

MARCH 2022 Issue

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



Betty Williams is absolutely loving the Acrylic Painting classes with Wayne Falcone! There is a long waiting list for this class, so you should sign up NOW.

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 donation (60yr+)
 \$5.50 donation (under 60yrs)

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



LINE DANCING CLASS FOR BEGINNERS

It's Back By Popular Demand

The Hood County Senior Center is excited to announce a brand new line dancing class for beginners!

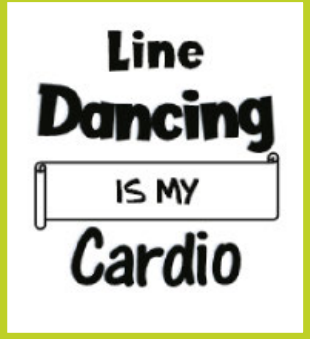
Our friend, Keron Vanlandingham has graciously volunteered to teach beginner line dancing lessons on the

2nd and 4th Wednesday, each month at 1pm in the Senior Center dining room. This is another activity that is no cost to all senior citizens.

This group met twice in February and we expect interest to continue growing as the word gets out. The class is casual. Wear whatever

you want that feels comfortable line dancing. Feel free to bring extra shoes to change into.

Everyone is welcome to come join in other activities and have lunch as well. Bring a friend and get in some line dancing lessons, then head back the next day for our Thursday Night Dance!





Karaoke TIME

Friday, March 11th @ 10:30

Thanks so much to Travis Moncrief!



St. Patrick's Day Party!

DATE: Thursday, March 17th

TIME: 10:30 am

Special Music with Sonny Morgan

Party Sponsored by Beta Sigma Phi



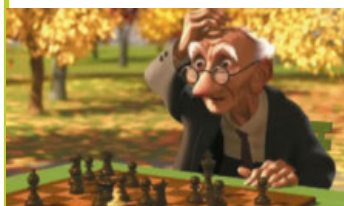
Want to Play a Game?



Dominoes. 10:00am Monday thru Friday. Sometimes they play 42 and other days they play regular dominoes.



Hand 'n Foot. 10:30am Tuesdays & Fridays. We have a big group that loves Hand 'n Foot



Chess. We have chess boards! If you enjoy chess, you can usually find someone here by 10am to play with you.



Driver Safety

Be SURE you are signed up in advance!

Tuesday, March 29th

9 am to 2 pm

- Cost:** \$20/AARP Members, \$25/Non-Members
Payment directly to instructor before class begins. Cash or Check only. NO credit or debit cards accepted.
- Location:** Hood County Senior Center Library
- Lunch Break:** There is a 30 minute lunch break at 11:30. You are welcome to have lunch at the center. Suggested donation is \$3.50.
- Insurance:** Check with your insurance company BEFORE taking this class to see if completion of this course qualifies you for discounts on your car insurance.

Daylight Savings Time!!

Don't Forget to

Sunday, March 13th!



Spring Ahead!

Chair Fitness Classes



Wednesdays in March:

March 2nd @ 9am

March 9th @ 9am

March 16th **NO CLASS**

March 23rd @ 9am

March 30th @ 9am

Rainbow Fruit Skewers with Yogurt Dip

INGREDIENTS

- 1 1/2 cups fat free Greek yogurt
- 1/4 cup honey
- Your favorite fruits (strawberries, pineapple, grapes, blueberries, etc.)



YIELD: 7 servings

INSTRUCTIONS

- Cut up your favorite fruit in even squares and place them on skewers in rainbow color order.
- Create the dip by combining the yogurt and honey and serve along the side of the fruit.

SERVES 7

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.

833.GoElara
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4 | MARCH LUNCH MENU

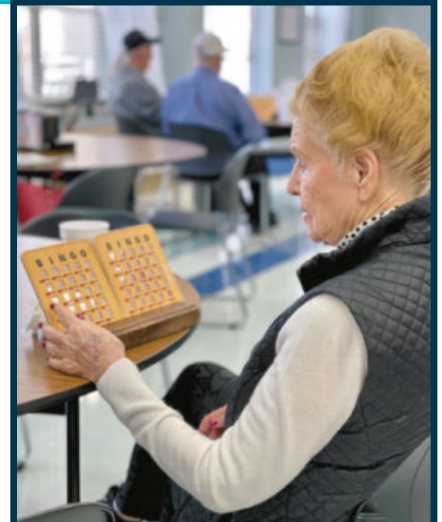
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Smoked Sausage Mixed Vegetables Seasoned Cabbage Dessert</p> <p>Mustard</p>	<p>2</p> <p>Mexican Beef Stew Rice Squash Corn Bread Dessert</p> <p>Butter</p>	<p>3</p> <p>Chicken & Mushroom Ravioli Butter Beans Carrots Bread Dessert</p> <p>Butter/Parmesan</p>	<p>4</p> <p>Salisbury Steak Oven Baked Potatoes Mixed Vegetables Roll Dessert</p> <p>Ketchup/Butter</p>
	<p>7</p> <p>Chicken Fried Steak with Gravy Mixed Vegetables Okra & Tomatoes Dessert</p>	<p>8</p> <p>Pork Tips with Gravy Whipped Sweet Potatoes Steamed Broccoli Roll Dessert</p> <p>Butter</p>	<p>9</p> <p>BIRTHDAY DAY!</p> <p>Meat Loaf Mashed Potatoes Green Beans Roll Dessert</p> <p>Butter</p>	<p>10</p> <p>Omelette Turkey Sausage Link Hash Brown 3-Bean Salad Dessert</p> <p>Picante Sauce</p>
<p>14</p> <p>BBQ Riblet Tater Tots Baked Beans Deconstructed Pie! Ketchup</p> 	<p>15</p> <p>Swiss Steak Scalloped Potatoes Brussels Sprouts Roll Dessert</p> <p>Butter</p>	<p>16</p> <p>Seasoned Chicken Breast Potato Wedges Peas & Carrots Dessert</p> <p>Butter</p>	<p>17</p> <p><i>St Patrick's Day</i></p> <p>Corned Beef Roasted Potatoes Cabbage Roll Dessert</p>  <p>Butter</p>	<p>18</p> <p>Meatballs with Gravy Green Beans Rice Roll Dessert</p> <p>Butter</p>
<p>21</p> <p>Chicken Enchiladas Charro Beans Side Salad Dessert</p> <p>Picante Sauce Sour Cream</p>	<p>22</p> <p>Herb Baked Chicken Yams Peas Roll Dessert</p> <p>Butter</p>	<p>23</p> <p>Turkey with Gravy Italian Green Beans Dressing Roll Dessert</p> <p>Butter</p>	<p>24</p> <p>Chicken Parmesan with Noodles Brussels Sprout Bread Dessert</p> <p>Butter/Parmesan</p>	<p>25</p> <p>Beef Tips with Egg Noodles Vegetable Medley Roll Dessert</p> <p>Butter</p>
<p>28</p> <p>Pork Carnitas with Tortillas Pinto Beans Squash Dessert</p> <p>Picante Sauce Sour Cream</p>	<p>29</p> <p>Baked Chicken Rice Pilaf Vegetables Dessert</p>	<p>30</p> <p>Lemon Baked Tilapia Corn Spinach Roll Dessert</p> <p>Butter</p>	<p>31</p> <p>Chicken Pot Pie Tossed Salad Beets Dessert</p> <p>Ranch Dressing</p>	

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 | MARCH ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Monday: 	1 10am Dominoes 10:30 Hand & Foot 10:30 Margie Hartsfield Musician 1:30 Volunteer Driver Training	2 9:30 Chair Fitness 10am Dominoes 11am Senior Assist Presentation 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 1 Acrylic Painting	9 BIRTHDAY DAY! Spnsr: Home Instead 9:30 Chair Fitness 10am Dominoes 10:30 Bob Smith Musician 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing	10 10am Dominoes 7pm to 9:15 DANCE Band: Outcast	11 10am Dominoes 10:30 Beta Sigma Phi 10:30 KARAOKE with Travis Moncrief 10:30 Health Screen Trinity Nrsng 12:15 BINGO
14 National Pi Day 10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO 	15 9:30 AAA Benefits Counselor, Simon Manrique 10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week 2 Acrylic Painting	16 10am Dominoes 11am Situational Awareness w/ Michael Musselman 12pm Woodcarving Club 1pm Needlers	17 St Patrick's Day Party Spnsr: Beta Sigma Phi 10am Dominoes 10:30 Health Screen Interim Health 10:30 Musician, Sonny Morgan 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 10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO	22 10am Dominoes 10:30 Doug & Dar Musicians 10:30 Hand & Foot 10:30 Health Screen Stephen's 12pm to 2pm Week 3 Acrylic Painting	23 9:30 Chair Fitness 10am Dominoes 11am Legal Advice with Attorney, Tracy Bush 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing	24 10am Dominoes 10am Veterans Coffee Break 7pm to 9:15 DANCE Band: Cowboy Country Productions	25 Bingo Prize Day Spnsr: STAR Council 10am Dominoes 10:30 Beta Sigma Phi 12:15 BINGO
28 10am Dominoes 10:30 Gospel Sing-A-Long 12:15 BINGO	29 9am AARP Driver Safety Class 10am Dominoes 10:30 Hand & Foot	30 9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers	31 10am Dominoes 7pm to 9:15 DANCE Band: Pete & Patti	 The Thursday Night dance has live Country/Western bands each week.

6 | FRIENDS!



It is an honor to serve you!

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Hood County Senior Center, Granbury, TX

B 4C 05-1271

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: _____
 Address: _____ City/St/Zip: _____
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- | | | | |
|--|--|---|---|
| Jeanette Scott
<i>Executive Director</i> | Shylo Preston
<i>Meal Program Manager</i> | Melissa Saucedo
<i>Volunteer Coordinator</i> | Barbara Facer
<i>Transportation Director</i> |
| Crystal Smith
<i>Activity Mgr/Admin Assistant</i> | Debbie Langston
<i>Meal Program Assistant</i> | Tomika Elliott
<i>Kitchen Manager</i> | Shelly Moorehead
<i>Transportation</i> |
| Shayn Arbuckle
<i>Activities Assistant</i> | Stacy Brown
<i>Meal Program Assistant</i> | Tracy Drake
<i>Kitchen Staff</i> | Fernando Abalos
<i>Custodian</i> |
| | Jane Hill
<i>Meal Program Assistant</i> | Jessica Harkins
<i>Kitchen Staff</i> | |

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8 | WHAT'S UP?

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



Beginner Lessons for Men & Women!

2nd & 4th Wednesdays @ 1pm

March 9th & 23rd @ 1:00 pm

We hope to see you!!

Sponsored By:



THURSDAY NIGHT DANCE SCHEDULE



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

Mar 3rd	Pete & Patti
Mar 10th	Outcast (CB Sutton)
Mar 17th	Outlaw Run
Mar 24th	Cowboy Country Productions
	Snack Host: Lakestone Terrace
Mar 31st	Pete & Patti

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