



The

Apr - Jun 2016

# Buzz

CORINTH SENIOR TRAILBLAZERS NEWSLETTER

## Let's Do Lunch!

The senior group meets for lunch at a different restaurant on the last Wednesday of every month.

Meet us at the chosen restaurant at 12:00pm or be at City Hall at 11:30am to ride on the van. We will eat as a group, but pay individually. Check the monthly Buzz Newsletter or the city website

[www.cityofcorinth.com](http://www.cityofcorinth.com) for each month's restaurant.

Call Melissa at 940-498-7508 or email [m.dolan@cityofcorinth.com](mailto:m.dolan@cityofcorinth.com) to RSVP.



April 27, 2016

April: Barbecue  
Date: Wednesday, April 27, 2016  
Where: Tredway's BBQ  
721 E. Hundley Drive  
Lake Dallas, TX 75065



May 25, 2016

May: Mexican  
Date: Wednesday, May 25, 2016  
Where: Chilitos  
621 S. Lake Dallas Dr.  
Lake Dallas, TX 75065



June 29, 2016

June: Tex-Mex & American  
Date: Wednesday, June 29, 2016  
Where: Chilis'  
2406 I35 E. South  
Denton, TX 76201

Meet us at the chosen restaurant at 12:00pm or be at City Hall at 11:30am to ride on the van.

## Let's Go Exploring

If you have any trip suggestions, places you want to go, or places you loved and want to go back to, please be sure to let Melissa know so we can plan a trip there! This is your group, so we will go where you want to go, see what you want to see, and have fun doing it! Melissa can be reached by email at [Melissa.dolan@cityofcorinth.com](mailto:Melissa.dolan@cityofcorinth.com) or by phone at 940-498-7508. If you want to be added to our monthly mailing list about trips and information, please send your information to Melissa.

April 14, 2016



### Mary Poppins

Join us on Thursday, April 14<sup>th</sup> as Denton Community Theatre presents Mary Poppins! This delightful musical introduces a very special nanny who is "Practically perfect in every way." She can make tidying up a magical experience. In fact she can make any endeavor or outing a magical experience. Audiences will be as delighted as her charges, the Banks children, when Mary Poppins arrives at 17 Cherry Lane. We will enjoy dinner before the show, dinner is not included in the trip. We will meet at City Hall at 5:00 pm and return by 10:00 pm. **Trip Size: 6 min-19 max. Please register by March 30<sup>th</sup>. Cost: \$18.**

May 18, 2016



### Fort Worth Botanic Gardens

Join us on Wednesday, May 18<sup>th</sup> as we explore the Fort Worth Botanic Gardens. This is the oldest botanic garden in Texas, is the ultimate destination for self-guided field trips. Explore ponds, creeks, wooded acres, meadows and twenty-six specialty gardens on 109 acres. Explore the many different gardens including the Japanese garden, where you can feed the thousands of exotic Koi for a quarter. Pack a picnic or enjoy lunch at the restaurant located in the gardens, Lunch is not included on this trip. We will meet at City Hall at 9:00 am and return by 4:00 pm. **Trip Size: 6 min-19 max. Please register by May 11<sup>th</sup>. Cost: \$10**

June 22, 2016



### Texas Civil War Museum

Join us on Wednesday, June 22<sup>nd</sup> as we take a step back in time. The Texas Civil War Museum is a destination that tells the story of the Civil War soldiers from 1861-1865. The Texas Civil War Museum maintains the most comprehensive collection of artifacts west of the Mississippi River. While TCWM is best known for its military collections, it also holds significant collections of domestic objects and historic flags, personal items and artifacts, and postwar Victorian attire. We will meet at 9:00 am and return by 3:00 pm. We will stop for lunch on the way back, lunch not included in the cost. **Trip Size: 6 min-19 max. Please register by June 15<sup>th</sup>. Cost: \$12.**

Have questions? Contact Melissa at  
[Melissa.dolan@cityofcorinth.com](mailto:Melissa.dolan@cityofcorinth.com) or by phone at 940-498-7508.



## HONEYBEE HEALTH

### How to Spot and Treat Heat Exhaustion

● What is it? A serious health problem caused by too much heat and dehydration.

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headaches, nausea or vomiting.

● What to do: without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

### Travel Tips

● Stay safe on your feet; wear comfortable shoes for walking.

● Keep others in the loop; tell friends and family where you are going and when you will return.

● Prepare Documentation; Travel plans, passport, list of medication

● Discounts; never hurts to ask for a senior or AARP discount at.

### Health Tips

● Keep hydrating. Seniors should have plenty of water intake - 4-8 glasses a day.

● Air conditioning is your friend. Spend as much time as possible in air conditioned spaces. If you don't have air-conditioner, go somewhere that is.

● Dress appropriately. Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat).

● Avoid too much sun. Use sunblock with at least SPF 15 or higher.

### Benefits of Summer

● Sun exposure is extremely valuable for the health of seniors. While too much sun can certainly be a bad thing for people of all ages, a reasonable dosage provides the body with substantial amounts of Vitamin D. Proper amounts of Vitamin D can regulate healthy levels of cholesterol.

**Remember to always check with your physician before starting a new health regimen.**



## Hot Artichoke Spinach Dip

### Ingredients:

- 1 (14 ounce) can of artichoke hearts, drained
- 1/3 cup grated Romano cheese
- ¼ cup of grated parmesan cheese
- ½ teaspoon minced garlic
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1/3 cup heavy cream
- ½ cup sour cream
- 1 cup shredded mozzarella cheese

### Preparation:

- Preheat oven to 350 degrees F. Grease a 9x13 inch baking dish
- In a blender or food processor, place artichoke hearts, Romano cheese, Parmesan cheese and garlic. Pulse until chopped, but not ground. Set aside
- In a medium bowl, mix together spinach, heavy cream, sour cream and mozzarella cheese. Stir in artichoke mixture. Spoon into prepared baking dish
- Bake in the preheated oven for 20 to 25 minute, or until cheese is melted and bubbly.

## Lemon & Dill Chicken

### Ingredients:

- 4 boneless, skinless chicken breasts, (1-1 ¼ pounds) Salt & freshly ground pepper to taste
- 3 teaspoons extra-virgin olive oil, divided
- ¼ cup finely chopped onion
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 teaspoons flour
- 2 tablespoons fresh chopped dill, divided
- 1 tablespoon lemon juice

### Preparation:

- Season chicken breasts on both sides with salt and pepper.
- Heat 1 ½ teaspoon oil in large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
- Reduce heat to medium. Add the remaining 1 ½ teaspoons oil to pan. Add onion and garlic and cook stirring for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking until slightly thickened, about 3 minutes.
- Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

## Spring Lime Tea Cookies

### Ingredients:

- 2 teaspoons lime juice
- 1/3 cup of milk
- ½ cup of butter, soften
- ¾ cup of white sugar
- 1 egg
- 2 teaspoons lime zest
- 1 ¾ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 2 tablespoons lime juice
- ¼ cup white sugar

### Preparation:

- Preheat oven to 350 degrees F. Combine the 2 teaspoons of lime juice with the milk, let stand for 5 minutes.
- In a large bowl, cream together the butter and ¾ cup of sugar until light and fluffy. Beat in the egg, then stir in the lime zest and milk mixture. Combine the flour, baking powder and baking soda, blend into the creamed mixture. Drop by rounded spoonful's onto the ungreased cookie sheet.
- Bake for 8 to 10 minutes in the preheated oven, until the edges are light brown. Allow cookies to cool on baking sheets for 5 minutes before transferring to a wire rack to cool completely.
- To make the glaze, stir together the remaining lime juice and sugar. Brush onto cooled cookies.

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*Honey*  
for the heart

“Spring is nature’s way of saying, “Let’s party!”

~ Robin Williams

“It’s not the years in your life that count. It’s the life in your years!

~ Abe Lincoln

“Every new beginning comes from some other beginning’s end.

~ Seneca

“Do what you can, with what you have, where you are.”

~ Theodore Roosevelt

“You can live to be a hundred if you give up all things that make you want to live to hundred.”

~ Woody Allen