We love music here at Bridge! Clark & Beth Wright of Fort Collins, CO known as “Stardust Melodies” play fiddle and guitar and sing for us!

Tom Locher plays beautiful piano melodies for us on Thursdays! Here participants listen as they work on their art projects while others choose to be swept away by the music.

Second Saturday Farmers & Crafters Market
Saturday, Sep 8, 2018 at 10:00am
Airport Shopping Center

Pre-Diabetes Class
Thursday, Sep 13, 2018 at 2:00pm
Bartlett Regional Hospital
For more info contact Cynthia Gordon Nickerson RN, CDE at 796-8949

FALL PREVENTION MONTH
Here are a few tips to decrease risk of falls at home:
- Repair or remove tripping hazards
- Avoid wearing loose clothing
- Have adequate lighting around the house
- Use nonslip mats in bathrooms and kitchens where floors might be wet

REMINDER
We will be CLOSED Labor Day
Monday, September 3
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>3</td>
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<tr>
<td>LABOR DAY</td>
<td>Ham</td>
<td>Chicken adobo</td>
<td>Spaghetti</td>
<td>Baked fish</td>
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<tr>
<td>NO LUNCH</td>
<td>Sweet potato</td>
<td>Rice adobo</td>
<td>Mexicali veggies</td>
<td>Pasta</td>
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<tr>
<td>Peas &amp; carrots</td>
<td>Carrots</td>
<td>Texas cole slaw</td>
<td>Spaghetti</td>
<td>Spinach</td>
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<tr>
<td>Tomato salad</td>
<td>Spicy fruit cup</td>
<td>Garlic bread</td>
<td>Calico corn salad</td>
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<td>10</td>
<td>11</td>
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<tr>
<td>Taco salad</td>
<td>Sloppy Joe's on bun</td>
<td>Sweet &amp; sour chicken</td>
<td>Roast beef w/mashed potato &amp; gravy</td>
<td>Turkey pot pie w/ mixed veggies</td>
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<td>w/meat, beans &amp; cheese</td>
<td>Baked beans</td>
<td>Rice</td>
<td>Spinach</td>
<td>Biscuit</td>
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<tr>
<td>Slice pears</td>
<td>Pasta salad</td>
<td>Green beans</td>
<td>Fruit slaw</td>
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<td>17</td>
<td>18</td>
<td>19</td>
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<tr>
<td>Beef veggie soup</td>
<td>½ egg salad sandwich</td>
<td>Liver &amp; onions</td>
<td>Mac &amp; cheese w/ham</td>
<td>Pineapple lemon chicken</td>
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<tr>
<td>Rolls</td>
<td>Tomato soup</td>
<td>Mashed potatoes w/gravy</td>
<td>Broccoli</td>
<td>Rice</td>
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<tr>
<td>Peaches &amp; cottage cheese</td>
<td>Sunshine salad</td>
<td>Stewed tomato pea &amp; onion salad</td>
<td>Texas slaw</td>
<td>Green beans</td>
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<td>24</td>
<td>25</td>
<td>26</td>
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<tr>
<td>Baked chicken</td>
<td>½ tuna sandwich</td>
<td>Spaghetti w/meat sauce</td>
<td>California chicken</td>
<td>Pork roast</td>
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<tr>
<td>Sweet potato</td>
<td>Split pea soup</td>
<td>Spinach</td>
<td>Rice</td>
<td>Oven potatoes</td>
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<tr>
<td>Brussels sprouts</td>
<td>Tossed salad</td>
<td>3 bean salad</td>
<td>Peas &amp; carrots</td>
<td>Corn</td>
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<tr>
<td>Fruit slaw</td>
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<td>Garlic bread</td>
<td>Honey orange salad</td>
<td>Cauliflower</td>
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<tr>
<td>Baked fish</td>
<td>Chicken</td>
<td>½ cheese &amp; tomato sandwich</td>
<td>BBQ beef on bun</td>
<td>Pork stew</td>
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<tr>
<td>Rice</td>
<td>Tahitian</td>
<td>mixed veggies</td>
<td>Mixed veggies</td>
<td>Spinach</td>
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<tr>
<td>Brussel sprouts</td>
<td>Pasta</td>
<td>sandwich</td>
<td>Potato salad</td>
<td>and orange salad</td>
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<tr>
<td>Tomato &amp; cucumber salad</td>
<td>Broccoli</td>
<td>Clam chowder</td>
<td>roll</td>
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<td></td>
<td>Apricot salad</td>
<td>Honey mustard</td>
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For information contact Renee Hughes at the Juneau Sr. Center 463-6175 For Seniors 60+ years and older
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</table>
| **Library fun w/ Felicite**  
Ring Toss  
Word Within a Word | **Shuffleboard**  
Call Out the Answer!  
Purple Dice | **GHS VISIT**  
**BINGO**  
Mind Jogglers | **ART**  
**Music w/ Tom Locher**  
Name 10 Things | **Music w/ Jacque**  
Croquet  
Hangman |
| 10     | 11      | 12        | 13       | 14     |
| **Accordion w/ Dale**  
**Library fun w/ Felicite**  
Pictionary | **Golf**  
Pokeno  
Parlor Time | **BINGO**  
50/20/10  
Karaoke | **ART**  
**Music w/ Tom Locher**  
Penny Ante | **Music w/ Rita**  
Bowling  
Pokeno |
| 17     | 18      | 19        | 20       | 21     |
| **Library fun w/ Felicite**  
Lawn Darts  
Shuffleboard | **Basketball**  
Mastermind  
Name 10 Things | **BINGO**  
Alphabet Game  
Bag ball Toss | **ART**  
**Music w/ Tom Locher**  
Purple Dice | **Music w/ Jacque**  
Croquet  
Call Out the Answer! |
| 24     | 25      | 26        | 27       | 28     |
| **Accordion w/ Dale**  
**Library Fun w/ Felicite**  
Pokeno | 50/20/10  
Pictionary  
Shuffleboard | **BINGO**  
Corn Hole Toss  
Golf | **ART**  
**Music w/ Tom Locher**  
Splatter Toss | **Music w/ Rita**  
Ring Toss  
Name 10 Things |
Bridge folks take a field trip to the Valley Public Library! Felicite who reads to us and works for the library gave us a wonderful tour of the beautiful new library. Some participants had visited before while it was others first time.

**Tai Chi Class**
Free health promotion program for those age 60+

An 8-week class series begins **September 11, 2018**

5:30—6:30 pm  
Tuesdays & Thursdays  
The Filipino Community Hall

**Registration is required.** Call **463-6113** to register.

Benefits include:

♦ Improved balance and reduced risk of falls

♦ Greater awareness, tranquility, and overall sense of well being

♦ Improved strength, conditioning, coordination, and flexibility

♦ Reduced pain & stiffness

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**Bridge Wishlist**

The Bridge is in need of the following items:

◊ Coffee mugs

◊ Plastic cups (reusable; dishwasher safe)

◊ Non perishable snacks (fig bars, crackers, granola, etc.)

◊ Quick dessert mixes (pudding, cake, muffins, etc.)

◊ Decaf Coffee

◊ Tea/Iced Tea

◊ Napkins

◊ Ranch salad dressing

◊ Toilet Paper

◊ Tissue

◊ Paper plates

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The Bridge Program receives financial support from the Juneau Community Foundation’s Hope Endowment Grant and CBJ Social Service Grants and the State of Alaska, Senior & Disabilities Services

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**The Bridge Adult Day Program**
1803 Glacier Hwy  
(907) 463-6170

**Hours:**  
7:30am-5:30pm Mon-Fri

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Southeast Senior Services is a Division of Catholic Community Service  
Accredited by the Council on Accreditation