



BTC Quarter Sale August 27-29

Thank you to everyone
who donated items!

VOLUNTEER APPRECIATION DINNER

August 23, 2025 4-7pm

**Catered by Cappo's,
entertainment provided!**



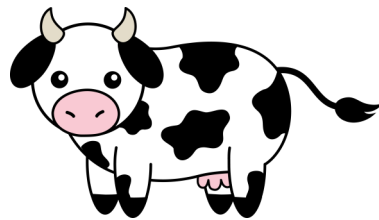
Studebaker Mansion South Bend, IN

In partnership with the Portage YMCA!

\$50/Includes lunch

Sign Up: 8/13/25 9am-3pm

Trip Date: 9/5/2025 BL TBD



Fair Oaks Farm

Lunch OYO

8/6/2025 BL 8:35am



Chicago Riverboat Architectural Tour

8/12/2025 BL 10am

Bag lunch provided by Center.

Drinks & Snacks can be purchased on
the boat.



Supper Club—Burgerhaus Valpo, IN \$5

Sign Up: 8/19/25 9am-3pm

Trip Date: 8/27/2025 BL 4pm



Questions
about
Medicare?
Talk to Kurt!
8/1 @ 10am

Bonner Senior & Community Center



Thank you to our Newsletter Sponsor!

Avery Edmonds, Site Manager

5800 Lexington Ave.

Portage, JN 46368

219-762-3591



Brendan Clancy, Trustee

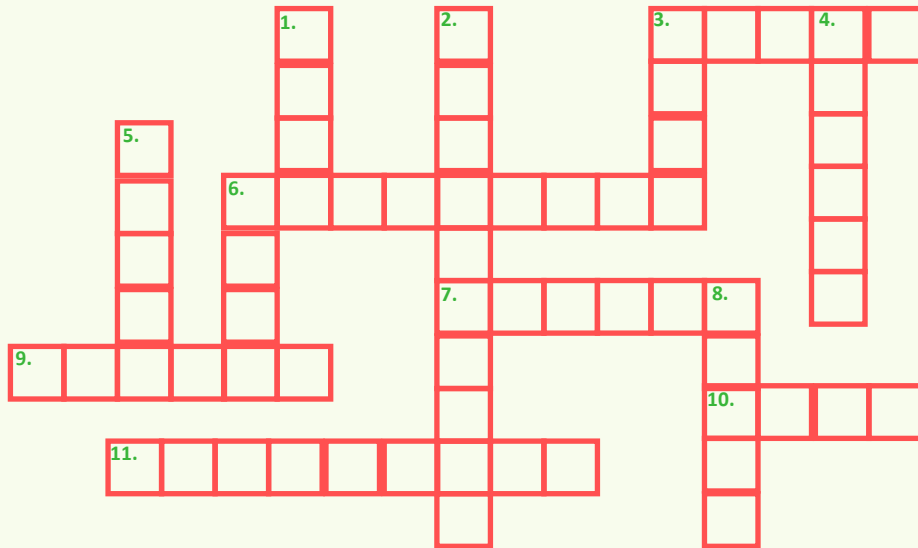
3590 Willowcreek Rd. Ste. B

Portage, JN 46368

219-762-1623



Fruit Crossword Puzzle



ACROSS

3. This sour, yellow citrus fruit makes a refreshing drink when mixed with sugar and water.
6. This yellow fruit has a very spiky top.
7. This yellow fruit has an ice cream dessert named after it, a _____ split.
9. This very small, red fruit grows on trees that are also known for their flowers or _____ blossoms.
10. This fruit is often dark purple and has one very large seed.
11. This berry also has a color in its name.

DOWN

1. This green fruit has a fuzzy brown skin and it is also the name of a bird.
2. This red, heart-shaped berry has many tiny seeds.
3. This sour, green citrus fruit is the main ingredient in key ____ pie.
4. This citrus fruit makes a popular breakfast juice.
5. When dried, this fruit makes raisins.
6. This fruit is close to an apple, slightly sweet, and has a unique shape.
7. This fruit is harvested in fall and makes juice, cider, pie, and a snack called _____ sauce.

Fruits provide a unique set of nutrients and benefits to your overall health and wellness.
All fruit is generally healthy but some are superior to others.



Apples: Good for managing blood sugar levels, promotes in digestion , and support gut and heart health. Rich in soluble and insoluble fiber.



Blueberries: Antioxidant and anti-inflammatory.



Bananas: High Potassium content.



Oranges: High Vitamin C content. Can help lower blood pressure.



Strawberries: Low glycemic index.



Watermelon: High water content, good for hydration.



Mango: High in Mangiferin, which is shown to protect the body from chronic diseases such as diabetes, heart disease, and Alzheimer's



Grapes: High in plant compounds that have been linked to numerous health benefits.

Unconditional love

Emotional Support

Family History

Wisdom

Culture

Roots & Heritage

Advice

Encouragers of Creativity

Support Systems

Role Models

**Grandparents are
important because....**

Please join us with your grandchildren at the Bonner Center on
Tuesday, August 5, 2025 in celebration of Grandparent's Day! Featuring lunch,
the Winamac Car Club, an ice cream truck, crafts and games!