



2022

August


VOLUME 14 ISSUE 11



 PO Box 849
 501 E Moore Street
 Granbury TX 76048

 (817)573-5533

 www.mowhctx.org

 see our website for more contact information

 www.facebook.com/hoodcountyseniorcenter

Our kitchen and MOW staff, behind the scenes, packing meals for Meals on Wheels.

GENEALOGY IS BACK!

We are thrilled and excited to have Karen Call back at the Senior Center in the role of "Expert in Genealogy"! Karen has a special table set up on the stage in the dining room. She is here on the 4th Monday each month at 9:00am. She will sit with one or two people at a time on a first come, first served basis. She brings her computer and will gladly search for information that you may not know about pertaining to your family

history. If you desire to find your roots and learn more about your ancestors, come and speak with Karen. If you are a Meals on Wheels client, please call Crystal at the Senior Center. Karen will gladly work something out in order to help you get the information you have longed to know.



INFORMATION

HOURS

Monday - Wednesday:
 8 am - 3 pm
Thursday:
 8 am - 1 pm
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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PATRIOTIC PICNIC PARTY

WE HAD A GREAT TIME CELEBRATING INDEPENDENCE DAY WITH GREAT MUSIC, OLD-FASHIONED GAMES, AND GREAT FOOD!



SUMMER SKILLET



Place oil & potatoes in a large, non-stick skillet with a tight fitting lid on high heat; season with garlic powder, salt and pepper.

When it starts to sizzle, reduce heat to low and cook with lid on for about 20 minutes, shaking the pan occasionally to prevent potatoes from burning.

Remove from heat and let sit for 5 minutes without removing lid, then set potatoes aside in a dish.

Add sausage to the skillet and saute on medium-low and cook, stirring occasionally until browned but not cooked through, about 10 minutes. Season chopped vegetables

with salt and pepper. Add onions, peppers, garlic and rosemary to the skillet and mix.

Stir occasionally, until onions & peppers become slightly browned. Add zucchini and cook 5 more minutes. Return potatoes to the skillet and mix well. Adjust salt & pepper. Cook 5 more minutes. Serve.

Thanks to: skinnytaste.com

INGREDIENTS

- 2 tsp olive oil
- 1 lb baby red potatoes (cut)
- 1/2 tsp garlic powder
- 1 tsp salt
- Pepper, to taste
- 14oz Italian chicken sausage
- 1 large onion, chopped
- 4 to 5 cloves garlic, smash
- 1/2 orange bell pepper, dice
- 1/2 yellow bell pepper, dice
- 1/2 red bell pepper, dice
- 2 TBSP fresh rosemary (or thyme)
- 2 cups zucchini (1/2" thick, quartered)

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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August 2022

MON	TUE	WED	THU	FRI
1 Crunchy Baked Fish Potato Wedges Coleslaw Dessert	2 Tamale Pie Mexican Squash Spinach Dessert	3 Chicken & Broccoli Stir Fry Fluffy Rice Carrots Bread Dessert	4 Ham & Beans Turnip Greens Onion Slices Roll Dessert	5 Italian Meatballs Spaghetti with Sauce Broccoli Garlic Bread Dessert
8 Baked Chicken Rosemary Potatoes Peas & Carrots Roll Dessert	9 Beef Soft Tacos Spanish Rice Charro Beans Tortillas Dessert	10 Meat Loaf Mashed Potatoes Green Beans Roll Dessert 	11 Pork Roast Italian Vegetables Garden Salad Roll Dessert	12 Tuna Salad Cucumber Salad Pea Salad Roll Dessert
15 Chicken Paprikash Fluffy Rice Carrots Egg Roll Dessert	16 Smoked Sausage with Peppers & Onions Spanish Rice Pinto Beans Garden Salad Dessert	17 Chicken Tenders with Gravy Garlic Mashed Potatoes Green Peas Roll Dessert	18 Soft Style Pizza Calico Corn Broccoli Dessert	19 Pulled Pork Sandwich Baked Beans Potato Wedges Dessert 
22 Hamburger Pinto Beans Lettuce/Tomato Onion/Pickle Cole Slaw Dessert	23 Honey Garlic Chicken Mashed Potatoes Mixed Vegetables Bread Dessert	24 Beef Pasta Casserole Vegetable Medley Garden Salad Garlic Bread Dessert	25 Lemon Pepper Fish Garden Blend Rice Green Beans Roll Dessert	26 Chef Salad Cucumber Salad Pasta Salad Crackers Dessert
29 Rosemary Chicken Rice Pilaf Carrots Roll Dessert	30 Salmon Patties Baby Bakers Lemon Broccoli Roll Dessert	31 Baked Chicken Scalloped Potatoes Mixed Vegetables Roll Dessert	Menus are subject to change without notice. Suggested donation for age 60+ is \$3.50 per meal. Meals are delivered Monday thru Friday to Meals on Wheels clients. For this service, please call and cancel before 9:30 am 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 thru Friday. Congregate clients do not need to make a reservation.	

August Activities...

MON	TUE	WED	THU	FRI
1	2	3	4	5
10am Dominoes 10:30 Gospel Sing-Along 10:30 Mexican Train 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 10:30 Margie Hartsfield Musician 1:30 MOW Volunteer Training	9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers	10am Dominoes 10:30 Bobby Don Shelton, Music 10:30 Mahjong 10:30 Health Screen Renew Home Health CLOSE AT 1pm 7pm Dance <i>Snack Host: Visiting Angels</i>	10am Dominoes 10:30 Finding Help in the Home/Jackie 10:30 Hand & Foot 12:15 BINGO
8	9	10	11	13
10am Dominoes 10:30 Gospel Sing-Along 10:30 Mexican Train 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week #1 Acrylic Painting	 BIRTHDAY DAY! Spsnr: Care 'n Care 9:30 Chair Fitness 10am Dominoes 10:30 Margie Hartsfield 10:30 Health Screen Stephen's Healthcare 12pm Woodcarving Club 1pm Line Dancing 1pm Needlers	10am Dominoes 10:30 Mahjong CLOSE AT 1pm 7pm Dance	10am Dominoes 10:30 Hand & Foot 10:30 Health Screening Trinity Nursing 10:30 KARAOKE with Travis Moncrief 12:15 BINGO
15	16	17	18	19
10am Dominoes 10:30 Gospel Sing-Along 10:30 Mexican Train 12:15 BINGO	9:30 AAA Benefits Counselor, Simon 10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week #2 Acrylic Painting	9:30 Chair Fitness 10am Dominoes 11am Financial Fraud Q&A/Ind. Financial 12pm Woodcarving Club 1pm Needlers	10am Dominoes 10:30 Health Screen Interim Health 10:30 Mahjong CLOSE AT 1pm 7pm Dance	 LUAU PARTY!! Spsnr: Concho Hearts Hospice 10am Dominoes 10:30 Hand & Foot 10:30 Hearing Aid Clnng Connect Hearing 10:30 Margie Hartsfield 12:15 BINGO
22	23	24	25	26
9am Genealogy with Karen Call 10am Dominoes 10:30 Gospel Sing-Along 10:30 Mexican Train 12:15 BINGO	10am Dominoes 10:30 Hand & Foot 12pm to 2pm Week #3 Acrylic Painting	9:30 Chair Fitness 10am Dominoes 10:30 Health Screen Stephen's Healthcare 11am Legal Advice with Tracy Bush 12pm Woodcarving Club 1pm Needlers 1pm Line Dancing	10am Dominoes 10am Veterans Coffee Break 10:30 Mahjong CLOSE AT 1pm 7pm Dance	BINGO PRIZE DAY! Spsnr: STAR Council 10am Dominoes 10:30 Hand & Foot 11am Medication Safety Presentation STAR Council 12:15 BINGO
29	30	31	<p><i>Many Thanks and So Much Appreciation to Our Event Sponsors for August!!</i></p>    	
10am Dominoes 10:30 Gospel Sing-Along 10:30 Mexican Train 12:15 BINGO	9am AARP Driver Safety Class 10am Dominoes 10:30 Hand & Foot	9:30 Chair Fitness 10am Dominoes 12pm Woodcarving Club 1pm Needlers		

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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VETERANS COFFEE BREAK SCHEDULE



2022

10am in the Library

August 25th
September 22nd
October 27th
November 17th

*NO meeting in December



LUAU PARTY!!



Friday, August 19th
10:30 am to Noon

Snacks and Door Prizes Sponsored by:



NEW THURSDAY HOURS AT THE SENIOR CENTER

NEW HOURS

The new hours at the Senior Center are below:

Mon-Wed 8am to 3pm
Thursday 8am to 1pm
(doors open at 6pm for the dance)
Friday 8am to 3pm

It is an honor to serve you!

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MATT BUFKIN
SVP/CFO



For ad info. call 1-800-950-9952 • www.lpcommunities.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: _____



MEALS on WHEELS
HOOD COUNTY

TOGETHER. WE CAN DELIVER.

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>
		Joe Schmidt <i>Meal Program Assistant</i>	Crystal Avalos <i>Kitchen Staff</i>	

Senior's Real Estate Specialist

(254) 216-3884
or
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or (800) 477-4574 x6677

SUPPORT OUR ADVERTISERS!

UPCOMING EVENTS

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SAVE THE DATE!!
AARP®
Driver Safety

AARP DRIVER SAFETY CLASS

AUG 30 | 9AM TO 2PM

You MUST sign up in advance for this class. Come in or call Crystal or Sharyn to get on the list. There is limited seating. \$20/AARP Members, \$25/Non-members

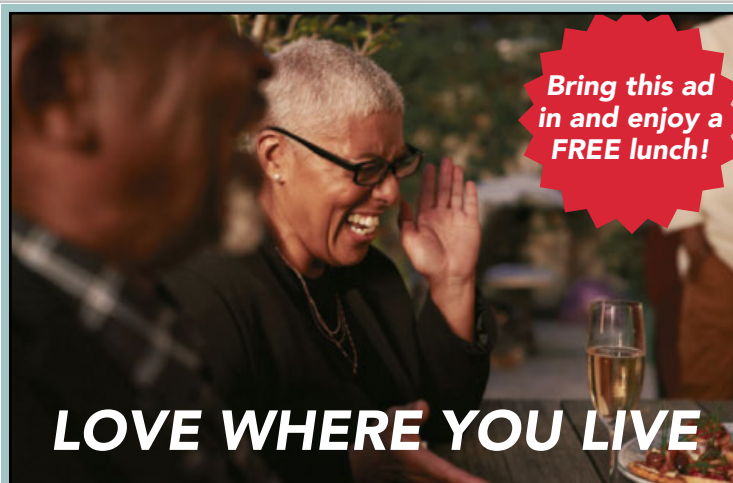


FIELD TRIP!!

Did we say FIELD TRIP?? YES, we did! Keep watching the newsletter for details on upcoming field trips to places like:
 Oct: Texas State Fair
 Nov: Sam Moon/Decorator's Warehouse
 Jan: Ripley's Believe It or Not/ Louis Tussaud's Palace of Wax
 As always, there is limited seating on the bus and we will give details when the plan is set. Let Crystal know what your top 2 choices above would be if cost were NOT an issue. Any other suggestions?

Thursday Night Dance Schedule

- Aug 4 Pete & Patti
Snack Host: Visiting Angels
- Aug 11 Outcast (CB Sutton)
- Aug 18 Outlaw Run
- Aug 25 Cowboy Country
- Sep 1 Pete & Patti
- Sep 8 Outcast (CB Sutton)
- Sep 15 Outlaw Run
- Sep 22 Cowboy Country
Snack Host: Trenton Mooney @ Parson Properties
- Sep 29 Outlaw Run



Bring this ad in and enjoy a FREE lunch!

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Hood County Senior Center, Granbury, TX

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