

Hill Country Senior Center

June 2022



LOCATION:

1310 W Hwy 290

Dripping Springs, TX 78620



MAILING ADDRESS: PO BOX 160, Dripping Springs, Tx

The Hill Country Senior Activity Centers' Mission is to provide an inclusive community that gathers to enjoy delicious meals, friends, and fellowship. We believe providing opportunities to socialize, learn, contribute through volunteering, and participate in recreational activities, promotes spiritual, emotional, and physical well-being.

WHAT'S INSIDE

BOARD OF DIRECTORS, THRIFT STORE NEWS.....2

WHAT'S NEW.....3

MENU.....4

ACTIVITIES.....5

GETTING TO KNOW YOU.....7



PHONE: 512-858-4663

WEB: HCSeniorCenter.org

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June 14th is Flag Day!

Raise that flag!

Hill Country Senior Center is a 501(c)(3) TIN: 74-1937007—Donate Today!

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Flag Day– United States

In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress. The Flag Resolution, passed on June 14, 1777, stated: “Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation.

The United States Army also celebrates the U.S. Army birthday on this date; Congress adopted “the American continental army” after reaching a consensus position in the Committee of the whole on June 14, 1775.

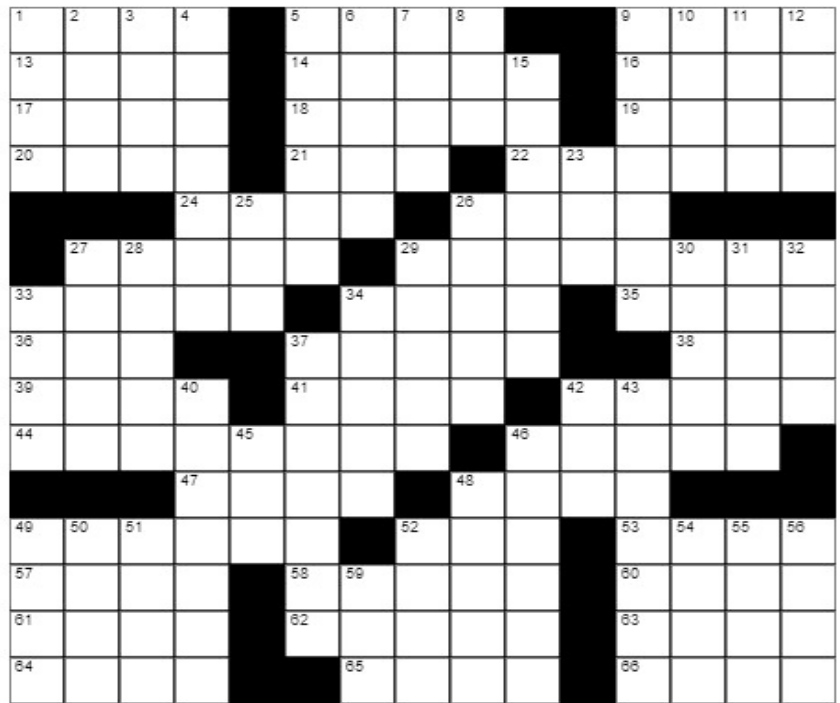
In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; on August 3, 1949, National Flag Day was established by an Act of Congress, although it is not a federal holiday.

*Our flag honors those who have fought to protect it,
And is a reminder of the sacrifice of our nation’s founders and heroes.*

*As the ultimate icon of America’s storied history,
the Stars and Stripes represent the very best of this Nation.*

Across

1- Little helper?; 5- Room in a casa; 9- Jane Austen classic; 13- Practice pugilism; 14- Hangs on to; 16- Unit of currency in Iran and Yemen; 17- Clinton cabinet member Federico; 18- Muse with a lyre; 19- Concerning; 20- Appear; 21- Shakespearean contraction; 22- Interlocks; 24- Step; 26- Support for a broken limb; 27- Disgusting dirt; 29- Candy; 33- Scuffle; 34- Royal Indian; 35- First name in fashion; 36- Whitney; 37- Terra ____; 38- ____-tzu; 39- Now ____ me down...; 41- To ____ (perfectly); 42- Skin of the upper part of the head; 44- Heater; 46- ____ firma; 47- At any time; 48- Ballerina's skirt; 49- Having only magnitude; 52- It's cold!; 53- Frozen treats; 57- Grasp; 58- Habituate; 60- Beget; 61- Della's creator; 62- Prevention dose; 63- Harrow rival; 64- Like a noted Norwegian Blue parrot?; 65- Prepared to drive; 66- Breather;



Down

1- Egyptian cobras; 2- Graf ____; 3- Having a sound mind; 4- Tread underfoot; 5- Rough design; 6- Lofty nest; 7- Grazing sites; 8- To the point; 9- Controversial; 10- Ho Chi ____; 11- Female horse; 12- Draft picks; 15- East African nation; 23- Alien's subj.; 25- Consumed, usually food; 26- Type of artist's crayon; 27- Gal's guy; 28- Greek epic poem; 29- "See ya!"; 30- Like some bears and icecaps; 31- Florida citrus center; 32- Lowdown; 33- Golda of Israel; 34- Chopper topper; 37- Indulge; 40- Ceded; 42- A collection of articles; 43- Warship; 45- Humphrey's costar in "The Barefoot Contessa"; 46- Rotated; 48- Instant; 49- Discard; 50- Reactor part; 51- ____ breve; 52- Ruination; 54- Quote; 55- Greek god of love; 56- Posted; 59- Furrow;

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Hill Country Senior Activity Center, Dripping Springs, TX

A 4C 05-1762

Monday 30	Tuesday 31	Wednesday 01	Thursday 02	Friday 03
Closed MEMORIAL DAY	Baked Potato Broccoli Fruit	Spinach Lasagna Green Beans Caesar Salad	Crunchy Chix Cheesy Hash Browns Broccoli Beets-Onions	Hamburgers French Fries Baked Beans Fruit
06	07	08	09	10
Cheese Enchiladas Pinto Beans Salad	Steak Fingers w/Gravy French Fries Salad	Chix Alfredo Broccoli Salad French Bread	Quiche Oven Potatoes Spinach Salad	Tuna Salad Corn Nuggets Fruit
13	14	15	16	17
Taco Salad Pinto Beans Spicy Pears	Sausage- Peppers Fried Okra 3 Bean Salad	Chix fried Steak Mash Potatoes Mixed Veggies Salad	Chix Strips Milk gravy Mix Veggies Salad	Baked fish Wild Rice Broccoli Coleslaw
20	21	22	23	24
Baked Chix White Rice Salad Glazed Carrots	Ranch Chix Wraps Fried Okra Fruit	Spaghetti Green Beans Salad French Bread	Liver-Onions or Hamburger Steak Mash Potatoes Spinach Fruit	Tostadas Spanish Rice Pink Stuff
27	28	29	30	
Strawberry Chix Salad Jello Beets-Onions	Chix Salad Corn Nuggets Cottage Cheese Fruit	Meat Loaf Mash Potatoes Lima Beans Carrot Salad	Beef Tips Noodles Green Beans Cucumber Salad	

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
CLOSED MEMORIAL Day	8:30 Exercise 9-11 Ping Pong 1-2 Line Dancing 1:00 Rummikub	8:30-2:30 Haircuts 9:30 Video Exercise 1-3 Dominoes 1-2 Bingo 1:00 Rummikub	8:30 Exercise 9-11 Ping Pong 1-4 Fiber Therapy 1-4 Crochet 1:00 Rummikub	9:30 Video Exercise 1-4 Dominoes 1:00 Rummikub
6	7	8	9	10
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HYDRATION!

Drinking enough water each day is crucial to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition and mood.

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is approximately: 15.5 cups (3.7 liters) of fluids a day for men and 11.5 cups (2.7 liters) of fluids for women. Our summer has started early and temperatures are in the 90's-100's! PLEASE DRINK YOUR WATER!



What do you call it when you get a month's worth of rain all at once?

Texas!

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Recipes from Yesterday

Brown Sugar Pie

1 (1 pound box) brown sugar

3 eggs

1 cup powdered sugar

1 teaspoon vanilla

3 tablespoons corn starch

1/2 cup milk

Mix all ingredients well and pour into unbaked pie shell. Bake at 350 degrees until brown, about 45 minutes. *Joyce Scott*



Blueberry-Banana Pie

1 Graham cracker crust

1 8 ounce cream cheese

1 cup powdered sugar

1 teaspoon vanilla

1 banana

1 can blueberry pie filling

Cut up banana and put in bottom of graham cracker crust. Mix cream cheese, powdered sugar and vanilla until smooth and creamy. Pout on top of bananas. Pour can of blueberry pie filling over top. Refrigerate. *Janell Crockett*

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JOIN US FOR LUNCH!

The Hill Country Senior Center is open for lunch to all seniors, Monday through Friday. We provide nutritious meals for only \$5 a meal. In a hurry or have a home-bound senior? Our meals can be ordered to-go for only \$5. Please call (512) 858-4663 for reservations before 10:30 on the day you will be joining us!

The Hill Country Senior Center offers several activities which include Bingo, line-dancing, daily exercise, ping-pong, Dominos, field trips, and a daily game of Rummikub, from 1:00-3:00. Join us!



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