

November Events

**Closed November 11th
For Veterans Day**

**Closed November
27th & 28th for
Thanksgiving**

**Cards
Daily
12:45 PM**

**Mahjong
Tuesdays
12:45 PM**

**Crafts
Tuesdays
12:45 PM**

**Bone Builders
Wednesdays
9:00 AM**

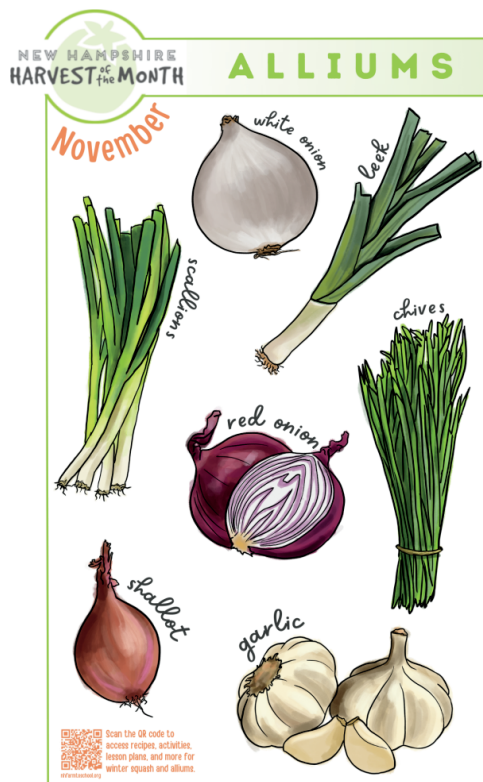
**Blood Pressure Check
Wednesdays
11:00 AM**

**Bingo
Wednesdays
1:00 - 3:00 PM**

**Birthday Celebration
Thursday
November 13th**

**Thanksgiving
Celebration
November 20th**

HARVEST OF THE MONTH - ALLIUMS



Alliums are a family of vegetable plants that include onions, shallots, garlic, chives, scallions or green onions, and leeks. All of them have a similar smell and taste. Onions can be red, white, or yellow and some are sweeter than others.

Green onions or scallions are native to Asia. Both the white and green parts are eaten. Onions have been cultivated for more than 5,000 years and it is believed they originated in either central Asia or Iran. Onions are high in vitamin C and a good source of fiber. Leeks are a good source of vitamin K and are milder in taste than onions. Compounds in garlic have been proven to be an effective antibiotic, can destroy certain cancer cells, can protect the heart from cardiomyopathy, and can prevent and treat osteoarthritis.



THE FALL BASKET RAFFLE IS BACK!

~ \$500 VALUE ~

Tickets Available For
\$1 each
\$5 for 6

Purchase tickets at:
Berlin Senior Center
610 Sullivan Street, Berlin, NH
Or call 603-752-2545

**Winner to be selected at our
November 20th
Thanksgiving Celebration!**

Thank you for supporting the
Senior Meals Program!



60S & BEYOND: PROTEIN POWER

Protein, along with regular strength building activities, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein may be linked with bone health. Women and men in their 60s need 5 to 5½ ounce-equivalents, respectively, of protein foods daily and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as in low-fat or fat-free milk, yogurt and cheese.

Excerpt from: Eating right for life
(eatingright.org)