00 am

*Members Only*

*(Please wash hair prior to getting it cut)*
Monthly Birthday Celebration!

Friday, October 25th
10:00 - 10:30 am

This Month Sponsored by:
Mid-City Concerns

October 11
Virgil Joe

October 20
Grace Covington
Fred Burns

October 22
Teresa Kerbs

October 26
Gary Plemmons

October 29
Kathie Marchel
It's that time of year again...

At Halloween we cats become bewitched...

Our eyes turn blood red...

Our fangs grow...

And our hair stands up.

Not to mention longer claws.

Aay! Eee!

That's right, doc. He screamed, turned white, and passed out.

My husband won't let me cook with fire.

Mine always smells like a sewer.

Mine leaves hair everywhere.

Mine hates my garlic bread.

You are not haunting the house dressed like that, young lady...

First Monster Wives Club.
1. **October**’s birthstone is opal and pink tourmaline, it’s flower is the calendula and the zodiac signs for **October** are Libra (September 23 – October 22) and Scorpio (October 23 – November 21).

2. **October** was originally the eighth month of the Roman calendar. It comes from the Latin word "octo" meaning eight. Later, it became the 10th month when January and February were added to the Calendar.

3. Famous people born in **October** include Angela Lansbury, Hillary Clinton, Bill Gates, Julia Roberts, Matt Damon, Kate Winslet, Julie Andrews, Hugh Jackman, Katy Perry, Alfred Nobel, Anne Rice, Arthur Miller, Auguste Lumière, Friedrich Nietzsche, Christopher Columbus, Johannes Vermeer, John Keets.

4. **October** in different languages:
   - Chinese (Mandarin) - shíyuè
   - Danish - oktober
   - French - octobre
   - Italian - ottobre
   - Latin - October
   - Spanish - octubre
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please call in Meal Cancellations by noon the day before (if possible).</td>
<td>1 Meatloaf Roasted Red Potatoes Vegetables</td>
<td>2 Baked Ham Pineapple bits Yams Peas</td>
<td>3 Chicken Cordon Blue Rice Pilaf Peas</td>
<td>4 Fried Chicken Mashed Potatoes Gravy Carrots</td>
</tr>
<tr>
<td>7 Teriyaki Chicken w/ Pineapple Rice</td>
<td>8 Roast Turkey w/Gravy Dressing Mixed Vegetables</td>
<td>9 Beef Stew Mashed Potatoes Peach Crisp</td>
<td>10 Chicken Patty Mashed Potatoes Gravy Carrots</td>
<td>11 Lemon Pepper Fish Rice/Peas &amp; Carrots Cake</td>
</tr>
<tr>
<td>14 Swedish Meatballs Pasta Broccoli &amp; Carrots</td>
<td>15 Chicken Pot Pie Peas Peach Crisp</td>
<td>16 Chicken Casserole Peas Tropical Fruit</td>
<td>17 Broccoli Tortellini Alfredo Peas and Carrots</td>
<td>18 Dijon Chicken Mushroom &amp; Rice Winter Mix Veggies</td>
</tr>
<tr>
<td>21 Spaghetti w/ Meatballs Green Beans Cake</td>
<td>22 Lentil Chili Potatoes Broccoli Pears</td>
<td>23 Biscuits &amp; Gravy Scrambled Eggs Peaches</td>
<td>24 Salisbury Steak/Gravy Mashed Potatoes Carrots</td>
<td>25 Seafood Fettuccini Peas White Cake</td>
</tr>
<tr>
<td>28 Mexican Pasta Skillet Corn &amp; Peas Apple Crisp</td>
<td>29 Mac and Cheese Chopped Broccoli Apple crisp</td>
<td>30 Country Fried Steak Gravy Peas</td>
<td>31 Sweet &amp; Sour Meat Balls Rice Broccoli Apple Crisp</td>
<td>Reminder: The Health Department requires ice packs be in coolers for us to leave the meal.</td>
</tr>
</tbody>
</table>
Upcoming Events

The 9th Annual Great Pumpkin Race
October 26, 2019

1K or 5K Fun Run through the beautiful historic Greenwood Memorial Terrace cemetery.

Afterwards, race your decorated pumpkins, down the hill towards the finish line!

Enjoy vendors, entertainment, awards, and more!

Race to Feed Our Veterans

5K 2019
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk served at 11:15</strong></td>
<td>1 Pizza &amp; Salad</td>
<td>2 Pork Roast</td>
<td>3 Chili Mac</td>
<td>4 Cheese Enchiladas</td>
</tr>
<tr>
<td><strong>Lunch served at 11:30</strong></td>
<td></td>
<td>Mashed Potatoes</td>
<td>Cornbread</td>
<td>Spanish Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gravy</td>
<td>Carrots w/ Ranch</td>
<td>Pinto Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 Meatloaf</td>
<td>8 Pizza &amp; Salad</td>
<td>9 Chicken Alfredo</td>
<td>10 Nachos Supreme</td>
<td>11 BLT’s</td>
</tr>
<tr>
<td>Mashed Red Potatoes</td>
<td></td>
<td>Broccoli Rolls</td>
<td>Sliced Pineapple</td>
<td>Chips</td>
</tr>
<tr>
<td>Veggies</td>
<td></td>
<td></td>
<td></td>
<td>Fruit Salad</td>
</tr>
<tr>
<td>14 Chicken Fried Steak</td>
<td>15 Pizza &amp; Salad</td>
<td>16 Grilled Cheese</td>
<td>17 Fried Chicken</td>
<td>18 Spaghetti</td>
</tr>
<tr>
<td>Potatoes &amp; Gravy</td>
<td></td>
<td>Tomato Soup</td>
<td>Mashed Potatoes</td>
<td>Salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Veggies</td>
<td>Rolls</td>
</tr>
<tr>
<td>21 Grilled Chicken</td>
<td>22 Pizza &amp; Salad</td>
<td>23 Meat Steak</td>
<td>24 Pink Salmon</td>
<td>25 Stuffed Bell Peppers</td>
</tr>
<tr>
<td>Caesar Salad Pudding</td>
<td></td>
<td>Mushroom &amp; Swiss</td>
<td>Kidney Beans</td>
<td>Rolls</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Potato Salad</td>
<td>French Bread</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mixed Fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 Tacos</td>
<td>29 Pizza &amp; Salad</td>
<td>30 Lemon Pepper Chicken</td>
<td>31 Halloween Surprise</td>
<td>Meals are always subject to</td>
</tr>
<tr>
<td>Refried Beans Mandarin Slices</td>
<td></td>
<td>Chicken</td>
<td></td>
<td>change</td>
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<tr>
<td></td>
<td></td>
<td>Rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mid-City Senior Center

Milk served at 11:15
Lunch served at 11:30

Meals are always subject to change.
As many of you have heard, we have some exciting changes coming up on October 17th! Mid-City Concerns, Inc. has been selected us as the Credit Union Days charity of choice! What does this mean? It means a lot of great changes are coming your way. Here are a few of the highlights:

- Painting the entire Senior Center main room
- Updating the shelving
- Updating the clothing area for items more desirable
- A deep clean of the center
- Floor clean and polish
- New chairs

While we know this is going to be an amazing finished product, we also know it does raise some questions about the procedure. We are happy to talk those out and find solutions because ultimately you are the recipients of this opportunity. We want to know your concerns.

The Senior Center will be closed October 17th, for the work happening on site that day. We do apologize for the inconvenience but know it will be well worth it! If this closure negatively impacts you and you need help with activities for that day please speak to Julie for some ideas and resources.

The day after these changes we are going to have a Grand Opening Celebration for our senior members! There will be some treats for everyone starting at 9am as you explore the new look and then at 10am we’ll really party with some karaoke!

As more details and information come forward we will be sure to let all our members know as well. We want this to go as smoothly as possible for you. We will also be hosting a member soft opening of the center on Friday after the overhaul to reveal the new center to all of you!
Senior Activity Spotlight

Join us for KARAOKE

Thank You!

Special thanks to Kaiser Permanente for the Birthday treats!

FUN AT THE FAIR
Richard Graham was born in Great Falls Montana and has spent the last 28 years at The Parsons Apts in downtown Spokane. He has been a member here since Aug 2018 and says Spring is his favorite here. Richard has been a huge blessing by volunteering to call Bingo Mon, Wed & Fridays. Thanks for all your Help it’s greatly appreciated!

We need volunteers to help with Bingo and also Bingo players!

Mon/Wed/Fri 12:15 - 2:30
Why do I need vitamin D?

Your body must have vitamin D to absorb calcium and promote bone growth. Too little vitamin D results in soft bones in children (rickets) and fragile, misshapen bones in adults (osteomalacia). You also need vitamin D for other important body functions.

Vitamin D deficiency has now been linked to breast cancer, colon cancer, prostate cancer, heart disease, depression, weight gain, and other maladies. These studies show that people with higher levels of vitamin D have a lower risk of disease, although they do not definitively prove that lack of vitamin D causes disease -- or that vitamin D supplements would lower risk.

Vitamin D is so important that your body makes it by itself -- but only after skin exposure to sufficient sunlight. This is a problem for people in northern climates. In the U.S., only people who live south of a line drawn from Los Angeles to Columbia, S.C., get enough sunlight for vitamin D production throughout the year. Dark skin absorbs less sunlight, so people with dark skin do not get as much vitamin D from sun exposure as do light-skinned people. This is a particular problem for African-Americans in the northern U.S.

Which foods contain vitamin D? Surprisingly few foods contain vitamin D -- unless it's added to the food. That's because your body is built to get vitamin D through your skin (from sunlight) rather than through your mouth (by food). But once your body has enough, it doesn't matter whether you got it through your skin or through your stomach.

There are three vitamin D super foods:

Salmon (especially wild-caught)
Mackerel (especially wild-caught; eat up to 12 ounces a week of a variety of fish and shellfish that are low in mercury) mushrooms exposed to ultraviolet light to increase vitamin D

Other food sources of vitamin D include:

Cod liver oil (warning: cod liver oil is rich in vitamin A; too much may be bad for you), tuna canned in water, sardines canned in oil, milk or yogurt, beef or calf liver, egg yolks and cheese. Nearly all milk in the U.S. is fortified with vitamin D. So are many brands of orange juice, yogurt, margarine, and ready-to-eat breakfast cereals.

Source: www.webmd.com
# Ongoing Activities

## EVERY DAY Events:
- Games
- Pool table
- Penny Poker
- Breakfast
- Lunch

## Mondays:
- Pool table - open AM
- Bingo - 12:15 (18 and older)

## Tuesdays:
- Movie Day - 12:15
- Wii Bowling - 9:00
- Pool table - All Day

## Wednesdays:
- Mandala Art - 8:30
- Pool table - open AM
- Bingo - 12:15 (18 and older)

## Thursdays:
- Arts & Crafts - 10:00
- Wii Bowling - 9:00
- Pool table - All Day
- Bible Study - 12:30

## Fridays:
- Mandala Art - 8:30
- Pool table - open AM
- Bingo - 12:15 (18 and older)

## Senior Center activities are subject to change

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<tr>
<td><strong>7</strong></td>
<td>1&lt;br&gt;Pool Table - all day&lt;br&gt;12:15 Movie: S.W.A.T.</td>
</tr>
<tr>
<td>Pool Table - open AM&lt;br&gt;12:15 Bingo</td>
<td>8&lt;br&gt;Pool Table - all day&lt;br&gt;9-11:00 Wii Bowling</td>
</tr>
<tr>
<td>8:00 Dawn w/ United Healthcare</td>
<td>12:15 Movie: Member’s Choice</td>
</tr>
<tr>
<td><strong>14</strong></td>
<td>15&lt;br&gt;Pool Table - all day&lt;br&gt;9-11:00 Wii Bowling</td>
</tr>
<tr>
<td>Pool Table - open AM&lt;br&gt;12:15 Bingo</td>
<td>12:15 Movie: Flicka</td>
</tr>
<tr>
<td><strong>21</strong></td>
<td>22&lt;br&gt;Pool Table - all day&lt;br&gt;12:15 Movie: Thor</td>
</tr>
<tr>
<td>Pool Table - open AM&lt;br&gt;12:15 Bingo</td>
<td>29&lt;br&gt;Pool Table - all day&lt;br&gt;9-11:00 Wii Bowling</td>
</tr>
<tr>
<td><strong>28</strong></td>
<td>12:15 Movie: NeverEnding Story III</td>
</tr>
<tr>
<td>Pool Table - open AM&lt;br&gt;9:30-11:30 WSU Rx Clinic&lt;br&gt;12:15 Bingo</td>
<td></td>
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<tr>
<td>Wednesday</td>
<td>Thursday</td>
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<td>-----------</td>
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</tr>
<tr>
<td>2 Pool Table - open AM</td>
<td>3 Pool Table - all day</td>
</tr>
<tr>
<td>12:15 Bingo</td>
<td>9-11:00 Wii Bowling</td>
</tr>
<tr>
<td>9 Pool Table - open AM</td>
<td>10 Pool Table - all day</td>
</tr>
<tr>
<td>12:15 Bingo</td>
<td>9:00-11:00 Karaoke</td>
</tr>
<tr>
<td>12:15 Bingo</td>
<td>10:00 Haircuts w/Tracy</td>
</tr>
<tr>
<td>16 Pool Table - open AM</td>
<td>17 Pool Table - all day</td>
</tr>
<tr>
<td>12:15 Bingo</td>
<td>9-11:00 Wii Bowling</td>
</tr>
<tr>
<td>12:30-2:00 Bible Study</td>
<td>12:30-2:00 Bible Study</td>
</tr>
<tr>
<td>23 Pool Table - open AM</td>
<td>24 Pool Table - all day</td>
</tr>
<tr>
<td>10:00 Marc on accordion</td>
<td>9:00-11:00 Karaoke</td>
</tr>
<tr>
<td>12:15 Bingo</td>
<td>12:30-2:00 Bible Study</td>
</tr>
<tr>
<td>30 Pool Table - open AM</td>
<td>31 10:00 Halloween Party w/ Diminishing Faculties</td>
</tr>
<tr>
<td>12:15 Bingo</td>
<td>12:30-2:00 Bible Study</td>
</tr>
</tbody>
</table>
Senior Center Hours:  
Monday - Friday  
8:00 a.m. to 3:00 p.m.  
For seniors 60 and older.

Mid-City Concerns  
1222 W 2nd Avenue  
Spokane, WA 99201

Senior Center: 509-747-3257  
MOW Office: 509-456-6597

www.mowspokane.org  
Fax 509-458-7623

About Mid-City Concerns...

Mid-City Staff:  
Beth Alcorn .................. Director of Operations  
Sarah Hall .................. Director of Development  
Shauna Brink ............... Development Assistant  
Kathie Smith ................ Bookkeeper  
Amy Woolery (interim) .... Volunteer Coordinator  
Jordan Yanev ................ MOW Manager  
Cason Mejia ................ MOW Assistant  
Martha Malone .............. MOW Care Manager  
Tricia Makes ............... MOW Care Manager  
Julie McKinney ............. Senior Center Manager  
Paula Eastman ............. Senior Center Assistant  
Tossie Combs .............. Kitchen Manager  
Joe Tully ..................... Kitchen Assistant

Spokane Parks and Recreation Department assists in the costs of activities.

Mid-City Concerns Mission Statement:

To sustain the independence of those we serve by providing services and activities regarding nutrition, advocacy, education and recreation through the Meals on Wheels Spokane program and the Mid-City Concerns Senior Center.

The Agency does not discriminate on the basis of race, color, religion, creed, national origin, sex, age, marital status, disabled veterans, or disability status in the admission or access to services or employment in its programs or activities.