



## Zagroda Gryczakowa 2019 Klubu Seniora „Janowiacy”

2019.08.16

Rośnie gryka rośnie, na polskiej krainie  
Lecz najbardziej z kaszy to nasz Janów słynie.  
Jedzą kaszę wszyscy, najczęściej seniorzy,  
Bo Janowska Kasza, zdrowia im przysporzy.

Jak każdego roku, tak i w tym, seniorzy z Klubu Seniora „Janowiacy” włączyli się do organizacji Janowskich Gryczaków. Aby Zagroda Gryczakowa seniorów prezentowała się godnie, już wcześniej zadania zostały zaplanowane i przydzielone.

Uczestnicy zadeklarowali się, jakie potrawy na bazie kaszy przygotują. Kto i kiedy włoży swój wkład pracy, aby wszystkie prace zostały wykonane w terminie. Jak się okazało nasza Zagroda Gryczakowa prezentowała się wspaniale. Była estetyczna, pięknie przystrojona. Nie zabrakło miejsca dla gości i dla seniorów, którzy chcieli odpocząć i posilić się smacznymi potrawami. Były więc smaczne gryczaki, jaglaki, szarlotki, serniki i miodowniki do kawy i herbaty.

Dla zgłodniałych pierogi: kaszy z serem, z soczewicy, kapusty z grzybami czy popularne ruskie. W nagrodę za włożony wkład pracy, seniorzy przeznaczą uzyskany dochód na dofinansowanie kosztów wyjazdu na wycieczkę. Po gryczakach seniorzy zebrali się w swojej siedzibie w Domu Nauczyciela, porządkując używane przedmioty, dokonali podsumowania imprezy.

Wszyscy uznali, że warto było dołożyć swój wysiłek w dokonane prace. Najważniejsza była chęć zaangażowania się do wspólnej pracy. Dawało to poczucie, że każdy niezależnie od wieku jest potrzebny, każdy może włączyć się do wspólnego działania i mieć z tego zadowolenie, być docenionym.

H.J. Łukasz

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