

2022 | *May*
VOLUME 14 ISSUE 8



501 E Moore Street
 501 E Moore Street
 Granbury TX 76048



(817)573-5533



www.mowhctx.org



see our website for more contact info



www.facebook.com/hoodcountyseniorcenter



We couldn't do it without volunteers!

BENEFITS OF COLORING

There are quite a few benefits to coloring.

- 1. Relaxes Your Brain and Improves Brain Function**
- 2. Induces Meditative State**
- 3. Improves Motor Skills**
- 4. Improves Sleep**
- 5. Improves Focus**
- 6. Reduces Anxiety**
- 7. Relieves Stress**

Whether you color for fun or to relax your mind, there's no reason you shouldn't try it. The next time you're feeling overwhelmed, take your mind off of the problem and start coloring.

If you have been to the Senior Center lately, you may have seen a table with a giant coloring page and lots of colored pencils. After setting up this coloring activity, I found an article at www.webmd.com that lists some GREAT benefits of coloring for adults. You can look this article up and read all of the details of each benefit listed below. We would love to hear your feedback on the coloring pages and/or puzzles set up in the dining room for you. Here's the information from the webMD article: Coloring books are no longer just for kids. Adult coloring books have grown in popularity.

INFORMATION

HOURS
 Monday - Friday:
 8 am - 3 pm
 NO Membership Fees

LUNCH
 Monday - Friday:
 11:30 am - 12:15 pm
60yr+:
 \$3.50 suggested donation
Under 60yrs:
 \$5.50 suggested donation

EVENING DANCES
Every Thursday Evening:
 7 pm - 9:15 pm

ACTIVITIES/PHOTOS

VOLUNTEER APPRECIATION RECEPTION



GRILLED CHICKEN W/ SPINACH AND MOZZARELLA



YIELD: 6 Servings

Preheat oven to 400°F. Season chicken with salt and pepper. Lightly spray grill pan with oil. Cook chicken until no longer pink, about 2 to 3 minutes per side.

Heat skillet over medium heat. Add oil and garlic, saute 30 seconds, add spinach, salt and pepper. Cook until heated through, 2 to 3 minutes.

Place chicken on baking sheet, divide spinach evenly between the 6 pieces and place on top. Top each with 1/2 oz mozzarella, roasted

peppers and bake until melted, about 3 minutes.

(This recipe can be found at: www.skinnytaste.com)

INGREDIENTS

- 3 large chicken breasts sliced in half lengthwise
- Salt and pepper to taste
- 1 tsp olive oil
- 3 crushed cloves garlic
- 10 oz frozen spinach (drained)
- 3 oz shredded part skim mozzarella
- 1/2 cup roasted red pepper (sliced in strips & packed in water)
- olive oil spray

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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LUNCH MENU

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May 2022

MON	TUE	WED	THU	FRI
2	3	4	5	6
Teriyaki Chicken Brown Rice Oriental Vegetables Egg Roll Dessert	Beef Stroganoff Egg Noodles Peas & Carrots Wheat Roll Dessert Butter	Chicken Spaghetti Squash Medley Garden Salad Wheat Bread Dessert Butter/Italian Dressing	Pork Roast Mashed Potatoes Italian Green Beans Dessert	Turkey Salad Sandwich Carrot Raisin Salad Potato Salad Lettuce & Tomato Dessert Mustard
9	10	11	12	13
Chicken Fajitas Spanish Rice Pinto Beans Tortilla Dessert	Turkey Tetrazzini Italian Vegetables Garden Salad Roll Dessert Italian Dressing	BIRTHDAY DAY! Spnsr: Christian Care Housecalls Meatloaf Mashed Potatoes Green Beans Roll Dessert Butter 	Baked Lemon Chicken Rosemary Roasted Potatoes Peas & Carrots Wheat Roll Dessert	Tuna Salad Pea Salad Cucumber Salad Wheat Roll Dessert
16	17	18	19	20
BBQ Beef on a Bun Potato Wedges Zucchini Dessert Ketchup	Swiss Steak Garlic Mashed Potatoes Capri Vegetables Wheat Roll Dessert	Potato Crusted Fish Buttered Corn Lemon Broccoli Roll Dessert Tartar Sauce	Chicken Salad Fruit Medley Lettuce/Tomato Pickles/Onion Wheat Bread Dessert	Chicken Enchilada Bake Spanish Rice Mexican Corn Crackers Dessert  Picante Sauce
23	24	25	26	27
Chef Salad Pasta Salad Cucumber Salad Whole Grain Bread Dessert Ranch Dressing	Honey Garlic Chicken Mashed Potatoes Mixed Vegetables Wheat Bread Dessert	Beef Pasta Casserole Vegetable Medley Garden Salad Garlic Bread Dessert Ranch Dressing	Herb Baked Chicken Garden Blend Rice Green Beans Wheat Roll Dessert	Hamburger Pinto Beans French Fries Lettuce/Tomato Pickles/Onion Dessert Ketchup/Mustard/Mayo
30	31			
CLOSED for 	Sweet & Sour Pork Spiced Carrots Fluffy Rice Wheat Bread Dessert	Menus are subject to change without notice. Suggested donation for age 60+ is \$3.50 per meal. Meals on Wheels clients receive meal deliveries Monday thru Friday only. Please call to cancel your meal before 9:30am if you will not be home. Congregate clients are served in the dining room from 11:30am to 12:15pm, Monday thru Friday. You do not need to make a reservation.		

May Activities...

MON	TUE	WED	THU	FRI
2	3	4	5	6
10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 10:30 Margie Hartsfield Musician 1:30 MOW Volunteer Training	Star Wars Day 9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers	Cinco de Mayo 10am Dominoes 10:30 Bobby Don Shelton, Music 10:30 Mahjong 10:30 Health Screen Renew Home Health 7pm Dance	10am Dominoes 10:30 Hand & Foot 12:15 BINGO
9	10	11	12	13
10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 10:30 Bluegrass Boys Musicians	BIRTHDAY DAY! <i>Spnsr:Christian Care Housecalls</i> 9:30 Chair Fitness 10am Dominoes 10:30 Bob Smith 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing	10am Dominoes 10:30 Mahjong 7pm Dance	10am Dominoes 10:30 Health Screening Trinity Nursing 10:30 Hand & Foot 10:30 KARAOKE with Travis Moncrief 12:15 BINGO
16	17	18	19	20
10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO	9:30 AAA Benefits Counselor, Simon 10am Dominoes 10:30 Hand & Foot 11am Situational Awareness #2 with Mike Musselman	9:30 Chair Fitness 10am Dominoes 10:30 Sonny Morgan, Musician 12pm Woodcarving Club 1pm Needlers	10am Dominoes 10:30 Mahjong 10:30 Health Screen Interim Health 7pm Dance	FIESTA PARTY!! <i>Spnsrs:GCC,Trinity,Freedom</i> 10am Dominoes 10:30 Margie Hartsfield 10:30 Hearing Aid Clnng Connect Hearing 10:30 Hand & Foot 12:15 BINGO
23	24	25	26	27
10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 10:30 Doug & Dar Musicians	Nat'l Senior Health/Fitness Day 9:30 Chair Fitness 10am Dominoes 11am Legal Advice with Tracy Bush 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing	10am Dominoes 10am Veterans Coffee Break 10:30 Mahjong 7pm Dance	BINGO PRIZE DAY! <i>Spnsr: STAR Council</i> 10am Dominoes 11am Medication Safety Presentation 10:30 Hand & Foot 12:15 BINGO
30	31	<p><i>Mother's Day is on May 8th this year!!</i></p> 		
CLOSED for 	9am AARP Safe Driving Class 10am Dominoes 10:30 Hand & Foot			

The daily schedule of activities is subject to change. Please call the Senior Center if you are coming for a specific activity that could be affected by weather, health or other reasons.

MEMORIAL DAY CLOSURE

The Hood County Senior Center/Meals on Wheels Hood County will be closed for business on Monday, May 30 in remembrance on this Memorial Day. Shelf stable meals will be sent out prior to the closure for our Meals on Wheels folks.

We are so thankful for those who served and we honor them on this holiday.



AARP SAFE DRIVING CLASS

If you registered for the AARP Safe Driving class that is scheduled for Tuesday, May 31, be sure to bring your AARP card (if you have one) and your driver license. Also bring cash or check to pay the instructor. This class is full. You will receive a reminder phone call from the instructor a day or two prior to the class.



ACRYLIC PAINTING CLASSES

The acrylic painting class with Wayne Falcone is closed the month of May. The next session begins June 14th. Shynyn will be calling you if there is space for you in the June/July session.

It is an honor to serve you!

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Donation Card

As a non-profit organization, all donations are tax deductible. Credit card donations and meal payments can be made on our website or by calling the Meals on Wheels office. You may also use this form. Mail it to: Meals on Wheels, PO Box 849, Granbury TX 76048

Name: _____

Address: _____ City/St/Zip: _____

Phone: _____ Email: _____

Credit Card #: _____

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UPCOMING EVENTS



FIESTA PARTY

MAY 20 | 10:30 AM

We'll be serving enchiladas and having lots of fun as Margie performs. Grab your sombrero and come hang out at the Senior Center for another interesting day of fun!



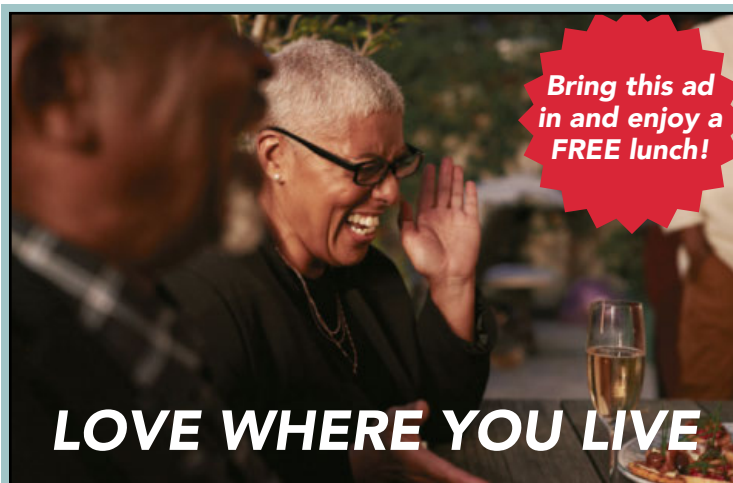
LINE DANCE CLASS

MAY 11 & 25 | 1PM

Beginning Line Dance is held in the dining room on the 2nd and 4th Wednesdays each month from 1pm to 2pm. Call the Senior Center if you have questions.

Thursday Night Dance Schedule

- May 5 Pete & Patti
Snack Host: Home Instead
- May 12 Outcast (CB Sutton)
- May 19 Outlaw Run
- May 26 Cowboy Country Productions
- June 2 Pete & Patti
- June 9 Outcast (CB Sutton)
- June 16 Outlaw Run
- June 23 Cowboy Country Productions
- June 30 Outcast (CB Sutton)



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