

Day Services Today

Day Services for Seniors – Benton Harbor

Bake Sale Items Needed

Day Services for Seniors will be having a bake sale at our second annual garage sale which is Saturday September 11, 2010. We would appreciate any baked goods that you may be willing to donate. Please have any baked good donations to our center by Friday September 10th. Thank you.



SUPERBOOK 2010

Day Services New Client Coupon

Know someone that is in need of rest? If so tell them about the Day Services for Seniors coupon in the 2010 superbook (pgs 405-406) available for all new clients. If you have any questions feel free to call Heather Kaler at 269-934-7355 Ext. 118

Day Services 2010 Holiday Schedule

Center Closed on :

- Monday - 9/06/2010 – Labor Day
- Thursday - 11/25/2010 – Thanksgiving Day
- Friday - 11/26/2010 – Day After Thanksgiving
- Thursday - 12/23/2010 – Christmas Eve
- Friday - 12/24/2010 – Christmas Leave
- Thursday – 12/30/2010 – New Years Eve
- Friday – 12/31/2010 – New Years Leave

Our mission is to walk beside children, families and adults of all ages, and to support them in maintaining safe, healthy, meaningful lives within the community

Activities and Outings

At Day Services we offer our clients the opportunity to participate in a wide variety of outings each month that are arranged by our activity director. The outings give our clients the opportunity to get out and see sights around town and experience new things.

To the left are pictures from our decorated wheelchair parade and center trip to the St. Joseph Carousel.

Monday September 13th we will be celebrating Grandparent's day. We are asking the clients to have their grandchildren stop in from 11am-12pm to join our celebration. If you will be able to attend please RSVP to Kathy Hammond @ 269-934-7355 Ext. 115

Upcoming Events

Each month our Activity Director does her best to arrange as many outings and groups as possible for our clients. Below are some of our upcoming events:

Lincoln Township Fire Department – TBD*

Redemak's – September 21st

Bowling Alley – TBD*

River Valley School Group – TBD*

Readiness Center School Group – TBD*

Fishing Trip – TBD*

**TBD – To Be Determined*



Kathy Hammond
Activity Director

Phone: 269-934-7355 Ext. 115
Kathyhammond@cfsswmi.org



Peggy's creative thinking in the kitchen allows the clients at Day Services to enjoy meals dear to their heart and good for it too. All of Day Services meals are diabetic and well balanced.

Peggy's Food Network

TACO BAKE

Serves 6

- 1 – lb ground beef
- 1 – small onion (diced)
- $\frac{3}{4}$ c – water
- 1 – package taco seasoning
- 1 – 15oz can tomato sauce
- 1 – 8 oz box of shell macaroni
- 1 – 4 oz can of green chilies
- 2 c – shredded cheddar cheese

Preheat your oven to 350 degrees.

Brown ground beef and onion in a skillet. Drain any grease and add the water, taco seasoning and tomato sauce. Bring the mixture to a boil, then reduce heat and simmer for 20 minutes. Stir in macaroni, drained chilies, and $1\frac{1}{2}$ c of cheese. Pour mixture into a greased $1\frac{1}{2}$ quart baking dish. Spread remaining cheese on top. Bake at 350 degrees for 30 minutes or until heated thru.

****You can prepare this casserole the night before and place in the refrigerator until you bake.*

Debra Malich
Program Supervisor

SEPTEMBER 2010

Phone: 269-934-7355 Ext. 103

malich@cfsswmi.org

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Day Services Garage Sale

Day Services will be holding their second annual garage sale Saturday September 11th, 2010 from 8:30am-3pm. We would appreciate any and all donations. Feel free to drop off your donations at our center during our normal business hours Monday – Friday 8:30am-5pm. *The cut off for donations is Tuesday September 7, 2010.* All proceeds will go to Day Services for Seniors.

We also would appreciate any extra hangers, plastic bags, and paper bags that you may have.

*Day Services for Seniors – Benton Harbor
2450 S. M-139
P.O. Box 8789
Benton Harbor, MI 49022*

*Walking beside you under
an umbrella of compassion.*



CHILD & FAMILY SERVICES