

September Senior Center Newsletter

9-2- Will be closed Labor Day

9-3-mini Fridges are available to tribal members who wants one pick up at dining hall 7am to 2pm. First come first server until Gone. Please be sure you have assistance with loading. They are heavy.

9-6-Pendelton trip leaving 9-5-19 from dining hall at 8am
Return 9-7-19

9-9-will be the last week of water distribution

9-11-TEC BINGO

9-13-Check Distribution will be at the senior center

9-19-Suquamish 6:45am departure from the dining hall

9-20-Puyallup 8am

departure from the dining
hall

9-25-TEC BINGO

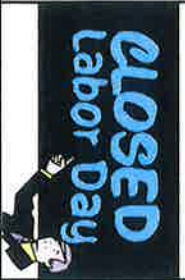


9-27- September Birthday

lunch 11:30 to 12:30

September Birthdays 2019

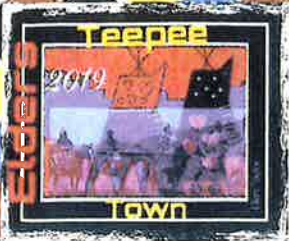
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Paula Zappoli	2 Sharon Fryberg-Wayne John Morris Allen Mulkeit Jr Rose Webb	3 Alice Henry Pamela Peters Maria Williams	4 Craig Barrie Paula Tsoodle	5 Scott Hill	6 Sabrina Fryberg	7 Sherry Dick Rosalie Holliday Mark MannSr Edard Williams
8 Marie MacCurdy Clarice Moses Jess Paul Dennis Smith	9 Jenna Bowman Kelly Grace Donald HatchJr Raymond Madrid	10 Sharon Delevers	11 Carole Davis	12 Terri Bagley Mary Jackson-Williams Monica Ordonia	13 Cynthia Ham Tracy Sutton Kathleen Williams	14 Diane Strick Jeanette Williams
15 Arthur Contraro Lorraine Hill Dale Jones Maxine Williams	16 Cyrus Hatch Fryberg Sr Deanna Muir Garry Price	17 Georgia Jones Carolyn Gerhart Marguerite Taylor Anna Tucker	18 Karen Bayne Marc Napeahi Arnel Williams	19 Dona Ancheta-Martinez Catherine Dias Wilma Gloria Richard Schlosser Jr	20 Rachel Alexander Melissa Cavender Dulcie Walters	21 Jeanette Fryberg Sunny Golden Gail Williams
22 Diane Henry Linda hill	23 alan alexander Regina Kathrens	24 Karen Holding Veronica Jimicum Darlene Johnson Lyle Reeves	25 Christy Baker Carrie Enick	26 Clayton Alexander Hollie Hayes Katherine Swanson	27 Lila Henderson Benita Rosen	28 Bernadette Abuan Roy Hatch Walker Williams Sr
29 Christine Elliott Charles James Jr Gary McCollum William Moses	30 Robert Skoog					

September Breakfast menu 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2	3	4	5	6
	Hash Browns Hamburger Scrambled Eggs Cream of Wheat	Corned beef hash Fried eggs Toast OatMeal	Bisquits-n-Gravy Boil Eggs Sausage links Cream of wheat	Countryfried Steak Hashbrowns Fried Eggs OatMeal		
8	9	10	11	12	13	14
Sausage-n-Egg Cheese sandwich Hashbrown Patty Cream of Wheat	Span-n-rice Eggs Scramble Oat meal	 Cornedbeef hash Fried eggs Toast OatMeal	Sausage Egg Cheese Wrap Fried Patotoes Cream of Wheat	Strawberry Waffle becon Oat meal		
15	16	17	18	19	20	21
Sausage-Eggs Scramle hashbrown Toast Oat meal	Pancakes Ham-Patty Cream of wheat	Hashbrown Patty SpanPatty FriedEgg\ Toast Oat meal	Ham-Egg-Cheese Sandwich Hashbrown Cream of wheat	Hashbrown Sausage links Fried Egg Toast Oatmeal		
22	23	24	25	26	27	28
Bisquit-Gravy Sausage Patty Boiled Eggs Cream of Wheat	BlueBerry Pancakes Scrambledeggs oat meal	 Country fried Steak Hashbrowns FriedEggs Toast Cream of Wheat	Ham-Eggs-Cheese Omelettes Hashbrown Oat meal			
29	30					
Corned Beefhash FriedEggs Toast Cream Of Wheat						

September Lunch Menu 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
closed	Tuna casserole Pea Peaches	Mac-n-Cheese-Smokies Greenbeans Pineapple	Meatball Stroganoff Noodles Peas an Carrots Pears Roll	Stew Cornbread Cake/Berries		
8	9	10	11	12	13	14
Spanish Raice Corn Tapioca	Marinated veggie Salad Hot Roast Beef Sandwich Mashed Potatoes an gravy dilled carrots Pineapple	 TEC BINGO	chicken soft taco refried beans spanish rice fresh fruit	Chowder Frybread Jell-o		
15	16	17	18	19	20	21
Chicken Fettucine mixed vegg vanilla pudding	Tossed Salad/Roll Pork Pot Roast Mashed Patatoesw/Gravy Pea/Tropical fruit	Spaghetti Greenbeans cassrole GarlicBread choc- pudding	Tossed Salad Spaghettiw/meat sause Capri Vegetables Breadstick Apricots	MeatLoaf Mashed Potatoes Corn Tropical Fruit		
22	23	24	25	26	27	28
Pock Chops Carrots Fruit Cocktail	PickedBeet Salad Mac an Cheese Greenbeans Pears Roll	 TEC BINGO	Salisbury Steak Mashed Potatoes w/Gravy Steamed Spinach Fresh Fruit/Roll	Hamburgers \Hordogs Potatoes Salad Beans Chips Fruit Salad Cake		
29	30					
Hamburger\Gravy Over Potatoes Corn Peachies						



WE WELCOME YOU TO JOIN
"HONORING OUR ELDERS"



HOSTED BY

CTUIR Nicht-Yow-Way Elders Advisory Group



WILDHORSE RESORT & CASINO

Rivers Event Center and Cayuse Hall

September 6th, 2019

- | | |
|---------------------|---|
| 8:00 AM | Registration at Rivers Event Cages |
| 8:00—9:00 AM | Continental Breakfast in Cayuse Hall |
| 9:30 AM | Doors Open to Rivers Event Center |
| 10:00 AM | Event Begins |
| 12:00 PM | Luncheon/Entertainment |
| 3:00 PM | Event Concludes |

Wildhorse Hotel Reservations:

1 (800) 654 - 9453 Booking ID# 14600

FOR MORE INFORMATION:

Call DCFS at (541) 429-7300

Vendors contact: alancrawford@ctuir.org

Suquamish Elder Honoring Luncheon 2019

Thursday, September 19, 2019



At the Beautiful

Kiana Lodge

14976 Sandy Hook Road NE, Poulsbo Wa 98370

Doors open at 10:00 a.m.— Lunch served at 12:00 p.m.

RSVP by Friday August 30, 2019—**Limited** space available

Door Prizes, Raffles & Vendors throughout the day

Vendors please contact Donna Sigo—Tables are free with donation of item for the raffle

Contact:

Donna Sigo 360-394-8472—donnasigo@suquamish.nsn.us

Della Crowell 360-394-8417—dcrowell@suquamish.nsn.us



SAVE THE DATE: 09/20/19

Puyallup Tribe Inter-tribal Luncheon

Emerald Queen Casino Showroom

2024 E. 29th St.

Tacoma, WA 98404

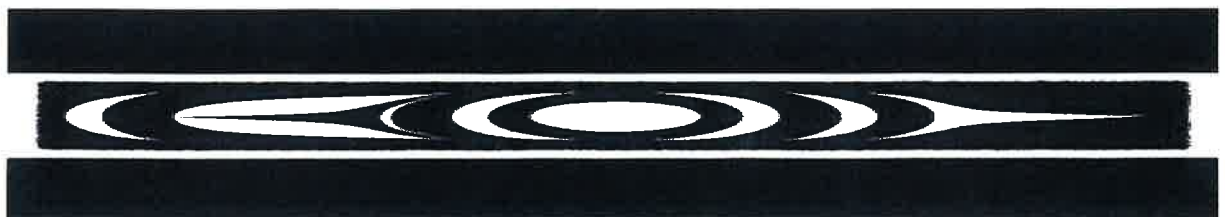
Elders 55 years and older...

No children allowed at this event

Registration opens at 9:30am - RSVP # attending and Tribe

CONTACT: Vernetta Miller (253)-680-5482

Judy LeGarde (253)-680-5494



COEUR D'ALENE TRIBE ANNUAL ELDERS DINNER

WHEN

Thursday, October 3, 2019

Doors open for registration at
9am—Open registration

*Tribal Elders Only

WHERE

Coeur d'Alene Casino

FEATURING • Entertainment • Free Bingo •
Free Door Prizes • Raffle • Vendors • Honoring Veterans

**TRIBAL ELDERS
ONLY EVENT**

**HOTEL
RESERVATIONS
AT CDA CASINO**

1-800-523-2464

Mention 'Elders Dinner' for
special rate

VENDORS

Contact CarylDene Swan
at 208-686-2061

Or Arna-lee Michael

208-686-7104

CONTACT

CarylDene Swan

208-686-2061

Or Arna-lee Michael

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