

2022

July

VOLUME 14 ISSUE 10



PO Box 849
 501 E Moore Street
 Granbury TX 76048



(817) 573-5533



www.mowhctx.org



see our website for more contact info



www.facebook.com/hoodcountyseniorcenter



Ruth, Jimmie and Joyce enjoy visiting and having lunch at the Senior Center.

ACRYLIC PAINTING WITH WAYNE

Many seniors in the Hood County community, including Meals on Wheels clients, have had the honor of participating in a six week acrylic painting class with instructor, Wayne Falcone.

It's hard to believe that it has already been a year since he began this journey by donating his time to teach at the Senior Center. We appreciate Wayne's talent and willingness to help others, and have loved watching the process as "students" learn how to create a work of art!

The current class is the 5th

session which began mid-June, and ends at the end of July.

Many of the calls we receive are to inquire about the cost of this specific class. At this time, there is NO COST TO YOU. We are blessed to have a special grant that pays for all of the supplies for this class.

If you are interested in learning to paint with acrylics, you MUST call now to get your name on the list for a future class session.

The waiting list is long, but worth the wait. We would be happy to sign you up and call you when your turn draws near.

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

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NEW SUPPORT GROUP

GRIEF SUPPORT GROUP

Don't suffer alone. Here's a great opportunity to find support here in Granbury!

Beyond Faith Hospice, LLC and The Courtyards at Lake Granbury have joined forces to provide Granbury with a new Grief Support Group that meets once a month. They held the first meeting in June and would love to have you join them on the 4th Wednesday each month from 12pm to 1pm at this address:

The Courtyards at Lake Granbury
801 Calinco Dr
Granbury TX 76048

Please call Mark at (580)318-7352 for additional information. Attendees are asked to check in at the front desk.

**Next meeting:
July 27th**



Our Veteran Group meets every month on the 4th Thursday morning at 10am. We encourage all veterans to come hang out with these gentlemen.



Pictured above is our volunteer, Travis Moncrief. Travis is a man of many talents! He put on his best Fiesta attire at a moment's notice and the party went on without a hitch. Thank you for making the party great, Travis!!!



The usual suspects! When you think of a "senior center", the photo above is probably not what you picture in your mind. We are blessed to have so many FUN seniors that hang out with us!



COURTYARDS AT LAKE GRANBURY

**thank
you!**

Thank you so much for showing respect to the talented performers that are contracted to play at the Senior Center. Please feel free to clap and cheer, or drop a donation in the bucket to show your support. We ask that clients refrain from going up on the stage or asking our musicians to let you sing a song or use their equipment. The performers are here to showcase their skills. If you would like to showcase your skills, we encourage you to sign up for Karaoke if you are so inclined.

**Thank
You!**

EASY LEMON CAKE COOKIES

1. Preheat oven to 350' F and line a baking sheet with parchment paper.
2. In a large bowl combine the lemon cake mix, eggs, melted butter, lemon zest, and lemon juice.
3. Scoop out dough into balls and roll in powdered sugar.
4. Place on prepared baking sheet.
5. Bake for about 9 minutes. Remove from oven and allow to cool.
6. Enjoy!



This is the recipe that our kitchen staff used recently to make these delicious, moist and fluffy cookies. We had a few clients ask for this recipe, so we're sharing it here as well.

Recipe from:
www.atablefullofjoy.com

INGREDIENTS

- 1 box Lemon Cake Mix
- * 2 eggs
- * 1/3 cup butter, melted
- * 1 to 2 cups powdered sugar
- * Zest from 1 lemon
- * Juice from 1 lemon



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

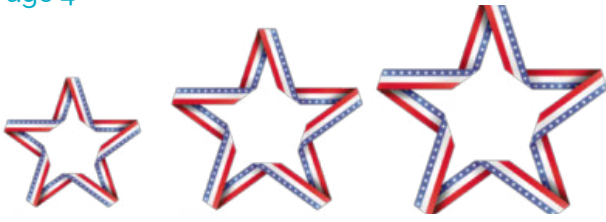
In-home support teams include: nurses, physical therapists, occupational therapists, speech therapists, social workers, home health aides and more.

833.GoElara
(833.463.5272)
Elara.com



LUNCH MENU

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July 2022

MON		TUE		WED		THU		FRI	
1									
4									
CLOSED 		5 Beef Stroganoff Egg Noodles Peas & Carrots Wheat Roll Dessert		6 Chili w/ Beans Squash Medley Garden Salad Wheat Bread Dessert		7 Turkey Salad Sandwich Potato Salad Carrot Raisin Salad Lettuce & Tomato Slice Dessert		8 BBQ Riblet Buttered Corn Seasoned Broccoli Hamburger Bun Dessert	
11									
11 Beef Tips with Brown Gravy Roasted Potatoes Peas & Carrots Roll Dessert		12 Pork Roast Italian Vegetables Garden Salad Roll Dessert		13 Meat Loaf Mashed Potatoes Green Beans Roll Dessert		14 Chicken Fajitas Spanish Rice Pinto Beans Tortilla Dessert		15 Tuna Salad Green Pea Salad Cucumber Salad Roll Dessert	
18									
18 Potato Crusted Fish Buttered Corn Lemon Broccoli Dessert		19 Roasted Turkey with Gravy Garlic Mashed Potato Capri Vegetables Wheat Roll Dessert		20 Chicken Enchilada Bake Spanish Rice Corn Crackers Dessert		21 BBQ Beef on Bun Potato Wedges Zucchini Dessert		22 Chicken Salad Fruit Medley Lettuce/Tomato/Onion Wheat Bread Dessert	
25									
25 Herb Baked Chicken Garden Blend Rice Green Beans Wheat Roll Dessert		26 Beef Pasta Casserole Vegetable Medley Garden Salad Garlic Bread Dessert		27 Crispy Chicken Sandwich Pinto Beans Lettuce/Tomato/Onion Dessert		28 Pork Roast with Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Dessert		29 Chef Salad Pasta Salad Cucumber Salad Crackers Dessert	



July Activities...

MON	TUE	WED	THU	FRI
				1
				<p style="text-align: center;">PATRIOTIC PICNIC PARTY!! Spnsr: Visiting Angels</p> <p>10am Dominoes 10:30 Finding Help in the Home/Jackie 10:30 Hand & Foot 12:15 BINGO</p>
4	5	6	7	8
<p>CLOSED for Independence Day</p>	<p>10am Dominoes 10:30 Hand & Foot 10:30 Margie Hartsfield Musician 1:30 MOW Volunteer Training</p>	<p>9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers</p>	<p>10am Dominoes 10:30 Bobby Don Shelton, Music 10:30 Mahjong 10:30 Health Screen Renew Home Health 7pm Dance</p>	<p>10am Dominoes 10:30 Health Screening Trinity Nursing 10:30 Hand & Foot 10:30 KARAOKE with Travis Moncrief 12:15 BINGO</p>
11	12	13	14	15
<p>10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO 1:30 Chair Fitness</p>	<p>10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week #4 Acrylic Painting</p>	<p style="text-align: center;">BIRTHDAY DAY! Spnsr: Kenny Lammons</p> <p>9:30 Chair Fitness 10am Dominoes 10:30 Margie Hartsfield 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing</p>	<p>10am Dominoes 10:30 Mahjong 7pm Dance</p> <p style="text-align: center;">Snack Host: Home Instead</p>	<p>10am Dominoes 10:30 Margie Hartsfield 10:30 Hearing Aid Clnng Connect Hearing 10:30 Hand & Foot 12:15 BINGO</p>
18	19	20	21	22
<p>10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO 1:30 Chair Fitness</p>	<p>9:30 AAA Benefits Counselor, Simon 10am Dominoes 10:30 Hand & Foot 10:30 Bluegrass Boys Musicians 12pm to 2pm Week #5 Acrylic Painting</p>	<p>9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers</p>	<p>10am Dominoes 10:30 Mahjong 10:30 Health Screen Interim Health 7pm Dance</p> <p style="text-align: center;">Snack Host: Home Instead</p>	<p>10am Dominoes 10:30 Hand & Foot 12:15 BINGO</p>
25	26	27	28	29
<p>9am Genealogy with Karen Call 10am Dominoes 10:30 Mexican Train 10:30 Gospel Sing-Along 12:15 BINGO 1:30 Chair Fitness</p>	<p>10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week #6 Acrylic Painting</p>	<p>9:30 Chair Fitness 10am Dominoes 11am Legal Advice with Tracy Bush 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing</p>	<p>10am Dominoes 10am Veterans Coffee Break 10:30 Mahjong 7pm Dance</p>	<p style="text-align: center;">BINGO PRIZE DAY! Spnsr: STAR Council</p> <p>10am Dominoes 10:30 Hand & Foot 12:15 BINGO</p>

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.

SENIOR CENTER NEWS

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INDEPENDENCE DAY CLOSURE

The Hood County Senior Center/Meals on Wheels Hood County will be closed for business on Monday, July 4 for the Independence Day holiday. Shelf stable meals will be sent out prior to the closure for our Meals on Wheels folks.



AARP SAFE DRIVING CLASS

The next AARP Safe Driving Class has been scheduled for those of you who are interested. Be sure to sign up in advance. You can do so by coming by or calling Crystal or Shanyng at (817)573-5533.

**Tuesday, August 30th
9am to 2pm**



LINE DANCE CLASS

Beginning Line Dance class is held in the dining room on the 2nd and 4th Wednesday each month from 1pm to 2pm. Call the Senior Center for more information.

Wednesdays,
July 13th and 27th
1pm to 2pm



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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Hood County Senior Center, Granbury, TX

B 4C 05-1271

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 #: _____

Expiration: _____ CSV#: _____ Donation Amount: _____



STAFF	Jeanette Scott <i>Executive Director</i>	Shylo Preston <i>Meal Program Mgr</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 Mgr</i>	Shelly Moorehead <i>Transportation</i>
	Shanyn Arbuckle <i>Activities Assistant</i>	Jane Hill <i>Meal Program Assistant</i>	Tracy Drake <i>Kitchen Staff</i>	Fernando Abalos <i>Custodian</i>
		Open Position <i>Meal Program Assistant</i>	Crystal Avalos <i>Kitchen Staff</i>	

Senior's Real Estate Specialist

(254) 216-3884
or
(214) 773-7954

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amcdowell@lpicommunities.com
or (800) 477-4574 x6677

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UPCOMING EVENTS



KARAOKE

JULY 8 | 10:30 AM
Travis Moncrief will be here with his incredible Karaoke system so you can belt out your favorite tunes. Get here early to get your name on the list. This happens the 2nd Friday each month.

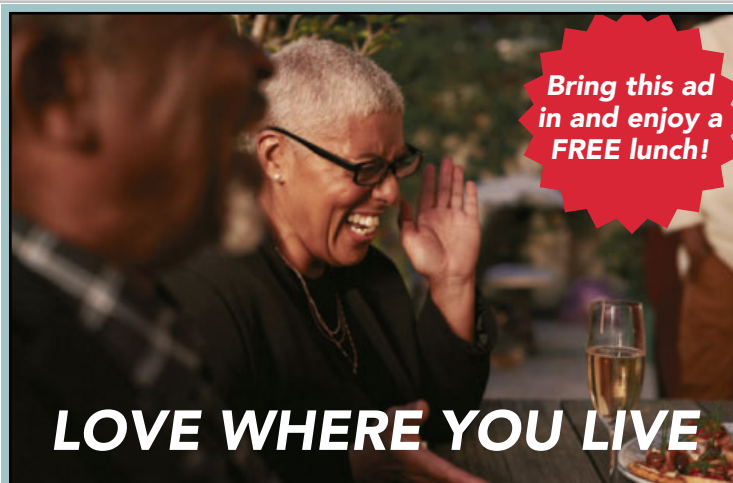


CHAIR FITNESS

EVERY WED | 9:30 AM
Chair Fitness with Rusty begins at 9:30AM every Wednesday morning. We are also having the same class at 1:30pm on Mondays. We provide resistance bands, water bottles and stress balls for your use.

Thursday Night Dance Schedule

- July 7 Pete & Patti
- July 14 Outcast (CB Sutton)
- July 21 Outlaw Run
Snack Host: Home Instead
- July 28 Cowboy Country Productions
- Aug 4 Pete & Patti
Snack Host: Visiting Angels
- Aug 11 Outcast (CB Sutton)
- Aug 18 Outlaw Run
- Aug 25 Cowboy Country Productions



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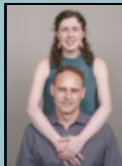
- Burglary
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Owner
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