

SEPTEMBER EVENTS

Bingo
September 10 & 24
1:00 - 3:00 PM

Cards
Daily
12:45 PM

Mahjong
Tuesdays
12:45 PM

Crafts
Tuesdays
12:45 PM

Blood Pressure Check
Wednesdays
11:00 AM

Bone Builders
Wednesdays
9:00 AM

Birthday Celebration
Thursday
September 25



HARVEST OF THE MONTH: SPICES

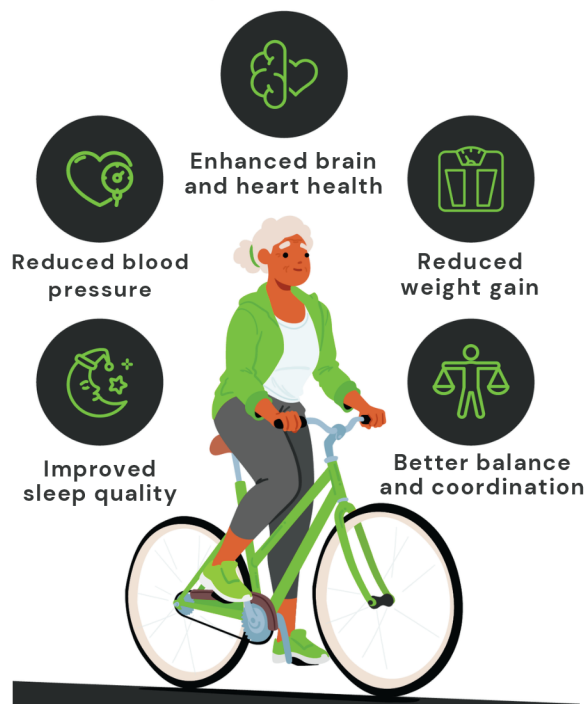
Both herbs and spices come from plants, but herbs are the fresh part of the plant while spice is the dried root, dried stalk, seed or dried fruit of the plant. Both are used as flavor enhancers and help distinguish the various cuisines of different cultures around the world.

Herbs and spices also have health promoting properties and are used as medicine in many cultures. The use of culinary herbs and spices to ease digestion and treat digestive disorders dates back to the time of Hippocrates in Ancient Greece and the first and second century in the practice of Ayurvedic medicine in India.

- **Curry powder** includes black pepper, cardamom, cloves, coriander, cumin, fennel, nutmeg, and turmeric.
- **Garam masala** includes black pepper, cardamom, clove, cinnamon, coriander, cumin, and nutmeg.
- **Ras El Hanout** includes allspice, black pepper, cayenne, cinnamon, cloves, coriander, cumin, ginger, and turmeric.

THE BENEFITS OF **EXERCISE FOR SENIORS**

Older adults can enjoy many benefits from regular exercise, including:



THE FALL BASKET RAFFLE IS BACK!

Tickets go on sale September 22

\$1 each

6 for \$5

Purchase tickets at:

Berlin Senior Center
610 Sullivan Street, Berlin, NH

Or call 603-752-2545

Thank you for supporting the
Senior Meals Program!

