

2024



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Gordon Behrents Senior Center  
2015 Windish Dr.  
Galesburg, IL 61401

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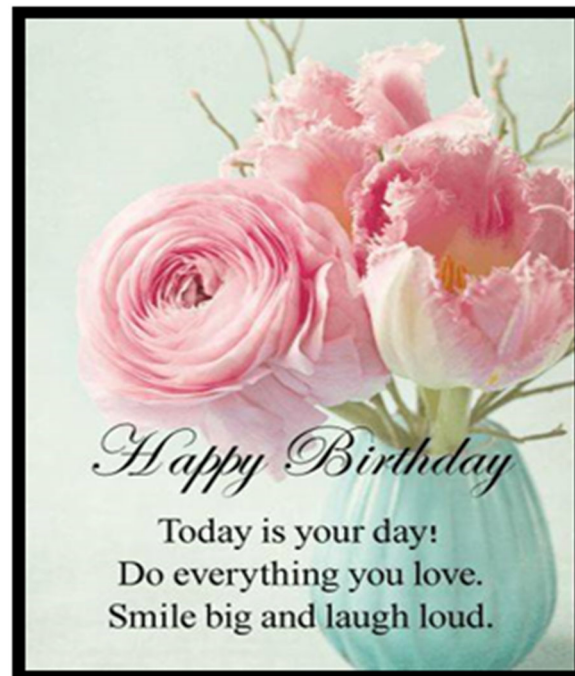


Gordon Behrents Senior Center  
| 2015 Windish Dr.  
Galesburg, IL 61401  
309-344-2520





Alice S. 8/26



Your Staff

Jackie Jennings  
RN/Director  
Amber Senner  
LPN/Assistant Director  
Sherrell Wallace  
Program Aide/Driver  
Teresa Parrish  
Program Aide/Driver  
Ellen Gass  
Program Aide/Driver  
Leslie Collopy  
Program Aide/Driver





# Note from the Director

Hello!

I hope this note finds you and your family well and enjoying the beautiful summer weather. Please remember to stay hydrated! Drink plenty of water. In general you should aim for 6-8 glasses per day or three-four 16 ounce bottles.

## Caregiver Support Group

Please see the flyer enclosed in this August Newsletter. There is a new Caregiver Support Group taking place at the Ascent Church which is located at:

169 S Cherry St; Galesburg, IL 61401 Phone: 309-342-1550

## Coming Soon! Family Day at GBSC

Family Day will be a day for family and friends to join us at the center for some fun, food and activities. We had a Family Day in 2022 and it was a big hit! The Gordon Girls are trying to earn money to support the Walk to END Alzheimer's. We will have a raffle, games and snacks to enjoy. We ask for your generosity in donations to help support this worthy cause as well as helping us to raise awareness of the terrible disease of Alzheimer's. You are invited to walk with us in September too. The more the merrier! GBSC will have a Caregiver Support Tent at the Walk and we hope you'll stop by. There will be more information on this in the next few weeks.





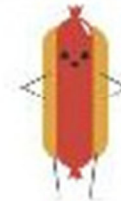
# August Days

by Lenore Hetrick

The last of summer and the first of fall –  
Together they stand in August Days.  
The garden is bright with summer bloom,  
And yet there creeps up that autumn haze.  
You can look forward or look backwards  
To a lovely summer you would recall,  
But the changing of the season has come –  
The last of summer and the first of fall.



# Summertime Fun



Bugs  
Camping  
Fireflies  
Heat  
Hot Dogs

Lemonade  
Parades  
Picnic  
Popsicles  
Sunscreen

Sunshine  
Swimming  
Thunderstorm  
Vacation  
Watermelon



# VISUAL RECIPES

## COOKING IN THE CLASSROOM



SUMMER

### S'mores

1		Place 1 graham cracker on plate
2		Put chocolate on Graham cracker
3		Put marshmallow on top of chocolate
4		Microwave for 25 seconds
5		ENJOY!



4 RECIPES

# FLOWERS I SPY













# MONTHLY GARDEN TIPS

Master Gardeners of Spokane County

## AUGUST

### Plant Cool Crop Veggies

You can get a fall crop of many vegetables by planting by mid month a new crop of spinach, peas, lettuce and other leafy greens.



### Maintain Perennials

To keep your perennials blooming for as long a possible many will respond with a second bloom if you deadhead the spent blooms.



### Watering/Fertilizing

Keep watering as the ground is getting dry. By mid month, stop fertilizing roses and woody shrubs so that they have time to harden off before the cold weather.



### Harvest Fruit/Vegetables

Before you know it, you will have apples, peaches, plums, tomatoes, zucchini, beans, cabbage, peppers and so much more! Enjoy!



<http://ext100.wsu.edu/spokane/home-lawn-and-garden/>

# Find the Differences

Can you find 10 differences between these pictures?






# Bingo

# August 2022 Activities

# Trivia

Mon	Tue	Wed	Thu	Fri
			1 Pastoral services People's choice	2 Trivia  Bags
5 5 Second Rule  Ring Toss	6 Safety Meeting  Bingo	7 Teresa's Program  Bags	8 Pastoral Service  Ladder ball	9 Outburst  Target Practice
12 Victory Day  Bags	13 Ellen's program  Amy here	14 Joy Carlson  Ring Toss	15 Pastoral Service  Golf	16 National Bratwurst Day  Bingo
19 National Potato Day  Fishing	20 Trivia  Washers	21 Hot potato  Bingo	22 Pastoral Service  Sherrell's program	23  People's choice
26 Leslie's program  Bingo	27 Headbands  Bags	28 Summer craft  Noodle Ball	29 Pastoral services  Hungry hippo	30 Fact or Crap  Cup pong

# GBSC AUGUST 2024 MENU

	<p><b>*Offered vs served is an option for seniors at lunch time. *</b></p>		<p><b>1</b> Fish Sandwich- 3oz On a bun 2 oz w/pickles &amp; onions Coleslaw 1/2 c. Canned Pears 1/2 c. Skim Milk - 8 oz</p>	<p><b>2</b> Chicken (3oz) Enchilada Casserole Roasted Corn &amp; Black Beans 1/2 c. Chef's Choice Fruit 1/2 c. Whole Wheat Bread 2 oz. Skim Milk - 8 oz</p>
<p><b>5</b> Pancakes - 3-4 oz Sausage Patty 3 oz Breakfast Hashbrowns 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p><b>6</b> Chicken Nuggets 3-4oz Potato Salad 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread- 2 oz Skim Milk - 8 oz</p>	<p><b>7</b> Meatloaf- 3-4oz Mashed Potatoes 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p><b>8</b> Pork Loin 3-4oz Mashed Potatoes &amp; gravy 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p><b>9</b> Lemon Baked Fish- 3-4oz Broccoli w/cheese sauce 1/2 c. Chef's Choice Fruit 1/2 c. W/W Crackers- 2 oz Skim Milk - 8 oz</p>
<p><b>12</b> Meatballs in gravy- 3-4oz Peas &amp; carrots 1/2 c. Peaches &amp; cream 1/2 c. W/W Bread- 2 oz Skim Milk - 8 oz</p>	<p><b>13</b> Beef (3oz) Burrito Supreme Lettuce, tomatoes (1/2 c.) &amp; Cheese Spanish Rice 1/2 c. Strawberries &amp; Cream 1/2 c. Skim Milk - 8 oz</p>	<p><b>14</b> Hamburger/Cheeseburger- 3oz On a bun (2oz) w/pickles &amp; onions Baked Beans 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p><b>15</b> Baked Pork Chop- 3-4oz Coleslaw 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p><b>16</b> Chicken (3oz) Salad Cold Plate Fixings: Lettuce, tomato, pickle &amp; onion 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread 2 oz Skim Milk 8 oz.</p>
<p><b>19</b> Sloppy Joe's - 3oz beef On a bun 2 oz Baked Beans 1/2 c. Fruit Cocktail 1/2 c. Skim Milk - 8 oz</p>	<p><b>20</b> Tuna (3 oz) Salad Cold Plate W/W Bread 2 oz Fixings: Lettuce, tomato, pickle &amp; onion 1/2 c. Chef's Choice Fruit 1/2 c. Skim Milk - 8 oz</p>	<p><b>21</b> Chicken Nuggets- 3oz Vegetable Soup 1/2 c. Applesauce 1/2 c. W/W Crackers- 2 oz Skim Milk - 8 oz</p>	<p><b>22</b> Scrambled Eggs - 3oz with Peppers and Onions 1/2 c. W/W Biscuit 2 oz &amp; Gravy 1 med banana Skim Milk - 8 oz</p>	<p><b>23</b> W/W Spaghetti (2 oz) &amp; Meatballs 3 oz - 3-4oz Green Beans 1/2 c. Mixed Fruit 1/2 c. Garlic Bread Stick 2 oz Skim Milk - 8 oz</p>
<p><b>26</b> Egg Salad (3oz) Cold Plate Fixings: Lettuce, tomato, pickle &amp; onion 1/2 c. Canned Peaches 1/2 c. W/W Bread - 2 oz Skim Milk 8 oz</p>	<p><b>27</b> Broccoli Chicken Divan - 3-4oz Tomato Wedges 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p><b>28</b> Homemade Meatloaf- 3-4oz Mashed Potatoes 1/2 c. &amp; Gravy Canned Pears 1/2 c. W/W Bread or roll - 2 oz Skim Milk - 8 oz</p>	<p><b>29</b> Parmesan Crusted Tilapia- 3oz Mixed Vegetables 1/2 c. Chef's Choice Fruit 1/2 c. W/W Bread or roll 2 oz Skim Milk - 8 oz</p>	<p><b>30</b> BBQ Pulled Pork - 3-4oz Potato Salad 1/2 c. Chef's Choice Fruit 1/2 c. W/W Dinner Rolls 2 oz Skim Milk - 8 oz</p>