

FEBRUARY 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.*



Hand & Foot! This sweet group of Hand & Foot players were eager to pose for this photo because they want the Board of Directors to see that we need a card room and more tables for them to play on. This group plays on Tuesdays and Fridays. They would love to teach you too!



TIMES, THEY ARE A CHANGING.

Are you changing too?

It's February, 2022... Hold on a minute. Do you remember a year ago? What were you doing at the Senior Center in February of 2021? Nothing. You were not allowed inside the building then. Things have changed. The Senior Center closed in March of 2020 and finally re-opened to the public in May of 2021. Meals were still served to Meals on Wheels clients during that time. Hot meals were also being distributed to congregate folks as a drive-thru service at that time. A handful of you were dedicated enough to drive up and wait in line every day.

We have been through a lot together! Lots of the "same" people who attended pre-pandemic are still coming... and

lots of new people have started coming post-pandemic.

More of you play pool now than ever before! Probably because you are able to socialize more while playing in a larger space in the dining room.

More of you are playing BINGO than in recent years! It's great to see so many joining in.

There used to be two tables where some of you would sit and play cards sometimes. Now there are four game tables set up every day... and sometimes people upset because there still aren't enough tables. You are playing dominoes, chess, hand & foot, Mahjong, and soon, a fun new game called Qwirkle.

It's great to see more of you getting involved in games and enjoying the company of others.



A LITTLE HUMOR:

Funny Stuff from Barb Facer

- *Just failed my driving test. When the examiner asked me, "What sign would you expect to see down a narrow country road?", apparently "fresh eggs" wasn't the answer.*
- *I went to an aerobics class the other day. I stretched, bounced about, fell over a few times, it was agony. By the time I'd actually got my leotard on the class was over.*
- *Two things to make your life better:*
 1. *Do not watch the news.*
 2. *Stay off the bathroom scale.*
- *A car's weakest part?*
The nut holding the steering wheel!
- *I just fired myself from cleaning my house. I don't like my attitude and I got caught drinking on the job.*
- *A weasel walks into a bar. The bartender says, "Wow, I've never served a weasel before. What can I get you?"*
"POP", goes the weasel.



Seniors are quite excited that Wayne Falcone's Acrylic Painting Class started again in early January! We are able to accommodate 8 students for each six week class session. Students taking the class in January and February have been on a waiting list for quite some time. It is definitely worth the wait. Wayne is an outstanding instructor. The next class session begins in March and it is almost full already. If you are interested in taking the class any time in the future, please call Crystal or Shanyun to get your name on the waiting list.

SAVE THE DATE!!

AARP[®]

Driver Safety

Tuesday, March 29th

9 am to 2 pm

You MUST sign up in advance for this class. Come in or call to get on the list.

Get Ready to **Karaoke**

Friday, February 11th

10:30am to 11:30am

Thank You, Travis Moncrief!



JANUARY BIRTHDAYS!!
We sure enjoyed celebrating birthday day with these wonderful people!!

Strawberries and Cream



INGREDIENTS

- 24 Strawberries (stemmed and halved)
- 1 TBSP Sugar
- 1/3 cup Chilled Whipping Cream
- 1/2 tsp Vanilla Extract
- 1/3 cup Plain Greek Yogurt

INSTRUCTIONS

- Place the sugar into the mixing bowl and add the chilled whipping cream and vanilla extract.
- Using a hand mixer, whisk at medium speed until the cream and vanilla reaches stiff peaks, about 2 to 3 minutes; whisk in the yogurt for 15 seconds or until incorporated.
- Place strawberries in 4 glasses or bowls and top with cream.

SERVES 4

This recipe is taken from www.skinnytaste.com



Elara Caring

Skilled Home Health

- Have you or a loved one had a...
- recent hospitalization, surgery or ER visit?
 - new diagnosis or change in health condition?
 - fall/near fall or unsteady gait/poor balance?



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?





We Can Help

In-home support teams include: nurses, physical therapists, occupational therapists, speech therapists, social workers, home health aides and more.

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4 | FEBRUARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fajitas Spanish Rice Charro Beans Tortilla Dessert Picante/Sour Cream	2 Beef & Cheese Lasagna Zucchini Side Salad Garlic Toast Dessert Ranch Dressing	3 Chicken Tenders with Gravy Mixed Vegetables Mashed Potatoes Roll Dessert Butter	4 Baked Fish Whipped Sweet Potatoes Green Beans Hush Puppies Dessert Tartar Sauce/Butter
	7 BBQ Beef on a Bun Mac 'n Cheese Side Salad Dessert Ranch Dressing Mustard/Mayonnaise	8 Taco Salad Pinto Beans Corn Bread Dessert Picante Sauce Sour Cream Ranch Dressing	9 BIRTHDAY DAY! Meat Loaf Mashed Potatoes Green Beans Roll Dessert Butter	10 Chicken Spaghetti Tuscan Vegetables Broccoli Garlic Bread Dessert
14 <i>Valentine's Day</i> Steak Fingers w/ Gravy Mashed Potatoes Italian Green Beans Roll Dessert Butter	15 Frittata Hash Browns Turkey Sausage Side Salad Dessert Ranch Dressing Picante Sauce	16 Turkey with Gravy Garden Blend Rice Carrots Roll Dessert Butter	17 Sausage Link Broccoli Sweet Potatoes Dessert	18 Pinto Beans with Ham Peas New Potatoes Corn Bread Dessert Butter
21 	22 Beef Enchiladas Spanish Rice Pinto Beans Dessert Picante Sauce Sour Cream	23 Goulash Italian Veggies Beets Garlic Bread Dessert	24 Chicken Fried Steak With Gravy Oven Baked Potatoes Carrots Roll Dessert Butter	25 Chicken Sandwich Potato Salad Lettuce Tomato/Onion Pickles Dessert Mustard/Mayonnaise

28 BBQ Chicken Scalloped Potatoes California Veggies Dessert

Did You Know??

The Senior Center serves Meatloaf and cake on the 2nd Wednesday EVERY month??

Yes. It's the most-loved meal, so we serve it on Birthday Day.

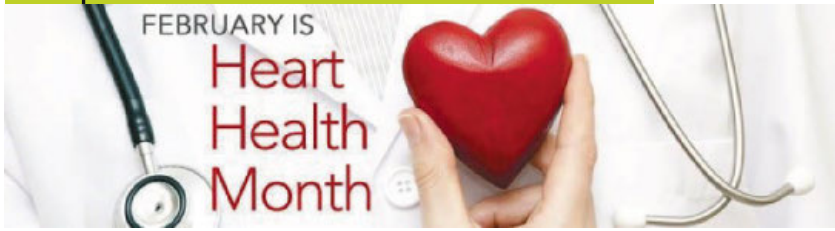
Did you know that we used to serve chicken-fried steak that day?

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, please 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

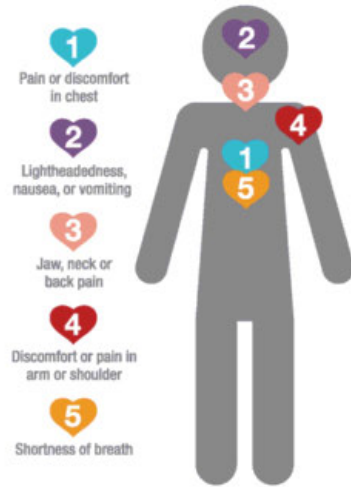
5 | FEBRUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10am Dominoes 10:30 Hand & Foot 10:30 Margie Hartsfield Musician 1:30 Volunteer Driver Training	2 9:30 Chair Fitness with Rusty 10am Dominoes 12pm Woodcarving Club 1pm Needlers	3 10am Dominoes 10:30 Bobby Don Shelton Musician 10:30 Health Screen Renew Home Health 7pm to 9:15 DANCE Band: Pete & Patti	4 10am Dominoes 11am Finding Help in the Home with Jackie @ ADRC 12:15 BINGO
	7 10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO	8 10am Dominoes 10:30 Hand & Foot 10:30 Health Screen Stephen's 12pm to 2pm Week 4 Acrylic Painting	9 BIRTHDAY DAY! Spnsr: Concho Hearts Hospice 9:30 Chair Fitness with Rusty 10am Dominoes 10:30 Bob Smith Musician 12pm Woodcarving Club 1pm Needlers	10 10am Dominoes 7pm to 9:15 DANCE Band: Outcast
14  10am Dominoes 10:30 Valentine Party Music with Keron, David, & the other David 12:15 BINGO	15 9:30 AAA Benefits Counselor, Simon Manrique 10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week 5 Acrylic Painting	16 9:30 Chair Fitness with Rusty 10am Dominoes 12pm Woodcarving Club 1pm Needlers	17 10am Dominoes 10:30 Health Screen Interim Health 10:30 Musicians, Bluegrass Boys 7pm to 9:15 DANCE Band: Outlaw Run	18 10am Dominoes 10:30 Margie Hartsfield Musician 10:30 Hearing Aid Cleaning with Connect Hearing 12:15 BINGO
21 C L O S E D 	22 10am Dominoes 10:30 Doug & Dar Musicians 10:30 Hand & Foot 10:30 Health Screen Stephen's 12pm to 2pm Week 6 Acrylic Painting	23 9:30 Chair Fitness with Rusty 10am Dominoes 11am Legal Advice with Attorney, Tracy Bush 12pm Woodcarving Club 1pm Needlers	24 10am Dominoes 10am Veterans Coffee Break 7pm to 9:15 DANCE Band: Cowboy Country Productions	25 Bingo Prize Drawing Day 10am Dominoes 10:30 Beta Sigma Phi 12:15 BINGO
28 10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO			Don't forget: The Gospel Sing-Along will only be on the 7th and the 28th this month because of Valentine's Day and Presidents' Day!	

6 | HEART HEALTH



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

Valentine's Day Party!

Monday, Feb 14th @ 10:30 am

Music By: Keron V., David, & the other brother, David

Sponsored By: Renew Home Health

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Call the office to make a credit card donation or tear off this card and mail to:

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PO Box 849
Granbury, TX 76048



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Jeanette Scott <i>Executive Director</i>	Shylo Preston <i>Meal Program Manager</i>	OPEN POSITION <i>Volunteer Coordinator</i>	Michelle Schmidt <i>Bookkeeper</i>
Crystal Smith <i>Activity Mgr/Admin Assistant</i>	Debbie Langston <i>Meal Program Assistant</i>	Tomika Elliott <i>Kitchen Manager</i>	Barbara Facer <i>Transportation Director</i>
Shayn Arbuckle <i>Activities Assistant</i>	Stacy Brown <i>Meal Program Assistant</i>	Tracy Drake <i>Kitchen Staff</i>	Shelly Moorehead <i>Transportation</i>
	Jane Hill <i>Meal Program Assistant</i>	Jessica Harkins <i>Kitchen Staff</i>	Fernando Abalos <i>Custodian</i>

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HOLIDAY

The Hood County Senior Center will be CLOSED for Presidents Day.

There will be NO Meals on Wheels deliveries that day.

Monday, February 21st





VETERANS COFFEE BREAK

2022 Schedule:


Feb 24th	Jul 28th
Mar 24th	Aug 25th
Apr 28th	Sep 22nd
May 26th	Oct 27th
Jun 23rd	Nov 17th

**NO meeting in December

Sponsored By:





THURSDAY NIGHT DANCE SCHEDULE



Feb 3rd	Pete & Patti
Feb 10th	Outcast (CB Sutton)
Feb 17th	Outlaw Run
Feb 24th	Cowboy Country Productions

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



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