

# VINTAGE PRESS



A PUBLICATION OF THE SELMA SENIOR CENTER

NOVEMBER 2009

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## TOP 5 FAMILY THANKSGIVING TRADITIONS

*Traditions are a big part of the Thanksgiving holiday, and every American family has their own way of celebrating. From stuffing the turkey to a football game, here are the five most popular.*

### 1. Turkey and Trimmings

From the first Thanksgiving to today's turkey burgers, turkeys are an American tradition dating back centuries. According to the National Turkey Federation, 95 percent of Americans eat turkey at Thanksgiving. Regional twists offer variations on the traditional roasted bird, including coffee rubbed turkey from Hawaii, salt encrusted turkey from New England, and deep

fried turkey from the South.

### 2. Time Out for the Pigskin.

Throughout the United States, football on Thanksgiving Day is as big a part of the celebration as turkey and pumpkin pie. Dating back to the first intercollegiate football championship held on Thanksgiving Day in 1876, traditional holiday football rivalries have become so popular that a reporter once called Thanksgiving "a holiday granted by the State and the Nation to see a game of football."

### 3. Parading Around

The first American Thanksgiving Day parade was held in 1920,

organized by Gimbel's Department Store in Philadelphia, not Macy's as most people believe. The NYC Macy's Thanksgiving Day parade tradi-

*(Continued on page 3)*

*The City of Selma would like to invite you to join other seniors in a variety of activities at the Selma Senior Center. Activities Monday through Friday include dominos, cards, ceramics, billiards, bingo, educational programs, and much more. If you're over the age of 60 please join us for lunch for only a \$1.50 (suggested donation) any day Monday through Friday at 11:30 AM. Reserve your lunch one day in advance by calling before 11:30 AM at 891-2239.*

Funding provided by

The City of Selma

and



1-800-510-2020

# November Birthdays

Scott McKenry	1	Sylvia Ponce	11
Guadalupe Gama	1	Ethel Baxter	11
David Barber	1	Pete Petroff	14
Margaret Davidson	2	Jean Waggoner	16
Sara Maldonado	4	Alvin Keeler	20
Faustina Flores	4	Nancy Hagebusch	21
Manuel Castro	5	Tommy Wright	23
Juan Salazar	6	Paul Pedersen	27
Wanda Jones	6	Margaret Olds	27
Gladys Fly	6	Manuel Garcia	28
Esther Duran	7	Ted Oba	30
Delfina Gomez	9		

# HAPPY BIRTHDAY



***On birthday recognition day, all birthday honorees that attend will receive a gift!***

## A Note From Barbara & Theresa

Thanksgiving Greetings,

Happy Thanksgiving everyone! Fall is finally here, we have changed the clocks and it is getting dark earlier. Soon we will be in the cold days of winter wishing for those warm days of summer. Barbara and I have given Lauri a hand in finishing the November newsletter since she was called away for a family emergency, all is well now and she will soon be back with us here at the Senior Center!

I would like to take this opportunity to thank everyone here at the Senior Center for being so nice and helpful with everything that we do here. We appreciate everything that you do in helping us to do our jobs. With that said I would like to say Good Bye to everyone. My husband will begin his career with the California Highway Patrol in December in Southern California, which means we will be relocating our family. I have greatly enjoyed working here for the past 5 years and I have enjoyed getting to know all of you. I will miss the City of Selma but it is time to start the next chapter in my life with my husband Peter and our 2 1/2 year old son Jakob. Once again Happy Thanksgiving, Merry Christmas and Happy New Year!

*Theresa M. Johnson*

# Pumpkin Pie

by Paula Dean



## Ingredients

- 1 (8 oz) package cream cheese, softened
- 2 cups canned pumpkin, mashed
- 1 cup sugar
- 1/4 teaspoon salt
- 1 egg plus 2 eggs yolks, slightly beaten
- 1 cup half and half
- 1/4 cup (1/2 stick) melted butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger (optional)
- 1 pre made pie shell
- Whipped cream for topping

## Directions

Preheat oven to 350 degrees F.

Fit a piece of aluminum foil to cover the entire inside of the pie shell, fill the shell up to the edges with pie weights or dry beans (about 2 lbs.) Place in oven and bake for 10 minutes, remove the foil and beans and bake for another 10 minutes until crust is dried out and beginning to color.

In a large mixing bowl, beat the cream cheese with a hand mixer. Add the pumpkin and beat until combined. Add sugar and salt, and beat until combined. Add the eggs, yolks, half and half, and melted butter, and beat until combined. Finally add the vanilla, cinnamon, and ginger, beat until incorporated.

Pour filling into the warm pie crust and bake for 50 minutes, or until center is set. Cool to room temperature on wire rack. Top each piece with whipped cream.

**SENIORS ARE ON THE ROAD****AGAIN...**

Nov 10      Morro Bay/Pismo      \$32  
7:00 a.m.

Dec 8-10      Las Vegas (2 nights)      \$113/\$140  
7:00 a.m.

Four Queens Casino/Hotel—Experience  
Fremont's spectacular holiday light show

Trips for 2010 are looking good, here are some of the places we're going next year: Tachi Casino/Lemoore, Eagle Mountain Casino, Yosemite, Palm Springs/2 nights, Griffith Park/Observatory, Red Hawk Casino, Santa Barbara and Reno and Virginia City together!

All trips depart in the morning except when noted "PM"

*All trips subject to change*

**Apparently I tend to brag too much about my home state of Ohio. One day I told a long suffering friend, "You know, the first man in powered flight was from Ohio. The first man to orbit the moon was from Ohio. And the first man on the moon was from Ohio." " Sounds like a lot of people are trying to get out of Ohio," he observed.**

*(Continued from page 1)*

tion actually began in 1924. and has grown into an annual event of balloons, bands, and floats, enjoyed by more than 46 million people each year in person and on TV.

#### 4. Making a wish

Does your family fight over the wishbone from the Thanksgiving turkey? Known as a "lucky break" the tradition of tugging on either end of a fowl's bone to win the larger piece and it's accompanying "wish" dates back to the Etruscans of 322 B.C. The Romans brought the tradition with them when they conquered England and the English colonists carried the tradition on to America.

#### 5. Giving Thanks

Last, but certainly not least, Thanksgiving is about giving thanks for the people and blessings of the past year. From pre-meal prayers to providing holiday meals to the homeless, the holiday is truly a celebration of praise and thanksgiving.

### **Date Change:**

**Commodities are  
scheduled for  
Wednesday,  
November 18th.**

# November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo	3 9:30 Chair Exercise 10:00 Grief Support Group 11:15 Lunch	4 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo	5 9:30 Chair Exercise 11:15 lunch	6 9:30 Dime Bingo 11:15 lunch	7 Country Music Jam 5-8 PM
8	9 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo	10 9:30 Chair Exercise 10:00 Grief Support Group 11:15 lunch	11 Veteran's Day CLOSED 	12 9:30 Chair Exercise 11:15 lunch Driver Safety 12:30- 4:30	13 9:30 Dime Bingo 11:15 lunch Driver Safety 12:30- 4:30	14
15	16 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo	17 9:30 Chair Exercise 10:00 Grief Support Group 11:15 lunch	18 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo Commodities	19 9:30 Chair Exercise 11:15 lunch	20 9:30 Dime Bingo 11:15 lunch	21 Country Music Jam 5-8 PM
22	23 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo	24 9:30 Chair Exercise 10:00 Grief Support Group 11:15 lunch	25 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo	26 Thanksgiving CLOSED 	27 Thanksgiving CLOSED	28
29	30 9:30 Silversneakers Exercise 11:15 lunch 12:45 Bingo		December 2 Holiday Craft Fair & Bou- tique	December 31 New Year's Eve Day Dance		



**Holiday Craft Fair & Boutique**  
 9:00 am– 12:00 pm  
 Wednesday, December 2nd  
 Selma Senior Center  
 2301 Selma St. in Lincoln Park  
 Table space is \$10 each.  
 Call 891-2239 to reserve your space now!



*DRIVER SAFETY CLASS*

Thursday, November 12  
 &  
 Friday, November 13  
 12:30 - 4:30 PM

Call 891-2239 to register



**VETERAN'S DAY  
 NOVEMBER 11**

**THE SELMA SENIOR CENTER  
 WOULD LIKE TO INVITE  
 YOU TO BE A PART OF OUR  
 ANNUAL WALL OF FAME  
 HONORING VETERANS  
 WE WILL BEGIN POSTING PHOTOS AND  
 MEMORABILIA NOVEMBER 2.**

To protect your original documents or photos,  
 we can make copies to use.

Enjoy a hot meal at the Selma Senior Center, Monday through Friday. Lunch is a suggested donation of \$1.50 for seniors age 60 and older (non senior cost is \$3.50). Check in at 11:15 a.m. so lunch can be served at 11:30 a.m. Reservations can be made by calling 891-2239 by 11:30 a.m. one day in advance. Funding for the lunch program comes from the Fresno-Madera Area Agency on Aging and the City of Selma. All meals are served with 1% low fat milk. (Menu subject to change without notice)



	T	J	S	N	M	U	T	U	A	Y	C	G
	S	E	T	A	T	S	D	E	T	I	N	U
	I	T	U	S	M	I	R	G	L	I	P	E
AUTUMN	N	S	F	A	M	I	L	Y	V	T	T	G
CORNSTALKS	D	E	F	J	Q	V	P	I	Y	T	A	A
FAMILY	I	V	I	O	I	V	G	F	L	A	G	I
FLAG	A	R	N	W	I	S	H	B	O	N	E	L
FOLIAGE	N	A	G	D	K	T	U	R	K	E	Y	O
FOOTBALL	S	H	K	N	L	L	A	B	T	O	O	F
HARVEST	E	D	A	R	A	P	Y	C	A	M	T	E
INDIANS	T	H	P	U	M	P	K	I	N	P	I	E
MACY PARADE	T	C	O	R	N	S	T	A	L	K	S	V
PILGRIMS												
PUMPKIN PIE												
STUFFING												
THANKSGIVING												
TURKEY												
UNITED STATES												
WISHBONE												

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Check us out at  
[www.cityofselma.com](http://www.cityofselma.com)

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*Creating community through people,  
 parks and programs*