

Deposit Senior Center

14 Monument Street, Deposit New York (Inside The Christ Episcopal Church)

Phone: (607) 467-3953

Open Tuesdays & Thursdays, 9:00 am—2:00 pm

Site Supervisor—Carolyn De Nys Site Council President - Erwin Sessler

Lunch served at 12:30 p.m.—reservations requested by 1 p.m. one day in advance

Lunch—\$2.50 contribution age 60+ and spouse of any age, \$3.50 for others

Tips to Avoid Holiday Weight Gain

Eating regular meals and snacks every day makes it easier to resist overdoing it at festive events. When you occasionally skimp on meals because you're busy shopping, wrapping, and baking, nosh on a protein-packed snack, such as low-fat yogurt or reduced-fat cheese, to blunt your hunger before gathering with family or friends.

At parties, pile your plate with lower-fat foods to limit high-calorie splurges. The following top picks have fewer calories, fat, and sodium and more fiber than other holiday fare:

- Whole grains, such as whole-wheat rolls, wild rice
- Shrimp, lobster, and other steamed seafood
- Plain or lightly dressed vegetables
- Meat and poultry without the gravy
- Salad greens (lightly dressed)
- Fresh fruit

Webmd.com

Helping Others for the Holidays

There is no better time than the holiday season to contribute to your community. The Deposit Senior Center is a great place for you to do just that! On **Thursday, December 4**, we will be collecting non-perishable food items to go to the Food Pantry and will also have a collection box for the Deposit Foundation Toys for Tots collection. Come and share in the holiday spirit!

A Christmas Gift

A guy's wife was nagging him hard for a new car but instead he bought her a beautiful extravagant diamond ring for Christmas. The husband's friend was amazed at his decision and asked him in secret, "Why couldn't you buy a car instead of the diamond ring?" The husband smiled and answered, "Fake cars are not easy to find."

December Activities

Post Office Visits the Center

December 2, 11 am

Is Deb Santa in disguise? Many services will be provided.

Holiday Preparation Day

December 4

Cards to shut-ins. Box to food pantry. Box for Deposit foundation (Toys for Tots). Help to spread joy this season throughout our community.

Meadow Park Luncheon

December 10, 12:30 pm

Nickel Bingo, 11:15 am

December Birthday Celebration

December 11, noon

12/2 Vicki Brainard

12/8 Bill Rinker

12/10 Leon Faulkner

12/11 Roger Hupman

12/15 Pat Esolen

12/25 Fred MacDonald

12/28 Mary McCauley

Southern Tier Food Bank

December 16, 1 pm

Eat lunch with us beforehand!

Holiday Meal

December 18

Entertainment by the Senior Sounds with traditional music of the season.

Bingo "Our Way"

December 23, 1 pm

Everyone is a winner!

Holiday Foods and Traditional Dinners

December 30, noon

Low fat, low salt and great taste! Learn great tips from Maryanne Vagts—a licensed nutritionist retired from DCS.

Volunteer of the Month

December 30

It could be you!

CENTER CLOSINGS

December 25th & January 1st



On the Menu

Entrée and Dessert. Menu subject to change.

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| 12/2 Baked Chicken OR Honey Mustard Ham Loaf & Tapioca Pudding/Oranges | 12/16 Western Omelet OR Mini Glazed Pork Ribs & Pineapple Upside Down Cake |
| 12/4 Roast Pork w/ Gravy & Lemon Cookie | 12/18 Holiday Luncheon— Roast Beast w/ Gravy & Chocolate Raspberry Tuxedo Pie |
| 12/9 Liver w/ Onions OR Stuffed Green Pepper & Tropical Fruit Cup | 12/23 Live w/ Onions OR Holupki & Pumpkin Cookie |
| 12/10 Meadow Park: Chicken Salad & Chocolate Drop Cookie | 12/25 Closed |
| 12/11 Sweet & Sour Pork & Gingerbread w/ Lemon | 12/30 Baked Fish OR Sausage w/ Pepp/Onions & Peach Cobbler |