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***Making longer lives, better lives.***

Week of June 15, 2020

Dear Senior Center Friends – Curbside Meals Week Thirteen:

**New this week: “Q-boxes” Free food boxes for those 60-Plus**

The Senior Center has 45 boxes of shelf safe foods. These boxes are intended for older adults with food insecurity. If you are in need, please contact our office to arrange a safe pick up. Each box contains: diced tomatoes, peaches, pears, mandarin oranges, cornflakes, chicken broth, rice, tuna, oatmeal, spaghetti, peanut butter, canned chicken, corn, green beans, tomato sauce, pasta sauce and beans. These boxes are intended to support seniors during COVID 19, so that you don't have to venture out to the grocery store and make sure you have what you need to stay healthy.

**THEME of the WEEK:** DADS! Besides the pandemic of 2020, we all have another thing in common, a Dad. June is the month we celebrate our Father/Dad/Papa/Pops or whoever served as that role model in our lives. They come in all different varieties, personalities, disciplines, beliefs, shapes, and sizes. My Dad was a man of very few words, but we all knew what he was thinking. When it mattered, we heard him. I hope you can take some time this month to remember your Dad and how his love shaped your life. If you are a Dad, I hope you are showered in love from family and friends this month and always.

**NEXT WEEK'S THEME:** June Weddings! Please bring in a wedding photo or something from your wedding to get a treat! We'll take your picture and post to our Facebook page. You may see a bride or two at pickup!

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can't, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals were given to you with instructions on how to make a donation to cover cost, if you are inclined to do so. No obligation.

*Lori Wells*

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