

EXERCISE EQUIPMENT

INVERSION TABLE - Inversion Table for spinal decompression; \$50. 716-298-0194.

FIREWOOD

FIREWOOD - Firewood, maple, delivered by truck load bed, around 1 face cord, 4' x 8' x 16". \$100 plus delivery. 716-868-4710.

FIREWOOD - Pine, delivered by truck load bed, around 1 face cord, 4' x 8' x 16". \$100. Includes delivery 716-868-4710.

FURNITURE

COMPUTER DESK - Computer desk, L shaped, 66"x 66", black/gray, good conditions, \$99. 716-838-4351.

CEDAR CHEST - Cedar chest, Lane, original owner, excellent condition, locking. \$99. 716-838-4351.

CHAIRS - Set of 4 dining chairs. \$20. Call or text 716-345-9404.

CABINET - Wooden 4-shelf Storage Cabinet H-4ft, W-18.5in, D-11.5in Like new. 716-830-8422.

TABLE - Folding conference room table, 6' x 3', brown top, sturdy. \$25. 716-930-5521.

CHEST - Storage chest/box, wooden, angled hinged top, 25"L x 12"H. \$10. 716-693-1545.

ROCKER - Rocking chair, adult, large, walnut, good condition. \$60. 716-754-1621.



NIAGARA COUNTY OFFICE FOR THE AGING MENU

July 6 - July 10

Eat Well....Stay Well Dining

MONDAY, July 6 - Bone In Pork Chop, Cheesy Mashed Potatoes, Glazed Carrots, Rye Bread, Cinnamon Applesauce

TUESDAY, July 7 - Turkey Burger Supreme w/ Lettuce, Tomato, Onion, Pickle, Baked Sweet Potato, Seasoned Peas,

Wheat Hamburger Bun, Brownie, PC Ketchup, Mustard

WEDNESDAY, July 8 - Italian Sausage w/ Peppers and Onions,

Potato Salad, Caesar Salad, Wheat Hot Dog Bun,

Banana, PC Ketchup, Mustard

THURSDAY, July 9 - Broccoli and Cheese Strata O'Brien

Potatoes, Stewed Tomatoes, Wheat Dinner Roll, Sliced Peaches

FRIDAY, July 10 - Turkey Cobb Salad, Pea and Pasta Salad,

Biscuit, Fresh Honeydew Melon, PC Dressing

All lunches served with bread, 1% milk, coffee or tea. Suggested contribution for meals is \$3.25. Menu subject to change without notice. Call 716-438-4020 for more information.

COFFEE TABLE - Coffee table, mahogany, 47"L x 31"W, center drawer. \$50. 716-949-0331.

LAMP TABLE - Lamp table, round, excellent for corner spot. \$20. 716-949-0331.

HOLIDAY DECOR

CHRISTMAS IN JULY - Big selection, tree, nativity, tree skirt to bulbs. \$1-25. 716-754-1621.

HOME DECOR

PICTURES - Assorted wall pictures. \$5. 716-465-3654.

Island Golden Age Center Lunch Menu

Lunch is served at 12 Noon Monday - Thursday / 11:30am Friday

July 6 - July 10

MONDAY, July 6 - Travel Club Meeting - Breaded Chicken with Stuffing, Carrots & Fruit Salad

TUESDAY, July 7 - Open-Faced Roast Beef with Mashed Potatoes & Mixed Vegetables

WEDNESDAY, July 8 - Beef Taco with Chips, Salsa, Corn & Topical Fruit

THURSDAY, July 9 - Chicken Pot Pie with Ambrosia and Roll & Butter

FRIDAY, July 10 - Souper Seniors

Lunch includes: An entrée with a meat, starch, vegetable, fruit, dessert & beverage. Birthday Lunch includes: An entrée with a meat, starch, vegetable, fruit, Birthday Cake, ice cream & dessert. Two Soups and a Scoop includes: two soups and a scoop of salad (ex. Chicken Salad), fruit, crackers & dessert.

Lunch is \$4 OR \$5 OR MORE on Special Event Days. Please call 716-773-9682 to reserve your lunch. Please remember to call us and CANCEL your meal if you cannot attend. Thank you!

Crossword

BEVERAGES

ACROSS

1. Every which way
5. *Whole milk has about 8 grams of this per cup
8. Sound rebound
12. Not yet final, in law
13. Tibetan teacher
14. Twig of willow tree
15. Bad wishes
16. Like certain tradition
17. Separated
18. *Fermented tea
20. Trampled
21. Hermey and Buddy, e.g.
22. Pronoun
23. *Bee's favorite beverage
26. Like blabbermouth
30. Freud's concern
31. Becoming
34. Uncontrolled swerve
35. Type of heron
37. Unidentified John
38. Pocket change
39. Ding follower
40. Kenya's neighbor
42. "Five down" fighter pilot
43. Cuddle, romantically speaking
45. Eras
47. Film director's cry
48. Opinion
50. ____ Bora
52. *Blended fruit beverage
55. *Most-consumed beverage
56. Abbreviation, abbr.
57. Miniature whirlpool
59. The Brady Bunch, e.g.
60. Hanukkah gift
61. Came by horse
62. "For ____ the Bell Tolls"
63. Schiller's famous poem, e.g.
64. One-armed bandit

DOWN

1. "Wheel of Fortune" purchase
2. *Most popular choice for official state beverage
3. Nobel Peace Prize capital
4. It's meant to be
5. Travesty

CROSSWORD

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|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | | 8 | 9 | 10 | 11 |
| 12 | | | | | 13 | | | | 14 | | | |
| 15 | | | | | 16 | | | | 17 | | | |
| | 18 | | | 19 | | | | | 20 | | | |
| | | | | 21 | | | | 22 | | | | |
| 23 | 24 | 25 | | | | | 26 | | | 27 | 28 | 29 |
| 30 | | | | 31 | 32 | 33 | | | 34 | | | |
| 35 | | | 36 | | 37 | | | | 38 | | | |
| 39 | | | | 40 | | | | 41 | | 42 | | |
| 43 | | | | 44 | | | | 45 | 46 | | | |
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| 55 | | | | | | 56 | | | 57 | | | 58 |
| 59 | | | | | | 60 | | | 61 | | | |
| 62 | | | | | | 63 | | | 64 | | | |

SWITCH & GET \$25

Off First Month of New Service! USE PROMO CODE: GZ590

Consumer Cellular

6. Wet nurses
7. Samoan money
8. *Caffeinated "shot"
9. Bye, in Palermo
10. *Group of bovine milk producers
11. Table scrap
13. Mona Lisa's home
14. Presidential promises, e.g.
19. Detonation
22. *Plant-based "milk" choice
23. Must-haves
24. Encouragement (2 words)
25. Cornua, sing.
26. Late country singer-songwriter Campbell
27. Relating to ilium
28. *Popular party beverage
29. Affirmatives
32. Competitive advantage
33. New Zealand's bygone bird
36. *Milk+carbonated water+syrup
38. Head of a body part, anatomically speaking
40. Preceding month
41. Send back to mother country
44. Road-crossing helper
46. Not these or those
48. Implant
49. Like duchess or count
50. Johann Sebastian of music fame
51. Sgt. Snorkel's dog
52. Palm starch
53. Object of worship
54. Starchy tuber
55. "Amazing!"
58. Thus far

Answers to the Sudoku Challenge and the Crossword Puzzle can be found on the next page.

Sudoku

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**



1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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| | 1 | | 5 | | | 6 | 8 | |
| | | 2 | | | | | | 3 |
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.