

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

-Charles Dickens



March 2013

The Senior Scoop

Benzie County Council on Aging



"March bustles in on windy feet
and sweeps my doorstep and my street.
She washes and cleans with pounding
rains, scrubbing the earth of winter
stains. She shakes the grime from carpet
green till naught but fresh new blades
are seen. Then, house in order, all neat
as a pin, she ushers gentle springtime
in."

- Susan Reiner, *Spring Cleaning*

March....

2nd is National Banana Cream
Pie Day

7th is the board game
Monopoly's birthday (1933)

9th is when the first Ford
Mustang was produced in
1964

10th don't forget Daylight
Savings Time

17th is St. Patrick's Day

20th is the first day of Spring

24th is Palm Sunday

26th is Passover

29th is Good Friday

31st is Easter

The Senior Scoop is a monthly publication brought to you by:

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Benzie County Council on Aging is funded by Benzie County residents through a property tax millage, federal and state funds through the Michigan Office of Services to the Aging, Area Agency on Aging of Northwest Michigan and private donations and grants.

The Council on Aging will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

Donations/contributions are appreciated and will aid with the continuation of all needed services for the seniors of Benzie County. If you would like to make a donation, please make your check or money order payable to BCCOA (Benzie County Council on Aging), 10542 Main Street, Honor, MI 49640.

MISSION STATEMENT

To provide programs for Senior Citizens of Benzie County that promote and encourage opportunities for socialization, education, health, safety, welfare and independent living with dignity.

The Senior Scoop

Kay's Corner

BCCOA is marching forward into spring! This has been an old-fashioned, up north winter, but with the luck of the Irish we will not have any more major snow storms. I am ready to move along in more than one way; with the changing of the seasons comes the changing of the guard. As the Interim Executive Director, I have been privileged to work with the Board of Directors, staff and County Commissioners in moving the agency to a higher level of professionalism. In addition, the renovations at The Gathering Place have made folks even happier to eat, meet and have fun there. The Board of Directors has been interviewing candidates to replace me and I am eager to transition the new Executive Director into the agency during our month together. I will be sure to infuse them with the positive energy that currently is at work in the BCCOA.

Kay

Sudoku

#1

7		8		3		6	4
6						9	8
9	2	4	5				
1	4			5		3	6
			3	9			7
		5					2
				8			3
2						4	
5	3	6			2		7

#2

1		8		9	5	3	6
						4	5
	5		2		6		8
7			3		9	6	4
4				2		5	1
5		2					
	1	4		8			
	3			6	7		
2			1	3		9	

Answers on page 6



HAPPY BIRTHDAY



1st Mary Judd

1st Doris Boucher

2nd Duane Marquand

3rd Cliff McConnell

4th Earl Jester

5th Amelia McCarry

5th Setsuko Pelky

6th Jan Baker

9th Joan Litchy

11th Carol Taylor

11th Howard Foust

12th Esther Schroeder

13th Donald McCash

16th Virginia Singleton

18th Lois Lenarsic

19th Greta Steele

19th Susan Steben

19th Virginia Gray

23rd Virginia Gray

24th Nancy Vanderlinde

25th Avonda Dobson

25th LeRoy Wright

26th Milford Goheen

26th Alfred Komoll

27th Judy Feiger

27th Pat Mead

27th Geraldine Randall

27th Carol Schleiman

28th Wayne Singleton

May all your birthday wishes come true!



Senior Nutrition



March is..... National Nutrition Month!!

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

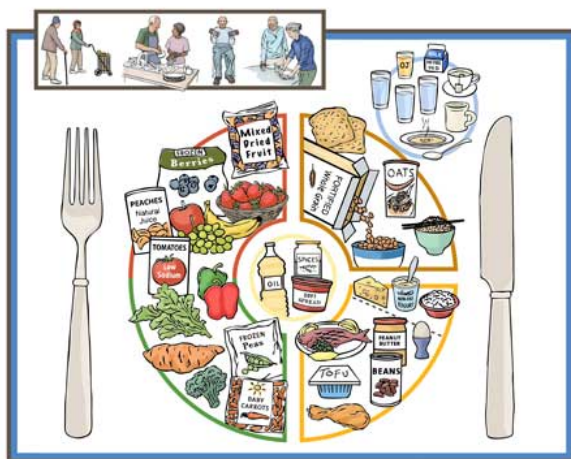
Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Add spices or herbs to season food without adding salt. Drink water instead of sugary drinks. Select fruit for dessert.

MyPlate for Older Adults



How many calories do seniors need?

Use the following as a guideline:

A woman over 50 who is:

- Not physically active needs about 1600 calories a day
- Somewhat physically active needs about 1800 calories a day
- Very active needs about 2000 calories a day

A man over 50 who is:

- Not physically active needs about 2000 calories a day
- Somewhat physically active needs about 2200-2400 calories a day
- Very active needs about 2400-2800 calories a day

Important vitamin and minerals

Water – Seniors are prone to dehydration because our bodies lose some of the ability to regulate fluid levels and our sense of thirst is dulled as we age. Post a note in your kitchen reminding you to sip water every hour and with meals to avoid urinary tract infections, constipation, and even confusion.

Vitamin B – After 50, your stomach produces less gastric acid making it difficult to absorb vitamin B-12—needed to help keep blood and nerves vital. Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin supplement.

Vitamin D – We get most of our vitamin D intake—essential to absorbing calcium—through sun exposure and certain foods (fatty fish, egg yolk, and fortified milk). With age, our skin is less efficient at synthesizing vitamin D, so consult your doctor about supplementing your diet with fortified foods or a multivitamin.

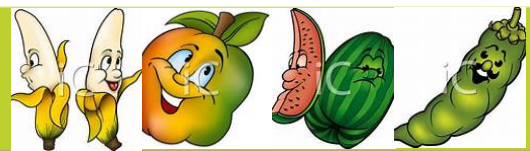
BENZIE COUNTY COUNCIL ON AGING - THE GATHERING PLACE
Monday - Friday: 8:00 A.M. - 4:00 P.M. LUNCH SERVED FROM 11:30 a.m. - 1:00 p.m.
Saturday Breakfast: 8:00 A.M. - 11:00 A.M.
Call for more information!! 231-325-3720 or 1-877-277-1306
****MENU ITEMS SUBJECT TO CHANGE****

March 2013 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Cost for Meals (Seniors)</u> M- F \$3.00 (Suggested Donation) Saturday \$5.00	<i>Don't forget Saturday Breakfast! Eggs, Sausage, Biscuits & Gravy, Waffles, Fruit, Beverages and More!</i>	<u>Cost for Meals (Non-Senior)</u> M - F \$7.50 Caregivers \$5.50 Saturday \$6.25 (Children's prices reduced)		1 Roast Pork Au Gratin Potatoes Winter Blend Vegetables Bread/ Tropical Fruit
4	5	6	7	8
Bean Soup Mixed Vegetables Recipe Tomatoes/Corn Bread Crackers/Applesauce	Spaghetti w/ meat sauce Italian blend vegetables Italian Beans Garlic Toast/ Banana	Meatballs Mashed Potatoes & gravy Green Beans/ Bread Cinnamon Pears	Gyros Lemon Potatoes Greek Salad/ Pita Warm Peaches	Fish Fry Roasted Potatoes Broccoli/ Apple muffin Banana
11	12	13	14	15
Turkey Stew Redskin potatoes Carrots/ Biscuit Apple	Chicken Alfredo w/ pasta Italian Beans Pesto Cauliflower Breadsticks/ banana	Goulash Spinach/ cabbage Bread/ applesauce	Italian Meatball Sub Italian Beans Capri Blend Vegetables Fruit/ bun	Rosemary Pork Mashed Potatoes Broccoli Bread/ banana
18	19	20	21	22
Cock-a-leekie Soup Steamed Potatoes Brussel Sprouts Crackers/ baked peaches	Corned Beef and Cabbage Carrots/ Redskin potatoes Soda Biscuit Banana	BBQ Pork Potato Planks Carrot Salad/ Apple Bun	Stuffed Peppers Corn/ Peas Bread/ Orange	Breaded Chicken Mashed Potatoes & gravy California Blend Vegetables Bread/ Pear
25	26	27	28	29
Chopped Steak w/ mushroom gravy Mashed Potatoes Beans/ Roll Jello Cup	Cabbage Rolls w/ meat sauce Carrots/ Kyoto Blend Vegetables Bread/ Bananas	Baked Macaroni & Cheese Spinach/ Harvard Beets Bread/ Pears	General's Chicken/ Broccoli Vegetable Sauce/ Cabbage Far East Veggies/ Steamed Rice Mandarin oranges/ Chow Mein	Baked Fish Broccoli/ Wax Beans Rice/ Bread/ Apple



Healthy Eating



Nutritious Oats & Peanut Butter Cookies

Ingredients

- Quick Cooking Oats- 2 cups
- Peanut Butter - 1/2 cup
- Honey or Maple Syrup - 1/2 cup
- Canola or Sunflower oil - 1/4 cup
- Salt- 1/2 tsp.
- Cinnamon powder - 1/2 tsp.
- Baking Soda (aluminum free) - 1/2 tsp.
- Chocolate Chips or nuts - handful



Directions

1. Take 1 cup of Oats and grind into a flour in your blender.
2. Toast 1 cup of Oats slightly till the raw smell is gone.
3. Combine Salt, cinnamon powder, baking soda, Oat flour, Quick Cooking oats thoroughly.
4. Now add peanut butter, maple syrup, oil to the above mixture and knead into a dough.
5. Roll into small balls and flatten them into circles using the center of your hand.
6. Preheat oven to 350 degrees.
7. Place parchment paper in a baking tray and place the cookie one by one leaving enough space to expand.
8. On top of the flattened dough place chocolate chips, nuts etc of your choice and bake for around 10 minutes.
9. Once baked remove it from the oven and let it cool completely as they will be soft and crumbly when hot.
10. Store in an airtight container and enjoy.

Corned Beef Hash

Ingredients

- 2 teaspoons canola oil
- 1 large onion, chopped
- 4 cups diced cooked potatoes, or frozen hash-brown potatoes
- 1 cup chopped lean corned beef brisket, (4 ounces, see Tip)
- 1/2 cup reduced-sodium chicken broth
- 1/4 cup chopped fresh parsley
- Salt & freshly ground black pepper, to taste
- 4 large eggs



Directions

1. In a large cast-iron skillet, heat oil over medium-high heat. Add onion and saute; until it starts to brown, 5 to 8 minutes. Add potatoes and cook, stirring, until they brown in spots and become crusty, about 8 minutes more. Stir in corned beef and broth and cook, scraping up any browned bits, until liquid is absorbed, 5 to 8 minutes. Add parsley and season with salt and pepper.
2. Meanwhile, fill a large skillet with 2 inches salted water and bring to a gentle simmer. Break eggs, one at a time, onto a saucer and slide into the simmering water. Poach eggs until set to desired firmness, 4 to 5 minutes.
3. Divide hash among 4 plates. Place eggs on top of hash

calories



TINY CREATURES THAT LIVE IN YOUR CLOSET
AND SEW YOUR CLOTHES A LITTLE BIT
TIGHTER EVERY NIGHT

1

7	5	8	1	3	9	6	4	2
6	1	3	7	2	4	9	8	5
9	2	4	5	6	8	7	1	3
1	4	9	2	5	7	3	6	8
8	6	2	3	9	1	5	7	4
3	7	5	8	4	6	1	2	9
4	9	7	6	8	5	2	3	1
2	8	1	9	7	3	4	5	6
5	3	6	4	1	2	8	9	7

2

1	4	8	7	9	5	3	6	2
6	2	7	8	1	3	4	5	9
3	5	9	2	4	6	1	7	8
7	8	1	3	5	9	6	2	4
4	9	3	6	2	8	5	1	7
5	6	2	4	7	1	8	9	3
9	1	4	5	8	2	7	3	6
8	3	5	9	6	7	2	4	1
2	7	6	1	3	4	9	8	5

Living Healthy



Medicare News

March 2013

Medicare and the Shingles Shot

The following information is taken from a publication called Dear Marci based in the Medicare Rights Center.

Medicare Drug plans are required to cover all medically necessary commercially available vaccines on their formulary that are not already covered by Medicare Part B. This includes the shingles vaccine. The plan will pay for the vaccination itself and for a provider to give you the shot.

BEFORE getting the shingles shot, you should first check with your Medicare Drug Plan to see where you can get the shot for the lowest cost. If you receive the shot from one of the plan's in-network pharmacies, you should only need to pay the approved co-pay amount at the time you are vaccinated. If your doctor provides the shot and cannot bill your Part D plan, you may need to pay for the shot yourself, then follow your Part D plan rules for getting a refund. Keep in mind that you will only be refunded the amount that your Part D plan approves for the shot, no matter what you paid for it, so you may be responsible for the difference between the doctor's charge and the approved amount.

If you receive "Extra Help" in paying for your medications, you will only be responsible for the Extra Help co-pay. However, depending again on where you get the shot, you may have to pay for it yourself and request reimbursement.

In order to avoid having to request reimbursement, the easiest way to have the Medicare Drug Plan pay up front is to get the shot from a provider who can directly bill your Medicare part D plan.

The Medicare Medicaid Assistance program (MMAP) is the state-wide program which provides free health benefits counseling to Medicare and Medicaid beneficiaries, their families, and caregivers.

Individuals with questions about Medicare may contact MMAP for assistance at their local Commission on Aging office or regional office at the Area Agency on Aging 1-800-803-7174.

**"IF YOU KEEP
GOOD FOOD
IN YOUR FRIDGE
YOU WILL EAT
GOOD FOOD"**
©2013 MMAP

Healthy Swaps

SWAP OUT Cooking Oils for Pureed Fruit:

Replace half of the oils in your favorite cookie, cake, and muffin recipes by substituting unsweetened applesauce, mashed bananas, or plain canned pumpkin. This will cut down the calorie and fat content with still keeping these treats moist and tasty. Also it is a great way to get another fruit serving into your day.

SWAP OUT Ham for Turkey:

White-meat turkey is a lean protein option with little to none of ham's cholesterol- raising saturated fat. Turkey only has about 60 mg of sodium per serving, compared to ham's 1,600 mg of sodium per serving.

SWAP OUT White Flour for

Whole White Wheat Flour

Look on the label for the words "whole white wheat" to be assured that it is indeed a whole grain that will provide the same extra vitamins, minerals, and dietary fiber that "whole wheat" does, but with a lighter appearance and milder taste.

Attention Seniors:

Do you need help with Medicare or Medicaid??

Well..... Marla is back!

Please call to set up an appointment. She will be here on Wednesdays to assist in any help you might need regarding Medicare or Medicaid issues.



Living Healthy

Eating Right

Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Enjoy your food but eat less.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass. Cook more often at home, where you are in control of what’s in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.



Always Eat Breakfast

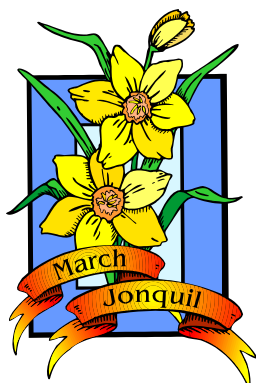
When you go to sleep at night, your body goes into a fasting mode as it rebuilds and repairs. When you wake up in the morning, new processes are beginning as the body prepares to walk, talk, think and move. However, it needs fuel to do this.

That’s why it is very important that you break the fast with a healthy meal. If you skip breakfast or eat 60 minutes after walking, your body sets in motion a destructive chain of events. These include increased stress hormones, lack of focus, loss of muscle mass, and imbalance in blood sugar that lead to cravings and crankiness.

Here are some quick and light options for those who need to inch toward this healthy habit.

- 2 sticks of low-fat string cheese and 1 apple or medium-sized piece of fruit
- 1 cup unsweetened oatmeal with $\frac{1}{4}$ cup milk and $\frac{1}{4}$ cup berries
- 1 whole-grain waffle with 1 tablespoon peanut or almond butter
- 6 ounces plain yogurt topped with $\frac{1}{2}$ cup berries and 1 tablespoon low-fat granola
- 1 cup low-fat cottage cheese and 1 fresh piece of fruit





March 2013
CALENDAR OF EVENTS
“THE GATHERING PLACE”
 Open Monday through Friday
 8:00 a.m.-4:00 p.m.
 Lunch served daily 11:30 a.m. – 1 p.m.
 Saturday 8:00 a.m.-11:00 a.m.
 231-325-3720
 OR TOLL FREE 1-877-277-1306



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Cost for Non-Senior Meals</i> Lunch: (M - F) \$7.50 (Children's prices reduced) Saturday Breakfast Buffet: \$6.25</p>	<p><i>Cost For Senior Meals</i> Lunch: \$3.00 (Suggested Donation) Saturday Breakfast Buffet: \$5.00</p>	<p>The Gathering Place lunch is served from 11:30 a.m. to 1:00 p.m.</p>		<p align="center">1</p> <p>9:30 BUNCO 11:30 Lunch NOON-Lunch at Thompsonville 1:00 Wii Bowling</p>	<p align="center">2</p> <p>8:00 Breakfast Buffet \$5.00</p>
<p align="center">4</p> <p>10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle</p>	<p align="center">5</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga</p>	<p align="center">6</p> <p>10:00 Exercise with Doris 10:00 Little River Casino 11:30 Lunch 12:30 BINGO 1:00 Knitting club</p>	<p align="center">7</p> <p>9:00 Hearing Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p align="center">8</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>	<p align="center">9</p> <p>8:00 Breakfast Buffet \$5.00</p>
<p align="center">11</p> <p>9:00 TC Shopping 10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle</p>	<p align="center">12</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga</p>	<p align="center">13</p> <p>10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club</p>	<p align="center">14</p> <p>10:00 Foot Clinic 10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p align="center">15</p> <p>8:00 Exercise 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>	<p align="center">16</p> <p>8:00 Breakfast Buffet \$5.00</p>
<p align="center">18</p> <p>10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle</p>	<p align="center">19</p> <p>10:30 Music by The Melody Makers 11:30 Lunch –St. Patrick's Day Celebration 3:30 Yoga</p>	<p align="center">20</p> <p>10:00 Exercise with Doris 10:00 Little River Casino 11:30 Lunch 12:30 BINGO 1:00 Knitting club 1:30 Board meeting</p>	<p align="center">21</p> <p>10:00 Bible Study 11:30 Lunch 1:00 BUNCO</p>	<p align="center">22</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling</p>	<p align="center">23</p> <p>8:00 Breakfast Buffet \$5.00</p>
<p align="center">25</p> <p>10:00 Yoga Exercise 11:30 Lunch 12:00 Pinochle</p>	<p align="center">26</p> <p>10:30 Music by The Melody Makers 11:30 Lunch 3:30 Yoga</p>	<p align="center">27</p> <p>10:00 Exercise with Doris 11:30 Lunch 12:30 BINGO 1:00 Knitting club</p>	<p align="center">28</p> <p>10:00 Bible Study 11:30 Lunch— Advanced Hearing Center Ear Clinic 1:00 BUNCO</p>	<p align="center">29</p> <p>9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 6pm Ol' Time Gathering</p>	<p align="center">30</p> <p>8:00 Breakfast Buffet \$5.00</p>
		<p>March 20th is the first day of Spring!</p>	<p>St. Urho's Day is Saturday, March 16th (Ask Dawn about it!)</p>	<p>St. Patrick's Day is Sunday, March 17th. We are celebrating on the 19th!</p>	



Dawn's Dish

WELCOME MARCH! March means the first day of spring! Spring means putting away boots, mittens and ice scrapers (in theory). Anyone else tired of snow days?

Want fewer trips to the doctor? How about learning new ways to deal with chronic pain or illness? I am excited to announce our **PATH** class starting Thursday April 4th for six consecutive weeks. **PATH** stands for **P**ersonal **A**ction **T**oward **H**ealth and is taught by two certified instructors: Jackie Hice and Sharon O'Brien. These 2 ½ hour weekly sessions are designed to be entertaining and interactive. This **free** course includes new ways to deal with frustration, fatigue and pain. **PATH** is designed to benefit adults of all ages with chronic or long-term health conditions including heart disease, arthritis, diabetes, depression, asthma, bronchitis and emphysema. This class is limited to 12 participants so please call Dawn or stop by The Gathering Place to sign up today! (231) 325-3720.

***NO Tai Chi in March but it will be back in April!**

INCLEMENT WEATHER ALERT! If our local Benzie County Central Schools are closed so are The Gathering Place and our Administrative office.

*Attention ladies ages 65 or older. Gretchen Eichberger, Director of Northwest Michigan Folklife Center is looking for female dancers/performers age 65 or older. If you are interested, please call her directly at (231) 871-0215. The performance date is April 20th at the In and Out Gallery in Traverse City.

Trips! Trips! Trips! Stop by The Gathering Place for our travel brochure. We've partnered with Xpedition Travel to give our folks a large, affordable selection of adventures. A few of the highlights are: Branson in June; Tigers game in June and August; Chicago in November and December; New Orleans in September. Please call Dawn if you have any questions! (231) 325-3720

Monday, March 11

9:00 a.m. **Traverse City Shopping.** Our bus is heading to Meijer, Wal-Mart and Sam's Club. Please call 325-3720 for reservations. Trip fee is \$10.

Tuesday, March 5, 12, 19, 26

10:30 a.m. – 1:30 p.m. The Melody Makers provide music for your listening and dancing pleasure! Music starts at 10:30 a.m. Lunch served from 11:30 a.m. – 1:00 p.m.

Tuesday, March 19th

St. Patrick's Day luncheon. Time for Corned Beef and Cabbage! Join us for an Irish luncheon celebration! Think Green!

Wednesday, March 6 and March 20

10:00 a.m. **Little River Casino Trip.** Trip fee \$10. Receive \$25 River Credits. Return at 4 p.m. Space is limited so call now to reserve your spot on the bus!

Thursday, March 7

9:00 a.m. – noon **Hearing Clinic**, sponsored by *Miracle Ear*, will be held to give free hearing tests as well as check and service hearing aids. Call 800-459-5992 for appointment.

Thursday, March 14

10:00 a.m. – 12:00 p.m. **Foot Clinic**, Rosemary Russell, RN, from the Prescription Shop will trim, clean your nails and do a complete nursing assessment on your feet. *Clinic at COA Admin. Office. Call 325-4851 for an appointment.* Donations accepted.

Thursday, March 28

Lunch and Learn with Jeanne Strathman from **Advanced Hearing Center PC**. Jeanne has been in the hearing health field for over 30 years. Join us for great food and valuable information.

Friday, March 1

Noon-Lunch in Thompsonville! Join us for lunch and music. Please call Dawn at 325-3720 for reservations.

Friday, March 29

Ol' Time Gathering! Come and enjoy food, music and fun. Music (acoustic) will start at 6:00 p.m. with a potluck dinner at 7 p.m. Donations accepted. All ages invited! Bring a dish to pass, an instrument to play and a foot to tap!

The Gathering Place, Benzie Senior Center



Monday - Friday 8:00 a.m. – 4:00 p.m.
Saturday 8:00 a.m. - 11:00 a.m.
10579 Main Street (in the Plaza), Honor
(231) 325-3720 or 1-877-277-1306



Lunch served from 11:30 a.m. – 1:00 p.m.
Cost is \$3.00 suggested donation

Senior Center Coordinator/Supervisor – Dawn Bousamra
Front Desk Hostesses - Judy Fast, Kathy Burns, Jeannie Knudsen

Mondays	Exercise, 8:00 a.m. Yoga Exercise, 10:00 a.m. Pinochle, 12:00 noon Knitting, 1:00 p.m.
Tuesdays	Music & Lunch Buffet, 10:30 a.m. - 1:30 p.m. Chair Yoga 3:30 p.m.
Wednesdays	Exercise w/Doris, 10:00 a.m. Tai Chi, 3:00 p.m. Bingo, 12:30 p.m. – 1:30 p.m.
Thursdays	Bible Study, 10:00 a.m. Bunco, 1:00 p.m.
Fridays	Exercise, 8:00 a.m. Bunco, 9:30 a.m. Wii Games, 1:00 p.m.
Saturdays	Breakfast, 8:00 a.m. - 11:00 a.m.



Golf



Bowling



Baseball

Newsletter Subscription Form

NAME: _____ DOB: ____/____/____

ADDRESS: _____

CITY/ST/ZIP: _____ DATE: _____

If you would like a copy of this newsletter mailed to your home each month, please mail this form to the COA office, 10542 Main St, Honor, MI 49640. Suggested donation for annual subscription is \$5.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.



Holidays!



Happy St. Patrick's Day!

*St. Patrick's Day is observed on March 17th because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17th in the year 461 AD.

*The very first St. Patrick's Day parade was NOT in Ireland. It was in Boston in 1737.

*Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love, and the fourth for luck.

*St. Patrick was not Irish, he was born in Britain.

*According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14.

Happy Easter!

*The date of Easter Sunday changes every year because it's celebrated on the first Sunday after the Paschal Full Moon.

*The original date of Easter was first fixed in 325AD.

*In the Christian calendar, Easter marks the rebirth of Christ and the end of the 40 days of Lent.

*Good Friday is an official holiday in 12 US states

*Eggs are associated with Easter because they are a symbol of starting new life. It's believed that eggs have been given to celebrate the spring equinox for more than 2 millennia.

*Around 90 million chocolate bunnies are made for Easter each year. Jelly beans are also a favorite in the US, with about 16 million eaten at this season each year.

*The largest Easter egg ever made was around 9,000 pounds. It needed a steel frame for internal support.



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