

SERVING OUR COMMUNITY WITH CARE

Kenmare Wheels & Meals
221 North Central
Kenmare, ND 58746

Office: 9:00 AM – 2:00 PM
Phone: 701-385-4364 | 1-877-385-4364
Transit Phone: 701-217-0028
Email: kwheelsmeals@outlook.com

Upcoming Events & Important Dates

Ride to Minot – Every Tuesday!

Need to get to Minot? Hop on our bus for just **\$12.00** per trip! Open to the public.

Kenmare W & M Board Meeting –

September 24, 2025

Held at the Kenmare Wheels & Meals

BIRTHDAY GIRLS

Alice Pausig, Office Admin
Rosie Warren, Burke County



National Root Beer Float Day – August 6th

Join us on **Wednesday August 6th** at the Senior Center for a delicious **Root Beer Float** dessert with your noon meal. A sweet way to celebrate the day!

Senior Safari 8/27th

Roosevelt Park Zoo – Minot
Free admission to the Zoo for Seniors. Box Lunch Served for \$5.00
Time: 10:00 AM – 2:00 PM
Svc to Minot: Wildrose Transportation
Call 701-641-0994 to make a reservation.

Important Update on Suggested Donations

To continue providing fresh, nutritious home delivered and congregate meals, we are gently updating our suggested donation.

Beginning July 2025, the suggested donation will be **\$5.00 per meal.**

Please know that our program remains flexible: **Pay what you can afford = No one will ever be turned away due to an inability to pay.**

Every gift- large or small – helps us to keep delivering meals and supporting our clients.

Thank you for being a valued part of the Kenmare Wheels and Meals Family.

August is National Immunization Awareness Month (NIAM)

With the new school year about to start – and flu season right around the corner, First District Health Unit would like to remind you that getting all recommended vaccines protects you against serious illness.

For more information call: 701-385-4328


August is Summer Sun Safety Month

Which makes this a good time to learn the signs of sun damage and remember the ways you can protect yourself and your family from the harmful effects of ultraviolet, or UV, radiation from sunlight.

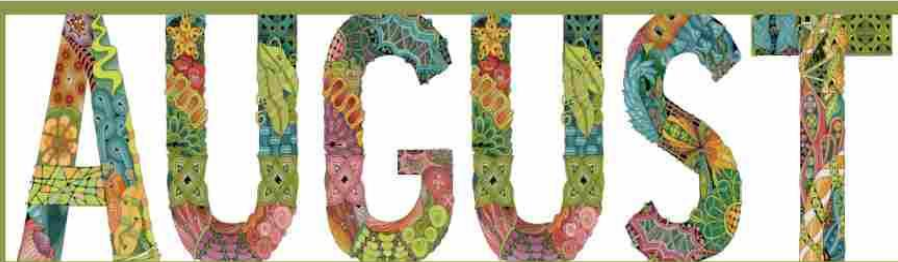
- ✓ Exposure to UV radiation from the sun damages your skin.
 - ✓ Children are especially vulnerable because they tend to spend more time outdoors and can burn easily.
 - ✓ Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense
 - ✓ The FDA and the American Academy of Pediatrics (AAP) recommend keeping newborns and babies younger than 6 months out of direct sunlight. The best sun protection for these infants is to stay in the shade. Look for natural shade, such as under a tree. Or create your own shade under a beach umbrella, a pop-up tent, or a stroller canopy.
 - ✓ Sunscreens that are not broad spectrum or are broad spectrum but lack an SPF of at least 15 must carry a warning: "Skin Cancer/Skin Aging Alert: Spending time in the sun increases your risk of skin cancer and early skin aging. This product has been shown only to help prevent sunburn, not skin cancer or early skin aging."
 - ✓ Skin cancer develops primarily in areas of sun-exposed skin, including the scalp, face, lips, ears, neck, chest, arms, hands, and legs.
 - ✓ Skin cancer is the most common type of cancer, according to the American Cancer Society.
 - ✓ Exercising and enjoying time outdoors are important for good health, though, staying protected from the sun will allow you and your family to be safe.
- For more safety tips, visit: www.cancer.org
-

Stay Connected with Us!

 **Check Out Our Website** – Visit www.wheelsandmeals.org for details on all programs, services, and menus!

 **Find Us on Facebook** – Stay updated with upcoming events, meal schedules, and community happenings.

 **Wishing you all a joyful August filled with good food, great company, and warm summer memories! Stay safe and enjoy every moment!**



*August
national days
word search
printable
from Always
the Holidays*

Y Z Y A D E L F F A W O E S G
G A A Y A D M U R C I Y Y K B
Y A D A I G R O E G A S A I O
A F O A K L I P M D Y T D L W
D Y T U P D A J S A T E D Y D
R A A V O I B R D R F R A A A
A D T D D Z U N Y I B D E D Y
L Y O E P A O X A N A A M L M
L Z P A S I R Y D G L Y O L Y
O A I O L K S M L E Y G I A D
D L N D C C P S L Y A D D B C
V I N Y L R E C O R D D A Y E
D K I D S D A Y D G G P H A K
E T Y A D O C C E S O R P L D
W A T E R M E L O N D A Y P E

POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY



KENMARE / LIGNITE-COLUMBUS MENU

ALL DONATIONS APPRECIATED.

Kenmare Wheels & Meals receives some federal & state funding to assist with food costs, but there is a suggested contribution of \$5.00 per meal

Suggested contribution means "pay what you can afford" and each senior is responsible for determining what he/she is able to pay

Please call : 385-4364 (KENMARE) 818-3116 (LIGNITE/COLUMBUS) Call the day before to reserve or cancel a meal.

				1 Meatball Sub Potato Wedge Tom/Cucumber Salad Fruit Cocktail
4 Ranchers Chicken Whip Sweet Potato Blend Vegetables Berries w/Whip Topping	5 Roasted Turkey Mashed Pot/Gravy Green Beans Pears	6 National RootBeer Float Day Pulled Pork Sandwich Baked Beans Zucchini Peaches Root Beer Float	7 Sausage & Cabbage Bake Wax Beans Cherries in Gelatin	8 Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Fruit in Pudding
11 Roast Beef Mashed Pot / Gravy Roasted Veggies Watermelon	12 Baked Chicken Thigh Rice Pilaf Artichoke Salad Angle Food Cake w/ Strawberries & Topping	13 Baked Fish Parmesan Broccoli Hashbrowns w/Cheese Fruit Cobbler	14 Beef Taco Salad Black Beans Chips and Salsa Fruit	15 COOKS CHOICE
18 Beef Broccoli Stir Fry Rice Oriental Vegetables Egg Roll Tropical Fruit	19 Cornflake Chicken Boiled Potatoes Sweet Corn Mandarin Oranges	20 Smothered Pork Chop Red Potatoes Peas Applesauce	21 Chicken Fried Steak Garlic Mashed Potatoes Mixed Vegetables Peaches w/Cottage Cheese	22 Sloppy Joe w/ Bun SC Potato Wedge Baked Beans Fruit Cup
25 Tuna Noodle Cass Yellow Squash Banana Pudding	26 Creamed Turkey Dutchess Potatoes Glazed Carrots Orange	27 Porcupine Meatballs Broccoli w/ Cheese Sauce Garlic Mashed Potatoes Pears	28 Lasagna House Salad/Dressing Herbed Green Beans Peaches Garlic Bread	29 Meatloaf and Gravy Colcannon Potatoes Corn Fruit Cocktail in Jello

Menu Subject to Change if Necessary