

HOTTEST AND BRIGHTEST

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancellations: 913-758-6718

JULY 2025



COUNCIL ON AGING

711 Marshall Street, Suite 100
Leavenworth, KS 66048
Office: 913-684-0777

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.

 <p>The Cray Diabetes Self-Management Center is a recognized education program by the American Diabetes Association. Patients have opportunities to visit with diabetes educators, attend support groups and take group classes in addition to their regular doctor and advanced practice professional visits. For more information contact us at Craydiabetes@kumc.edu or call 913-588-6877. For information about free online classes, go to www.cookingwithcray.com</p> <p>Support Groups New Time/Date What's Next? Loss Support Group 1st and 3rd Tuesday of each month from 10:30-11:30AM. Caregiver Support Group 2nd Wednesday of each month from 2:00-3:00PM.</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>UV Safety Month</p> <p>July is UV Safety Awareness Month, a time we encourage everyone to take steps to protect themselves from the dangers of ultraviolet (UV) radiation. Summertime is all about enjoying the sunny weather, but it's crucial to minimize your ultraviolet radiation exposure while you're at it.</p> <p>Tips for minimizing sun exposure</p> <ul style="list-style-type: none"> Try to stay in the shade as much as possible. If you are in the sun, wear protective clothing such as a long-sleeved shirt and pants. You should also apply sunscreen with a high SPF rating to exposed skin. Avoid being in the sun during peak hours, typically between 10 am and 4 pm. <p>What sunscreen provides the best protection against UV rays?</p> <p>Choose a sunscreen with an SPF of 30 or higher. Make sure that the sunscreen is broad-spectrum, which will protect against both UVA and UVB rays. And, choose a water-resistant sunscreen if you'll be spending time in the water.</p> <p>Do regular skin self-checks</p> <p>It's essential to do regular self-checks for skin cancer. Here's how to do a skin self-check:</p> <ul style="list-style-type: none"> Start by examining your entire body in a well-lit room, using a mirror to help you see all areas. Look for any new or changing moles or growths on the skin. Check for any spots that are red, scaly, or bleeding. Pay special attention to areas that are exposed to the sun, such as the face, neck, chest, and arms. Also, check your back, legs, and feet. Use a hand mirror to help you see all areas of your body. If you find anything unusual, make an appointment with a dermatologist immediately. They can determine if it's skin cancer or something else. Early detection is key to the successful treatment of skin cancer. <p><i>Source: Skin and Cancer Institute</i></p>
	<p>Senior Day at the Fair Friday, August 1st 2025. 10:00AM – 12:30PM. Leavenworth County Fairgrounds</p>	<p>Hamburger Steak 1 Smashed Potatoes Green Beans Roll Fruit</p>	<p>Egg Casserole 2 Biscuits & Gravy Cinnamon Apples V-8 Cookie </p>	<p>BBQ Ribs 3 Baked Beans Cheesy Potatoes Corn Bread Fruit Pie</p>	<p>CLOSED 4 </p>	
	<p>Spaghetti 7 Meatballs Broccoli Bread Stick Tossed Salad Fruit & Brownie</p>	<p>Apple Pork Chop 8 Rice Peas & Carrots Roll Fruit</p>	<p>BBQ Chicken 9 Mac & Cheese Carrots Roll Fruit</p>	<p>Chicken Enchilada 10 Casserole Rice Beans Fruit Cobbler</p>	<p>Meatloaf 11 Mashed Potatoes & Gravy Green Beans Roll Fruit</p>	
	<p>Hamburger 14 Oven Brown Potatoes Mix Veggie Lettuce, tomato, onion, & pickle Fruit</p>	<p>Ham 15 Sweet Potatoes Peas Roll Fruit Cookie </p>	<p>Chicken Noodle 16 Bake Cauliflower Biscuit Tossed Salad Fruit</p>	<p>Pulled Pork/Bun 17 Baked Beans Cheesy Potatoes Fruit</p>	<p>Teriyaki Chicken 18 Rice California Blend Veggie Fruit Bread Pudding</p>	
	<p>Country Steak 21 Mashed Potatoes & Gravy Green Beans Roll Fruit</p>	<p>Chicken Taco Salad 22 Corn Spice Peaches Lemon Bar</p>	<p>Ham & Beans 23 Carrots Corn Bread Cucumber Salad Fruit</p>	<p>Pork Tenderloin/Bun 24 Tater Tots Peas & Carrots Lettuce, tomato, onion & pickle Fruit</p>	<p>Brisket 25 Cheesy Potatoes Broccoli Roll Fruit Cheesecake </p>	
	<p>Smothered Chicken 28 Rice Broccoli </p>	<p>Philly Steak Sandwich 29 Tater Tots Cauliflower Fruit Pudding</p>	<p>Cabbage Roll 30 Boiled Potatoes Green Beans Corn Bread Fruit</p>	<p>Turkey 31 Mashed Potatoes & Gravy Carrots Roll Fruit </p>	<p> Happy Birthday!! To all those celebrating a birthday this month!</p>	

Our menu is also posted on our website @www.leavenworthcounty.gov/COA



Follow us on Facebook – www.facebook.com/LVCOUNTYCOA

INDEPENDENCE DAY

C C U F O U N T A I N S X H K H X S D R
S L I M M A A T L W T B A C K Y A R D A
R S J X A X B A R B E C U E F C W J C Z
E H E E R T N T I L A I C I D U J O Q M
L I S X I Y F O L E G I S L A T I V E Q
K N N C N J H O I Y B B O R Q A Y V P T
R I B N E A I N U T L T E P W Q R W U E
A N T C S T Q G B N A R T L G Q A T Q C
P G U T O Y Y V A N I R U R A L T R G R
S Y B A Q A I E B Q M T B B L A I R Z O
S I S I K E S V V P T O E E F T L G T F
A K H R P H Y T V I A G D D L Z I N M E
C R R F E A B P G T T T E E S E M J U C
R A E O Q I M G U U A U R I E T C H H A
I Z D R W T D J O F A D C I D R A T E P
F P J C P E A L A N B R P E O I F T L S
I T K E R Z R M O H T I D Y X T O Y E Q
C Y J H X H I I Z S P N K M B E I Y O S
E E P D J L F C F L W L P R U M E C O Y
D W D X Y L E F E W L D L A H C J U C R

Word List

- AIR FORCE
- ARMY
- BACKYARD
- BARBECUE
- CELEBRATION
- COAST GUARD
- EXECUTIVE
- FAMILY
- FIREWORKS
- FLAG
- FOUNTAINS
- FREEDOM
- JUDICIAL
- LEGISLATIVE
- MARINES
- MILITARY
- NAVY
- PATRIOTIC
- SACRIFICED
- SHINING
- SOLDIERS
- SPACE FORCE
- SPARKLERS
- UNITED STATES



3rd of July Party
Wear your red, white, and blue to help us celebrate Independence Day! Join us anytime between 11:30-2:00 for hot dogs, sides, and ice cream out on the front lawn. We will have yard games and activities for everyone! We will have a shuttle from the lower parking lot. \$5 due at sign up; RSVP by June 27.

Knowledge @ Noon: National Pickle Month
Tuesday, July 8th 2025. 12:00PM.
Tonganoxie Public Library
Come celebrate with us and learn more about the pickling process. We will share some pickle-inspired recipes and tastings.

Lunch & a Movie: National Treasure
Friday, July 11th 2025. 11:00AM.
Lunch will be kabobs on the grill, coconut rice, baked sweet potato fries and a red, white, & blue dessert! Intermission snacks of popcorn & soda. Cost: \$10 due at sign-up. Max 30; deadline July 3. Please note the 30 minute earlier start time to accommodate the length of the movie.

Senior Fitness Assessments
Monday, July 14th 2025. 1:00-4:00PM.
USM Physical Therapy students will offer a fitness assessment for LV County residents. This will include assessments of strength, cardiovascular fitness, flexibility, and balance. The assessment will last approximately 30 minutes. No cost; sign up at front desk.