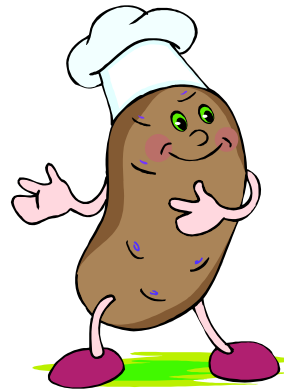


# POTATO SOUP

September means summer is changing to fall. When fall comes, it's time to start thinking about making some soups. A friend of mine gave me this Potato Soup recipe several years ago. It is easy and yummy!



ENJOY!!

8 cups cooked potatoes (reserve water)

1 lb. cooked crisp bacon

1 cup diced onion

2 cans cream of chicken soup

1 can evaporated milk

1 cup 1% or 2% milk

2 cups reserved potato water

2 tbsp parsley flakes

1/4 tsp pepper

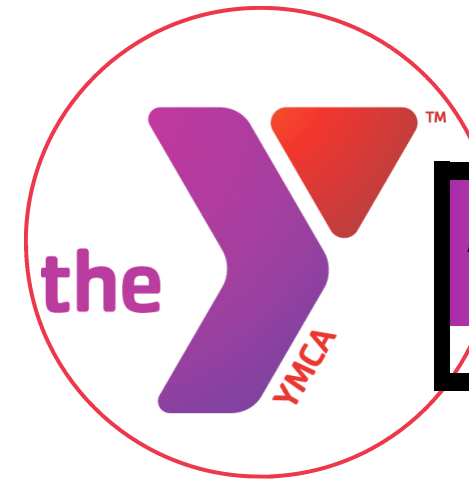
Mix all ingredients and cook over low heat, stirring often.

## HAPPY SEPTEMBER BIRTHDAYS...

- 1 - Ronald Flowers
- 2 - Charles LaBue
- 3 - Sidney Davis
- 4 - Thomas Gonsolin
- 5 - Samuel Malina, Jr.
- 6 - James Cole
- 7 - Melanie Foss
- 8 - Mary Redding
- 9 - JoAnne Smith
- 10 - King Dillon
- 11 - Lorna Regnart
- 12 - Charles Andrews
- 13 - Doug Memmott
- 14 - Lois Scheller-Schwarz
- 15 - Velma Gustafson
- 16 - Louise Parenteau
- 17 - Joyce Wallenburg
- 18 - Gary Hadsell
- 19 - Julia Durfee Bedsole
- 20 - Sharon Clary
- 21 - Johnnie Hannum
- 22 - Diane Weaver

- 14 - Lola Daugherty
- 15 - Donald Kunkler
- 16 - Richard McClure
- 17 - Ed Pyle
- 18 - David Gester
- 19 - Joy Augustin Westberg
- 20 - Linda Halleckson
- 21 - David Heikka
- 22 - Nancy Meer
- 23 - Peggy Dammel
- 24 - Gail Laureano
- 25 - Dennis Lufkin
- 26 - Lou Murphy
- 27 - William Nixon
- 28 - Joyce Baker
- 29 - Naomi Ferrel
- 30 - Joan Gonzales
- 31 - Raymond Summerfield
- 1 - Carol Conger
- 2 - Keith Hicks
- 3 - William Schultz
- 4 - John Hoskinson

- 25 - Ray Couzin
- 26 - Galen DeShon
- 27 - Roberta DeShon
- 28 - Sandra LaPlante
- 29 - Janet Rummer
- 30 - Marjorie Seago
- 31 - Norma Wingerd
- 1 - Nancy Byrns
- 2 - Charles Dunn
- 3 - Kathleen O'Neal
- 4 - Nancy Dollarhide
- 5 - Allen Marah, Sr.
- 6 - Mike McCann
- 7 - John Whalen



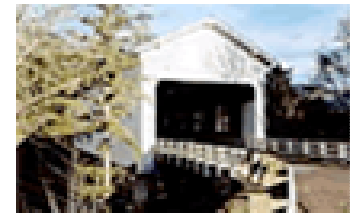
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS  
OF THE GRANTS PASS YMCA

SEPTEMBER 2011

~ YMCA CLOSED ON LABOR DAY ~

## SEPTEMBER'S AOA ADVENTURE~



Dorena Bridge

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Wednesday,  
September 14th 9am-  
5:30pm

How about a leisurely day enjoying the beautiful Oregon countryside this fall? We will head north to the "Covered Bridge Capital of the West", Cottage

Grove, and look at many different covered bridges.

The heyday for covered bridges was between 1905 and 1925 when there were an estimated 450 covered bridges in the state. But, by 1977, this number had dwindled to 56. Make sure you bring your camera.

We will enjoy lunch at the Village Green and walk through their beautiful gardens.

Bring money for lunch and pack snacks.

Members: \$32  
Non-Members: \$47  
Registration deadline is September 7, 2011.  
Limited to 17 participants.

### Information

YMCA Hours:  
Monday - Friday:  
5:00 am - 9:00 pm  
Saturday:  
8:00 am - 5:00 pm  
Sunday:  
12:00 pm - 5:00 pm  
Contact Us:  
1000 Redwood Ave  
PO Box 5439  
Grants Pass, OR 97527  
(541) 474-0001  
www.grantspassymca.org

## CRATER LAKE TRIP LAST MONTH...

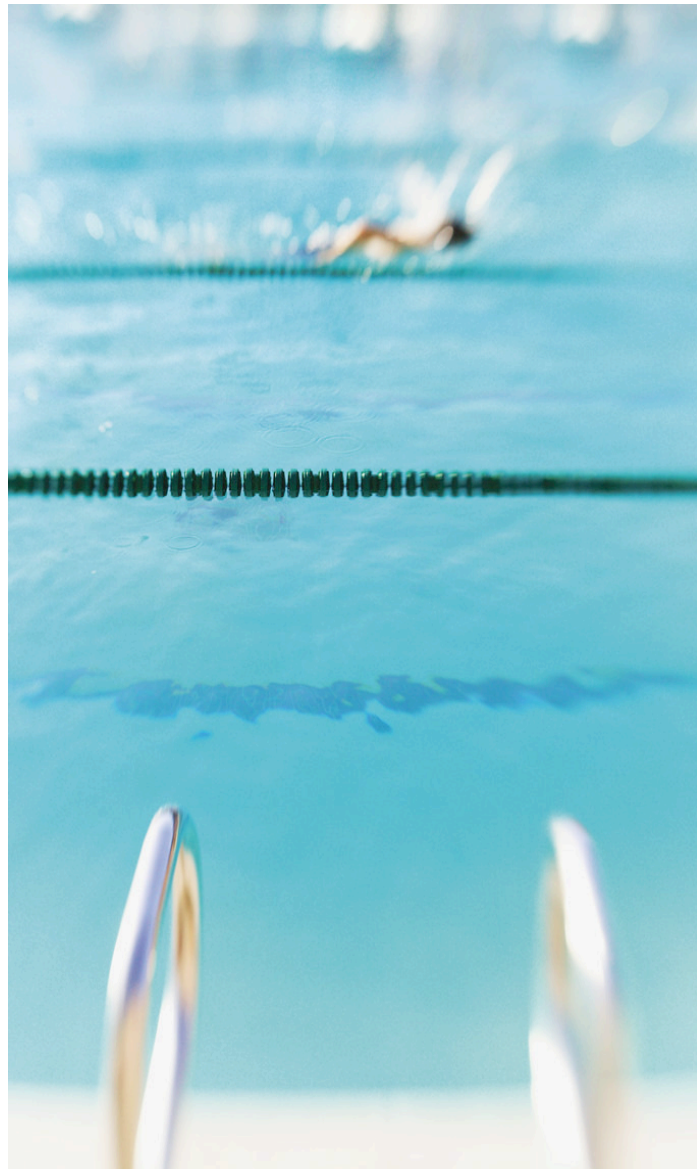
The AOA Adventure for August was to Crater Lake. A group of 8 enjoyed an absolutely beautiful day and a fun trip. The ranger who accompanied them around the rim gave them many interesting facts and showed them lots of stuff.

Be sure to sign up for the September trip!



~TO RECEIVE THIS PUBLICATION ELECTRONICALLY, SIGN UP AT THE FRONT COUNTER AT THE Y~

## AQUATIC FITNESS CLASSES ~



**Early Bird**—Paced for beginning to intermediate levels. This invigorating class is a great way to start the day. M/W/F 7-8 am

**Aqua Jogging**—This is a medium to high intensity deep water workout using flotation belts. M/W/F 6:30-7:30 am

**Aquatic Fitness**—This is a medium to high intensity class that improves flexibility, muscle tone, and endurance. M/W/F 8-9 am, T/TH 5-6 pm, and M/W/F 6-7 pm

**Fitness for All**—Improved flexibility and muscle toning/conditioning are emphasized in these classes. M/W/F 9-10 am and T/TH 10:30-11:30 am

**Wet Guts and Butts**—A medium to high intensity shallow water workout. Get those guts and butts into shape fast with this awesome new workout. T/TH 6-7 pm

**Water Boot Camp**—High intensity deep water workout. Get your blood moving in this early morning class that will challenge you to new levels of fitness in the water! M/W/F 5-6 am, T/TH 5-6 am, M/W/F 8:30-9:30 am, and M/W/F 9:30-10:30 am

**Water Wellness**—These classes are designed for people who have physical restrictions. It is an ideal opportunity for those suffering from arthritis or recovering from injury or surgery. M/W/F 10:30-11:30 am and T/TH 9-10 am

**Water Walking (Stroke Recovery)**—This is a shallow water workout with minimal stress on joints. This class is excellent for people who need to take it slowly or are recovering from stroke, working on flexibility and strength. M/W/F 8-8:30 am, T/TH 8:30-9 am, M/W/F 11:30-Noon, & T/TH 10-10:30 am

**All Aquatic Classes are FREE to YMCA members!**

School,

Effort, and

Play.

Trying your best

Each hour of the day,

Making new friends,

Being good as you can

Exciting discoveries,

Reading books with a friend.”

~Boni Fulgham

## CRIME PREVENTION TIPS ~ SHOPPING/ BANKING

### Shopping:

1. Carry your purse very close to you...don't dangle it from your arm. Never leave your purse in a shopping cart. Never leave your purse unattended.
2. Don't carry any more cash than is necessary. Many grocery stores now accept checks and ATM cards instead of cash.
3. Don't display large amounts of cash.

### Banking:

1. Many criminals know exactly when government checks arrive each month and may pick that day to attack. Avoid this by using Direct Deposit.
2. Never withdraw money from your bank accounts for anyone except YOURSELF. Be wary of con-artists and get-rich schemes that probably are too-good-to-be-true.
3. You should store valuables in a Safe Deposit Box.
4. Never give your money to someone who calls you and identifies himself as a bank official. A bank will never ask you to remove your money.
5. If you have been swindled or conned, report the crime to your local police or Prosecuting Attorney's office.

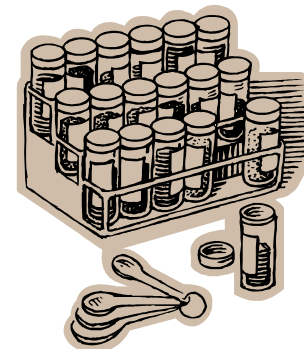
(from [www.alexandriapolice.com-safetytips.htm](http://www.alexandriapolice.com-safetytips.htm))

**Golfer:** “I'd move heaven and earth to break 100 on this course.”

**Caddy:** “Try heaven. You've already moved most of the earth.”

## HEALTHY LIVING ~ MAKE FOODS TASTY WITHOUT USING SALT

Try using these flavorings, spices, and herbs instead of salt.....



Beef.....bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme

Pork.....garlic, onion, sage, pepper, oregano

Chicken.....ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme

Fish.....curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

(from [www.nhlbi.nih.gov/hbp/prevent/sodium/tips.htm](http://www.nhlbi.nih.gov/hbp/prevent/sodium/tips.htm))