



Hill Country Senior Center

July 2022



LOCATION:
1310 W Hwy 290
Dripping Springs, TX 78620

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.

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PHONE: 512-858-4663

WEB: HCSeniorCenter.org

FIND US ON FACE BOOK!
[@Hill Country Senior Center](https://www.facebook.com/HillCountrySeniorCenter)

Boy Scouts to the Rescue!

Brandon and Tristan Yelton from Troop 101 standing in front of our new clothing shed!

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

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It all started with that troublemaker Ellen!

Ellen has been sorting our hangers for years, and she thought it would be a good idea to move the hanger shed closer to the clothing closet so the bins would not have to be dragged across the parking lot. It was an inspired idea, but rather than dragging the current shed over, why not buy a new one? We are always desperate for space in the closet, because many of the clothes are bagged and sent to



Houston. A shed was purchased but who would assemble it?

A big thank you to Brandon and Tristan Yelton from Troop 101. They spent 11 hours on Memorial Day building the platform and setting up the shed, and another three hours on a Saturday hanging the doors and finishing the roof. The shed is already in use, and the old hanger shed will be used to house medical supplies. Thank you Tristan and thank you Ellen!

Why is Scamming the Elderly So Prevalent?

According to senior scam statistics compiled by the American Journal of Public Health, about 5% of seniors become victims of fraudulent schemes every year. This percentage is probably higher as many are unreported. The FBI reports that elderly fraud abuse costs seniors 3 billion dollars every year.

Social Security Administration Imposter Scam—SS Administration imposters contact prospective victims by telephone and falsely claim that the victim's SSN has been suspended. They ask to confirm the victim's SSN, or they may say they need to withdraw money from the victim's bank and to store it on gift cards or other unusual ways for safekeeping. Perpetrators often use ro-

bocalls to reach victims, and victims may be told to "press 1" to speak to a government "support representative" for help. They also use caller ID spoofing to make it look like the Social Security Administration is calling.



ALERT! The Social Security Administration will never call you on your phone. Hang up!

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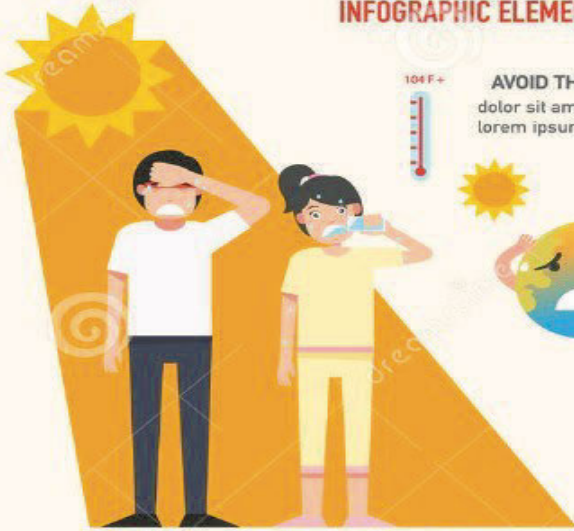


Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 01
Strawberry Chix Salad Jello Beets-Onions	Chix Salad Corn Nuggets Cottage Chz Fruit	Meat Loaf Mash Potatoes Lima Beans Carrot Salad	Beef Tips Noodles Green Beans Cucumber Salad	Hot Dog/Chili Tator Tots Fruit
04	05	06	07	08
	Soft Beef Tacos Spanish Rice Spicy Pears	Chix Fried Chix Mash Potatoes White Gravy Mix Veggies Salad	Sloppy Joes French Fries Baked Beans Fruit	Tuna Salad Beets/Onions Fruit
11	12	13	14	15
Meat Loaf Mash Potatoes W/gravy Lima Beans Salad	Cobb Salad Fruit Corn Nugget	Pork Chops Wild Rice Green Beans Salad	Crunchy Chix Cheesy Hash Browns Glazed Carrots Salad	Frito Pie Pinto Beans Watermelon
18	19	20	21	22
Barbeque Sausage Potato Salad Pork N Beans	Chef Salad Beets/Onions Fresh Fruit	Sweet n Sour Chicken White Rice Egg Rolls Asian Salad	Liver-Onions or Hamburger Steak Mash Potatoes Spinach Fruit	Pulled Pork Potato Chips Pink Stuff
25	26	27	28	29
Strawberry Chicken Salad Jello Beets/Onions	Beef Fajitas Charro Beans Fruit	Chicken Spaghetti Green Beans Salad	Quiche Oven Potatoes Spinach Salad	Pasta Salad with Ham Lime Jello Beets/Onions

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
1:00 Rummikub	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
4	5	6	7	
	8:30 Exercise 9-11 Ping Pong 1:00 Rummikub NO LINE DANCING!	HAIRCUTS 8:30-2:30 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
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HEAT STROKE

INFOGRAPHIC ELEMENTS



AVOID THE SUN
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THE DANGER OF WORKING OUT IN THE HOT WEATHER

SYMPTOMS



RAPID HEARTBEAT



NO SWEATING
HOT / RED SKIN



DIZZINESS & HEADACHE



UNCONSCIOUSNESS



VOMITING

PREVENTION



NO ALCOHOL



DON'T WEAR THE
THICK CLOTHES



LIMIT OUTDOOR TIME



WEAR
PROTECTION



USE A SUNSCREEN
USE A UMBRELLA



DRINK
ENOUGH WATER



COOL
SHOWERING

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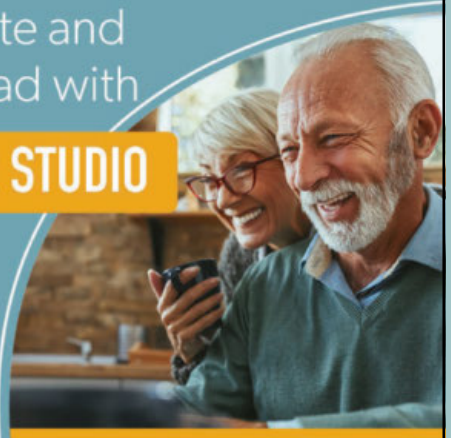
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Hill Country Senior Activity Center, Dripping Springs, TX

B 4C 05-1762



Recipes from Yesterday

The Chicken Pot Pie

6 Buttermilk Biscuits

2 Cans Chicken Breast Meat

1-10 3/4 can Cream of Chicken Soup

1/2 Cup Milk

1-10 oz Pkg Peas and Carrots

Preheat oven to 400 degrees. Combine soup and milk in a 2-quart casserole. Add vegetables and chicken breast and blend thoroughly. Top with biscuits and back 25 minutes, or until biscuits are golden brown.

George Brunner

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<p>NEVER MISS A NEWSLETTER! Sign up to have our newsletter emailed to you at www.mycommunityonline.com</p> 	<p>ADVERTISE HERE to reach your community</p>  <p>Call (800) 950-9952</p>	





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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