

## Winnsboro Senior Center Turns 20!

Join us as we celebrate WSC's Birthday,  September 16-22!

That's right, Winnsboro Senior Center opened its doors 20 years ago and we are going to celebrate all week long! Bekah has some wonderful events planned for the week, like an Ice Cream Sundae Bar, Karaoke, and of course Bingo! And each weekday also has a special theme to get everyone in a festive mood.

On **Monday**, wear your favorite hat to show off your style! **Tuesday** will be "Decade Day". Whether its the 50's, 60's, or 70's (or any other decade!) come dressed in the style of the times! **Wednesday** we will be dressing up to show our favorite holiday season. Is yours Halloween, Valentine's Day, or Christmas? We can't wait to see! Miss-matched clothes and zany socks are what's in store for **Thursday** as we celebrate Tacky Day! And finally, **Friday** we will put the celebration week to rest with Pajama Day. Wear your favorite PJs (g-rated of course).

Prizes will be awarded for the "**Most Spirited Outfit**" each day! See our calendar for a full listing of September's Celebrations.



We hope to see you soon!

HAPPY BIRTHDAY WINNSBORO SENIOR CENTER!



**We will be closed in observance of Labor Day on September 2nd. NO SERVICES WILL BE PROVIDED!**



## September is Senior Center Month



September is a time when we especially take notice of all the things our senior center is about, like the impact it has on the community, and the benefit it has on the clients who attend or receive home delivered meals! **WE ARE FCCOA!** Things don't always go as planned. Sometimes we have activities that are a bust. And sometimes there are scheduling errors, but our seniors still enjoy and flourish with the fellowship and activities our center provides! Our lively bunch are willing to learn and try new crafts, new skills, and to just have a great time. But don't just take our word for it, come see for yourself! We would love to add you to our growing family! Call me, Bekah, to get started!





## My Will Program

### About Us

The My Will Program is for eligible seniors 60+ needing a simple will. Central Midlands Area Agency on Aging serves seniors in Fairfield, Lexington, Newberry, and Richland Counties.

### Limited Appointments!

You **MUST** call to receive an application and to qualify for an appointment. For more information call 803-744-5152

**September 27, 2024**  
**9:00 AM**  
**Winnsboro Senior Center**  
**210 E. Washington St.**  
**Winnsboro, SC 29180**

Services are provided by SC Bar, USC School of Law, and Central Midlands Area Agency on Aging



South Carolina  
DEPARTMENT  
ON AGING




## Lunch at the Market



Fairfield's Farmer's Market held a special Wednesday Market on July 31st! They had fresh produce, food trucks and crafts available. Our seniors attended and enjoyed playing Veggie Bingo and a picnic Lunch!



**Be sure to use your Farmer's Market vouchers before they expire in October!**

**HELP!** FCCOA now offers **LifeLine Services!** 

PERSONAL EMERGENCY RESPONSE SYSTEMS  
MONTHLY SUBSCRIPTIONS START AT \$37

1 in 3 people over the age of 65 fall each year and nearly half of them cannot get back up. Lifeline services can make a world of difference in ensuring more people stay safe, healthy, and connected to services they need. Call 803-635-3015 for more information!

Veggie Co-op bags are back!  
Pickup Date is **September 10th.**

The cost is \$8 per bag and must be paid in advance. Make sure you have your money to **Rachel NO LATER THAN September 6th!**

**Commodity Box Pickup:**  
September 12th and 13th from 1:30-3:30

**Food Share Dates:** Order by September 5th to pickup on September 11th, and order by September 19th to pickup by September 25th.



## HAPPY BIRTHDAY

### GROUP DINING/EXERCISE CLIENT BIRTHDAYS

ESTELLE C.	ALICE M.	OLIVE P.
CARRIE S.	THEROSHA J.	MARIE H.
JANNITA G.	LUCY B.	TOMMY J.
JOSEPHINE M.	JAMES W.	CASSANDRA B.



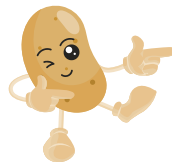
### HOME DELIVERED CLIENT BIRTHDAYS

GEORGIANNA W.	LUCILLE W.
RUTH D.	DEKALB B.
BERTHA B.	CLARENCE C.
LORINE B.	BETTY D.
MARY Y.	LUCILLE H.
JAMES III.	RUBY P.
JEREMY A.	BEVERLY F.
EDWARD B.	RUBY P.
GEORGIANNA M.	BERGA A.
KEITH Y.	



### VOLUNTEER BIRTHDAYS

SHAUNA D.	GAIL B.	BECKY L.
KELLY D.	ALEX S.	PHYLLIS G.



## OUR SENIORS ARE THE BEST !!

Join us on Tuesdays and Thursdays to catch our movie mornings!



"Men In Black" (9/3)

"Men In Black 2" (9/5)

"Men In Black 3" (9/10)

"National Treasure" (9/12)

"National Treasure Book of Secrets" (9/17)

The Chronicles of Narnia The Lion, the Witch, and the Wardrobe (9/19)

"The Chronicles of Narnia: Prince Caspian (9/24)

"The Sorcerer's Apprentice" (9/26)



## We LOVE Service Projects!

Our Lunch Bunch Crew collected Back to School Supplies for kids returning to schools in August! Donations were given to area School Resource Officers to distribute.

This October, we will be packing shoeboxes for operation Christmas Child. Our seniors packed 25 boxes last year and we hope to do more this start collecting your items now!



If you will **not be home** to receive your meal, you need to call us **IMMEDIATELY!** We have the throw away meals that are not delivered and no one wants to throw food away.

If you know you will not be home at the time of delivery, **please call us the day before!** We **CANNOT** leave food at your door if you are not home!



# More Useful Info!

## WORD SCRAMBLE

MSMURE \_\_\_\_\_

WOSKERR \_\_\_\_\_

CLOHOS \_\_\_\_\_

TOKOCUA \_\_\_\_\_

TPRYA \_\_\_\_\_

AGSEM \_\_\_\_\_

ERPAAD \_\_\_\_\_

AUBICLC \_\_\_\_\_

MBRSTEEEP \_\_\_\_\_

YADHOLI \_\_\_\_\_

COOKOUT

PARTY

CUBICAL

SCHOOL

GAMES

SEPTEMBER

HOLIDAY

UMMER

PARADE

WORKERS

## Autumn Vegetable Soup

Serving Size: 1/2 Cup | Prep Time: 25 Minutes  
Servings: 5 | Total Time: 1 Hour

### Ingredients:

- 1 Tablespoon olive oil
- 3 medium carrots, cut into 1/4-inch slices
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 1 medium sweet potato, cut into 1/2-inch cubes
- 1/4 teaspoon allspice
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried basil
- 1 quart (32-ounces) low-sodium chicken broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 1 1/2 teaspoons dried thyme or 4 sprigs fresh thyme
- 2 cups coarsely chopped collards or kale
- 1 (15.5-ounce) can low-sodium chickpeas (garbanzo beans)
- Dash of red pepper flakes (optional)


### Directions:

1. In a large saucepan, heat olive oil over medium heat.
2. Add diced carrots and onions and cook for about 5-6 minutes.
3. Add garlic and cook for an additional minute.
4. Add sweet potato, allspice, black pepper, and basil. Stir.
5. Add broth, tomatoes with their juice, and thyme.
6. Bring to a boil, reduce heat to medium, cover and simmer for 10 minutes.
7. Add collards or kale and chickpeas and cook uncovered until sweet potatoes are tender and kale is wilted, and 10 minutes.
8. If using fresh thyme sprigs, discard prior to serving.



### Let's All Go to the Fair!

We've partnered with Darreyl Davis to take seniors to the SC State Fair on October 16th! Cost is \$10 per person, which includes the Fair Admission and a seat on the bus. Seats are limited, first come first served and you must pay to reserve your spot. NO REFUNDS! Deadline for sign up is October 2nd!

SOUTH CAROLINA  
**SNAP-Ed**   
Supplemental Nutrition Assistance Program Education

*Who?*

LED BY LEAH PRICE  
REGISTERED DIETITIAN

*What?*

WALK WITH EASE  
FREE 6- SESSION COURSE

*When?*

WEDNESDAYS  
OCTOBER 2ND, 9TH, 23RD, 30TH  
NOVEMBER 6TH, 13TH

*Where?*

210 E WASHINGTON ST  
WINNSBORO SC

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*we're*  
**CLOSED**  
★ **LABOR** ★  
★★★★ **DAY** ★★★★★

<sup>2</sup>  
Meatballs in Au Jus  
/ Green Limas /  
Okra & Tomatoes /  
Tropical Fruit Mix

<sup>3</sup>  
Chicken Salad /  
Marinated Vegetables  
/ Cucumbers &  
Onions in Ranch /  
Banana

<sup>4</sup>  
Country Style Steak  
in Gravy / Mashed  
Potatoes / Collard  
Greens / Pineapple  
Tidbits in juice

<sup>5</sup>  
BBQ Chicken Leg &  
Thigh / Pinto Beans  
/ Sweet Potatoes /  
Lime Pear Gelatin

<sup>9</sup>  
Baked Ham with  
Pineapple Glaze /  
Buttered Corn /  
Green Limas /  
Tropical Fruit Mix

<sup>10</sup>  
Penne Pasta with  
Meat Sauce / Green  
Beans / Squash  
Casserole /  
Butterscotch Pudding

<sup>11</sup>  
Hamburger Patty  
with Onions /  
Sweet Potato Patties  
/ Steamed Cabbage  
/ Banana

<sup>12</sup>  
Herb Baked Chicken  
Leg & Thigh / White  
Limas / Okra &  
Tomatoes / Strawberry  
Fruited Gelatin

<sup>13</sup>  
Swiss Steak with  
Gravy / Mashed  
Potatoes / Mixed  
Greens / Cinnamon  
Applesauce

<sup>16</sup>  
Macaroni & Cheese /  
June Peas / Sweet  
Potatoes / Pears in  
Juice

<sup>17</sup>  
Tuna Salad /  
Marinated Cucumber  
Salad / Banana /  
Lemon Fruit Dessert

<sup>18</sup>  
Pulled Turkey in  
Gravy / Mashed  
Potatoes / Steamed  
Cabbage / Cookies

<sup>19</sup>  
BBQ Meatballs /  
Buttered Corn /  
Turnip Greens /  
Banana

<sup>20</sup>  
Smothered Chicken  
Leg & Thigh / Pinto  
Beans / Mixed  
Vegetables / Fig Bar

<sup>23</sup>  
Breaded Chicken Patty  
/ Buttered Carrots /  
June Peas / Fruit  
Cocktail in Juice

<sup>24</sup>  
Meatloaf in Brown  
Gravy / Mashed  
Potatoes / Mixed  
Vegetables / Fresh  
Apple

<sup>25</sup>  
Turkey Salad /  
Broccoli Raisin  
Salad / Banana /  
Vanilla Pudding

<sup>26</sup>  
Oven Fried Chicken  
Leg & Thigh /  
Mixed Greens /  
White Limas /  
Peaches in Juice

<sup>27</sup>  
BBQ Pulled Pork /  
Coleslaw / Country  
Corn / Stewed  
Apples

<sup>30</sup>  
Sweet & Sour Pork  
with Vegetables /  
Glazed Carrots /  
Rice / Fig Bar



**SEPTEMBER  
2024**

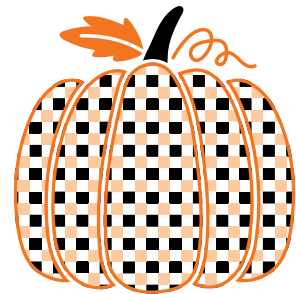


**MEALS ON WHEELS**  
FAIRFIELD

Milk served daily; bread  
or roll on most days

Meals Prepared by  
Senior Catering

**HOWDY  
Fall** 





# Winnsboro Senior Center Calendar of Events

Lunch Weekdays at 12:00 Noon

Breakfast on Wednesdays at 9:45 a.m.

Lunch Bunch Fridays at 11:30 Lizard's Thicket

Advanced Reservations Required for Lunch and Activities. Call 803-635-3015 to Sign-up! Assessment for Some Services is Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Closed For LABOR DAY</b></p>	<p>3</p> <p>Movie Time 9:00 "Men In Black" Puzzles 9:00 "What My Center Means to Me" 10:30 Soaps/TV Rotary 1:00 Lisa's Exercise 1:00</p>	<p>4</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Walmart Trip 9:00 Fun w/ Liz 10:30 Domino Club 12:30 Soaps/TV 12:30</p>	<p>5</p> <p>Movie Time 9:00 "Men In Black 2" Puzzles 9:00 Activity w/ Adrian 10:30 Domino Club 12:30 Soaps/TV 12:30 Lisa's Exercise 1:00</p>	<p>6</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Drum Fit/Stretching 10:30 Domino Club 12:30 Soaps/TV 12:30 Drum Fit 1:30 MP</p>
<p>9</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Bingo 10:30 Domino Club 12:30 Soaps/TV 12:30</p>	<p>10</p> <p>Movie Time 9:00 "Men In Black 3" Puzzles 9:00 Renter's Ins. Presentation 10:30 Soaps/TV 12:30 Lisa's Exercise 1:00 Co-Op Pick Up 1:00-3:00</p>	<p>11</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Nutrition Class w/ Leah 10:30 Domino Club 12:30 Soaps/TV 12:30 Food Share Pickup 1:00-3:00</p>	<p>12</p> <p>Movie Time 9:00 "National Treasure" Puzzles 9:00 Table games 10:30 Domino Club 12:30 Soaps/TV 12:30 Lisa's Exercise 1:00 MP Commodity Pickup 1-3:00</p>	<p>13</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Chair Exercise &amp; Stretching 10:30 Domino Club 12:30 Soaps/TV 12:30</p>
<p>16</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Ice Cream Sundae Bar 10:30 Pumpkin Craft 11:00 Domino Club 12:30 Soaps/TV 12:30</p> <p><b>SPIRIT WEEK!!!!</b> Favorite Hat Day!</p>	<p>17</p> <p>Movie Time 9:00 "National Treasure 2: Book of Secrets" Puzzles 9:00 Bingo 10:30 Soaps/TV 12:30 Rotary 12:00/1:00 Lisa's Exercise 1:00 MP</p> <p><b>SPIRIT WEEK!!!!</b> Decade Day!</p>	<p>18</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Karaoke 10:30 DIN Domino Club 12:30 ACT Soaps/TV 12:30 DIN</p> <p><b>SPIRIT WEEK!!!!</b> Holiday Day!</p>	<p>19</p> <p>Movie Time 9:00 "The Chronicles of Narnia" Puzzles 9:00 Bingo w/ Christy 10:30 Domino Club 12:30 Soaps/TV 12:30 Lisa's Exercise 1:00</p> <p><b>SPIRIT WEEK!!!!</b> Tacky Day!</p>	<p>20</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Drum Fit/Stretching 10:30 Domino Club 12:30 Soaps/TV 12:30 Drum Fit 1:30</p> <p><b>SPIRIT WEEK!!!!</b> Pajama Day!</p>
<p>23</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Bingo 10:30 Domino Club 12:30 Soaps/TV 12:30</p>	<p>24</p> <p>Movie Time 9:00 "The Chronicles of Narnia: Prince Caspian" Puzzles 9:00 Chair Exercise @ 10:30 Soaps/TV 12:30 Lisa's Exercise 1:00</p>	<p>25</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Walmart Trip 9:00 Fun w/ Liz 10:30 Domino Club 12:30 Soaps/TV 12:30 Food Share Pickup 1:00-3:00</p>	<p>26</p> <p>Movie Time 9:00 "The Sorcerer's Apprentice" Puzzles 9:00 Bingo w/ Clem 10:30 Domino Club 12:30 Soaps/TV 12:30 Lisa's Exercise 1:00</p>	<p>27</p> <p>Ladies Exercise 8:30 Puzzles 9:00 My Will Domino Club 12:30 Soaps/TV 12:30</p>
<p>30</p> <p>Ladies Exercise 8:30 Puzzles 9:00 Bingo 10:30 Domino Club 12:30 Soaps/TV 12:30</p>	<h1>SEPTEMBER 2024</h1>			