

# Pontiac Senior News

Volume 126 , Issue 126

October 2017

## Recipe of the Month

Fried Yellow Squash

Ingredients:

$\frac{3}{4}$  cup self- rising cornbread min (such as Martha White)

Salt and black Pepper to taste

2 yellow squash, cut into 1/8-inch slices

$\frac{1}{4}$ -cup olive oil or ore as needed.

Directions

1. Place cornbread mix in a gallon-size bag:
2. Season with salt and pepper. Add squash, seal bag, and shake to coat evenly. Remove squash form bag and shake off any excess cornmeal.
3. Heat about  $\frac{1}{4}$  inch of olive oil in a large skillet over medium heat. Fry squash in the hot oil, working in batches, until center is cooked and edge are crisp, 2 to 3 minutes per side. Remove with a slotted spon and drain on a paper towel-lined plate
4. Serve and enjoy!!!



Thank you for selecting Walgreens for your vaccination needs. We are glad we could help protect those who are important to your organization from harmful and costly illnesses, while making it easier for them to stay productive. We look forward to helping you again!

To learn about more ways to stay happy, healthy and productive, visit [Walgreens.com/HealthSolutions](http://Walgreens.com/HealthSolutions).

Your neighborhood Walgreens pharmacy team

Thank you...

## Next Computer Class 2017 at Bowens Center

Second Session

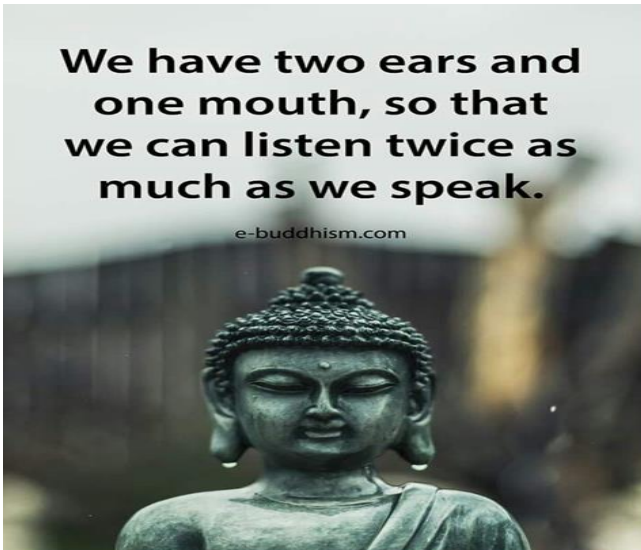
Oct 23 & 30 and Nov 6 & 12

Third Session

Nov. 20 & 27 and Dec 4 and 11

**We have two ears and  
one mouth, so that  
we can listen twice as  
much as we speak.**

e-buddhism.com





**5 FOR \$50 -**  
**WILLIAM BEAUMONT HOSPITAL -**  
**(1-800) 328-8542**  
**Call to set up an appointment**

1 - Blood Pressure 2 - Body Mass Index  
 3- Electro Cardiogram 4- Corotid Artery Ultrasound  
 5 - Abdominal Aortic Aneurysm Ultrasound

Please, please, let's all be healthy and  
 take care of ourselves and each other.  
 Call and make an appointment for your "5 for 50"  
 tests at William Beaumont Hospital - 1-800-328-8542

For October Seniors



**Seniors monitor your medication.** More than 27% of teens mistakenly believe that misusing and abusing prescription drugs is safer than using street drugs. Most commonly abused prescription drugs:

**Pain Medication-** Vicodin, OxyContin, Darvon, Dilaudid, Demerol, Lomotil,

**Anti-Anxiety & Sleep Medication-** Nembutal, Valium, Xanax,

**Stimulants -** Dexedrine, Ritalin, Adderall, Concerta

All Saints' Episcopal Church 171 W. Pike St., Pontiac, MI  
 248-248-334-4571  
 Sunday Worship 8:30 and 10:30 AM

**Community Produce Market**  
 Open every Saturday 10:00 AM to 2:00 PM  
 Entrance on Exchange St.  
 Fresh Fruit and Vegetables at below  
 Supermarket Prices  
 Bridge and EBT Cards Welcome

**Foot Doctor Schedule – Bowens Center**

The last day for Dr. Elam for 2017

Tuesday, December 5 2017

**Do you Know**

A pound of potato chips cost 200 times more than a pound potatos!

Almonds are a member of peach family.

Apple seed are poisonous!

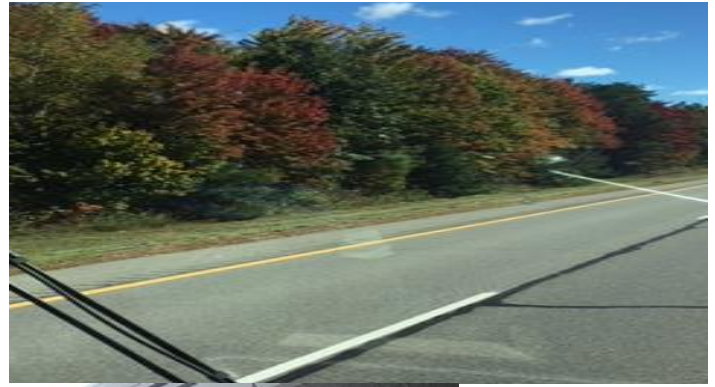
Honey is the only food that will not spoil!

## Thanks to the City of Pontiac for providing a bus for seniors to enjoy the fall color tour.

Approximately 53 Senior enjoyed the day trip to Uncle John's Cider Mill Then we travel to Mosely's Retreat and travel To Golden Corral in Lansing. They enjoyed fresh donuts and ciders. Some took advantage of the wine tasting event that was available!!



Although it was raining we had a good time and saw some beautiful fall colors.



**SENIOR SMART PUZZLES**  
Find the way through the maze.

[www.seniorsmartpuzzles.com](http://www.seniorsmartpuzzles.com)  
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# Regular Scheduled Activities

Robert W. Bowens Senior Center  
52 Bagley, Pontiac, MI 248-758-3240

<u>Activity</u>	<u>Day</u>	<u>Time</u>
Exercise Class	M.W.F.	10.00AM -11.00AM
Computer Class	Monday	11:30am-1:00pm
Beginner Hustle Dance	Monday	6PM - 7PM
Golden Opportunity	Tuesday	10AM - 12PM
Bingo	Tuesday	1PM - 2PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Jewelry Making	1 <sup>ST</sup> & 3 <sup>rd</sup> Tuesday	1PM -3PM
Hustle Dance Class	Wednesday	5PM - 7PM
Billiard (Pool)	Daily	9AM - 5PM
Cards	Daily	9AM - 5PM
Domino's	Daily	9am-5pm

## Golden Opportunity Weekly Meeting Tuesday 10AM - 12PM

Bowens Seniors remember to wear your T-Shirt every 3<sup>rd</sup> Tuesday or pay 50 cents.

### Bowens Center T-Shirts & Sweatshirts



Gold or Black

**Contact:** Marcella Evans

Add \$1.00 for every X over 3X

Long sleeve T-Shirt available check for price

<b>Tee</b>	<b>Sweatshirts</b>	<b>Jackets</b>
S - XL \$6.00	S - XL \$10.50	S - XL \$35.50
XXL - \$7.00	XXL - \$12.50	XXL - \$38.00
XXX - \$7.00	XXX - \$12.50	XXX - \$40.00

**Ruth Peterson Senior Center**  
 990 Joslyn, Pontiac, MI 248-758-3282

<b>Activity</b>	<b>Day</b>	<b>Time</b>
Bingo	Monday & Thursday	1pm-3pm
Movie day	Monday	10am-4pm
Ping-pong	Daily	10am-4pm
Pamper me Thursday	Thursday	10am-3pm
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Billiards (Pool)	Daily	9AM - 5PM
Computer Lab	Daily	9AM - 5PM
Hustle Dance Class-beginners	Thursday	11AM - 12PM
Hustle Dance Class	Thursday	5PM - 7PM
Sewing	Tuesday And Thursday	10am-2pm 5pm-7pm

**La Amistad- weekly meeting Monday 10am-3pm**  
**Thursday 10am-3pm**