



## JANUARY 2022 Issue

## PO Box 849 501 E Moore Street Granbury TX 76048

## HOURS

Monday thru Friday 8 am to 3 pm *NO Membership Fees* 

## LUNCH

Lunch is served from 11:30 am to 12:15 pm, Monday thru Friday \$3.50 suggested donation 60yr+ \$5.50 donation if under 60yrs

## **EVENING DANCES**

*Every Thursday evening from 7pm to 9:15pm.* 





## UPDATE: Senior Angel Tree Project 2021

The 8th Annual Senior Angel Tree Project is a wrap! 114 Senior Angels were gifted items from their personal wish lists this year. Depending on what was asked for and who chose the list from the tree ... there might just be a memorable story attached to each gift.

The most popular items requested this year were things such as: pajamas, house shoes, robes, socks and candy. In fact, the most requested item this year was house shoes. Pajamas and/or night gowns came in a close second. Lots of people asked for necessities, like toilet paper. Some of the less common requests were things that not everyone is looking for, like a ceramic Christmas tree, an alarm clock, a can opener, crab legs, knick-knacks, a doorbell with two receivers where you can speak to the person at the door, a calculator with BIG numbers on it, or a Bible.

We always enjoy reading the wish lists and speaking to some of the angels on the phone to narrow down their desires. The most fun phone call this year was with a senior who has a deep love for the theatre. He lives within walking distance of the square and has a desire to see the "Sound of Music" and "West Side Story" this coming year at the Granbury Opera House. He asked if there was some way that he could get a gift certificate for one performance. We told him that we would certainly find out. Another staff member overheard the conversation and mentioned it to a friend. Fast forward a couple of weeks and a local Sunday School class showed up with a smile on their faces. We were so grateful that a Season Pass was soon hand-delivered to this sweet man for Christmas!

HAPPY NEW YEAR

There was a conversation with an angel whose request simply stated, "A friendly, smiling face is all I need". She said the only thing she really needed was yard help. She would welcome something like a gift certificate for raking or weeding because she is unable to perform the tasks alone. Another angel desperately needed her home "fumigated" for insects. Before her wish list was delivered to the Senior Center, it was already being taken care of.

Senior Center staff and volunteers sincerely appreciate the opportunity to

be able to come together with the Hood County Community each year to make dreams come true.



Volume 14, Issue 4 Website: WWW. MOWhCtx.org Phone: 817-573-5533

# 2 | ACTIVITIES

# A LITTLE HUMOR:

### Funny Stuff from Barb Facer

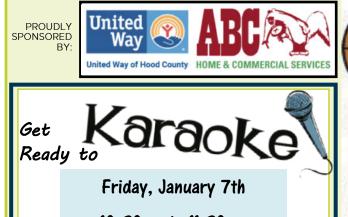
Now that we can go places again ...

 I have been in many places in my life but I've never been in Cahoots! Apparently, you can't go alone.

You have to be in Cahoots with someone.



- I've also never been in Cognito, but I hear no one recognizes you there.
- I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends and family. I live close, so it's a short drive.
- I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.
- I have been in Doubt. That is a sad place to go and I try not to visit there too often.
- I've been in Flexible, but only when it was very important to stand firm.
- Sometimes I'm in Capable, and I go there more often as I'm getting older.
- One of my favorite places to be is in Suspense? It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!
- And, sometimes I think I am in Vincible, but life shows me I am not.
- People keep telling me I'm in Denial, but I'm positive I've never been there before!
- So far, I haven't been in Continent, but my travel agent says it's on the list.



10:30am to 11:30am Thank You, Travis Moncrief!



## 10:00 to 11:30 am

**ATTN: Cowboys & Cowgirls** 

Break out your Boots and Saddle Up for Some Fun. Music provided by Cowgirl Margie Hartsfield.

Wear your best

Old Western Apparel for an

Old West Party

THURSDAY NIGHT DANCE Thursdays | 7 pm

Jan 6th	Pete & Patti
Jan 13th	Outcast (CB Sutton)
Jan 20th	Outlaw Run *Snack Host: Lakestone Terrace
Inn 27th	Cowboy Country

Jan 27thCowboy Country<br/>ProductionsFeb 3rdPete & PattiFeb 10thOutcast (CB Sutton)Feb 17thOutlaw RunFeb 24thCowboy Country

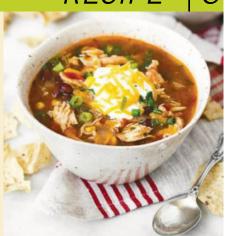
Doors open at 6pm Dance starts at 7pm \$5 per person entry fee

**Productions** 



### FOR TOPPING:

- 3/4 cup shredded part skim cheddar cheese
- 1/4 cup chopped scallions
  - 1/4 cup chopped cilantro
  - 4 oz haas avocado, diced
- 6 tbsp sour cream



#### INSTRUCTIONS

Chicken Enchilada Soup

INGREDIENTS

3

3

8

1

1

2 tsp olive oil

1/2 cup chopped onion

cloves minced garlic

oz can tomato sauce

1/4 cup chopped cilantro

2 cups frozen corn

1/2 tsp dried oregano

tsp cumin

cups low sodium chicken broth

tsp chipotle chili in adobo sauce

15 oz black beans (rinsed, drained)

14.5 oz can petite diced tomatoes

skinless chicken breasts

- Heat oil in saucepan over medium-low heat. Add onion and garlic and saute until soft, 3 to 4 minutes. Slowly add chicken broth, tomato sauce and chipotle adobo sauce and bring to a boil. Add cilantro and remove from heat. Pour into crock pot.
- Add drained beans, diced tomatoes, corn, cumin, oregano and stir. Add chicken breasts; cover and cook on low heat 4 to 6 hours.
- Remove chicken and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste. Serve in bowls and top with cheese, avocado, scallions and cilantro. Also great with sour cream or crushed tortilla chips.

This recipe is taken from www.skinnytaste.com

	Elara	
Skilled Home Health	<ul> <li>Have you or a loved one had a</li> <li>recent hospitalization, surgery or ER visit?</li> <li>new diagnosis or change in health condition?</li> <li>fall/near fall or unsteady gait/poor balance?</li> </ul>	
Hospice Care	Hospice care isn't about giving up. It's a shift in the focus of care to improve quality of life and offer support to patients and caregivers. Would you or a loved one like more information about the added benefits of hospice care?	
In-home support	teams include: nurses, physical therapists, occupational h therapists, social workers, home health aides and more.	833.GoElara (833.463.5272) Elara.com

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
BBQ on a Bun Corn Cucumber & Tomato Salad Dessert	Mushroom Ravioli with Chicken Peas Carrots Garlic Bread Dessert	Beef Stew Corn Bread Dinner Salad Dessert	Chicken Pot Pie Okra & Tomatoes Dessert	Salisbury Steak With Gravy Baked Potato Capri Vegetables Roll Dessert
		Ranch Dressing/Butter		Butter
10	11	12	13	14
Meatballs with Gravy Ricee Broccoli Roll Dessert	Chicken & Dumplings Vegetables Roll Dessert	BIRTHDAY DAY! Meat Loaf Mashed Potatoes Green Beans Roll Dessert	Potato Crusted Cod Black Eyed Peas Corn Dessert	Cheese Burger French Fries Baked Beans Lettuce/Tomato Onion/Pickles Dessert Ketchup
Butter	Butter	Butter	Tartar Sauce	Mayo/Mustard
17	18	19	20	21
Herb Baked Chicken Sweet Potatoes Peas Roll Dessert	Beef Enchilada Refried Beans Spanish Rice Dessert	Chicken Parmesan Noodles Vegetables Garlic Bread Dessert	Tuna Casserole Green Beans Dessert	Turkey with Gravy Carrots Dressing Roll Dessert
Butter	Picante	Parmesan		Butter
24 Chicken Fried Steak With Gravy Mashed Potatoes Okra & Tomatoes Roll Dessert	25 Beef Tips with Gravy Egg Noodles Tuscan Vegetables Bread Dessert	26 Chicken Tenders With Gravy French Fries Pinto Beans Dessert	27 Mexican Beef Stew Dinner Salad Crackers Dessert	28 Ham & Cheese Quiche Two Bean Salad Spinach Dessert
Butter	Butter	Ketchup	Ranch	
31				
Smoked Sausage Baked Beans Potato Salad				

**Menus are subject to change without notice.** Suggested donation for age 60+ is \$3.50 per meal. Meals are delivered Monday-Friday to Meals on Wheels clients. For this service, you are asked to call and cancel if you will not be home for delivery. Congregate clients are served in the dining room from 11:30 am to 12:15 pm, Monday-Friday. Congregate clients do not need to make a reservation. 817.573.5533

	<u> </u>	JANUARY	ACTIVITY	CALENDAR
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO	10am Dominoes 10:30 Margie Hartsfield Musician 10:30 Hand & Foot 1:30 Volunteer Driver Training	9:30Chair Fitness with Rusty10amDominoes11amElderly Abuse Presentation12pmWoodcarving Club1pmNeedlers	<ul> <li>10am Dominoes</li> <li>10:30 Bobby Don Shelton Musician</li> <li>10:30 Health Screen Renew Home Health</li> <li>7pm to 9:15 DANCE Band: Pete &amp; Patti</li> </ul>	10am Dominoes 12:15 BINGO
10	11	12	13	14
10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 10:30 Health Screen Stephen's 12pm to 2pm Week 1 Acrylic Painting	BIRTHDAY DAY! Spnsr: 9:30 Chair Fitness with Rusty 10am Dominoes 10:30 Bob Smith Musician 12pm Woodcarving Club 1pm Needlers	10am Dominoes 7pm to 9:15 DANCE Band: Outcast	<ul> <li>10am Dominoes</li> <li>10:30 KARAOKE with Travis Moncrief</li> <li>10:30 Beta Sigma Phi</li> <li>10:30 Health Screen Trinity Nrsng</li> <li>12:15 BINGO</li> </ul>
17	18	19	20	21
Martin Luther King Jr Day 10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO	9:30 AAA Benefits Counselor, Simon Manrrique 10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week 2 Acrylic Painting	<ul> <li>9:30 Chair Fitness with Rusty</li> <li>10am Dominoes</li> <li>12pm Woodcarving Club</li> <li>1pm Needlers</li> </ul>	10am Dominoes 10:30 Health Screen Interim Health 7pm to 9:15 DANCE Band: Outlaw Run Snacks: Lakestone Terrace	OLD WEST PARTY DAY! 10am Dominoes 10:30 Margie Hartsfield Musician 10:30 Hearing Aid Cleaning with Connect Hearing 12:15 BINGO
24	25	26	27	28
10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 10:30 Doug & Dar Musicians 10:30 Health Screen Stephen's 12pm to 2pm Week 3 Acrylic Painting	<ul> <li>9:30 Chair Fitness with Rusty</li> <li>10am Dominoes</li> <li>11am Legal Advice with Attorney, Tracy Bush</li> <li>12pm Woodcarving Club</li> <li>1pm Needlers</li> </ul>	10am Dominoes 10am Veterans Coffee Break 11am Finding Help in the Home with Jackie @ ADRC 7pm to 9:15 DANCE Band: Cowboy Country Productions	Bingo Prize Drawing Day 10am Dominoes 10:30 Beta Sigma Phi 12:15 BINGO
31				
10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO				



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Hood County Senior Center, Granbury, TX

DONATION CARD We are a non-profit organization. All donations are tax deductible. Call the office to make a credit card donation or tear off this card and mail to: Meals on Wheels Hood County PO Box 849 Granbury, TX 76048 Name:
PO Box 849 Granbury, TX 76048
Address:City/St/Zip: Phone:
Phone:  Email:
Credit Card #: MEALS ••• WHEELS
Exp:       CSV#:       Donation Amount:         Image: Second condition of the second conditis of the second condition of the second conditicon of
WORK WITH PURPOSE.
<ul> <li>Paid Training</li> <li>Some Travel</li> <li>Work-Life Balance</li> <li>Full-Time with Benefits</li> <li>Serve Your Community</li> </ul>
Contact us at careers@4lpi.com www.4lpi.com/careers
Image: State of the state

Whether you were a driver that delivered the meal and the wish list, or the volunteer who answered the phone and sent out another form, or the person in the community who read about the Angel Tree in the newspaper and decided to make a difference by participating, or the person who took the angels from the tree and went shopping as if you were shopping for your own family, or the volunteer who delivered the gifts to the angels, or the community member who couldn't shop, but made a donation to help purchase gifts... from the very bottom of our hearts, we THANK YOU!!

thank

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THANK YOU!

Thank

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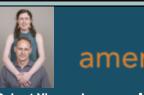
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THE MEMBERS IN

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