



The

Jul - Sept 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 for each month's restaurant.

Call Melissa at 940-498-7508 or email m.dolan@cityofcorinth.com to RSVP.



July 27, 2016

July: Breakfast
Date: Wednesday, July 27, 2016
Where: Denny's
8000 S I-35 E
Corinth, TX 76210



August 31, 2016

August: Italian
Date: Wednesday, August 31, 2016
Where: Olive Garden
2809 I-35 E
Denton, TX 76210



September 28, 2016

September: Seafood
Date: Wednesday, Sept. 28, 2016
Where: Red Lobster
2801 South I-35East
Denton, TX 76210

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 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.

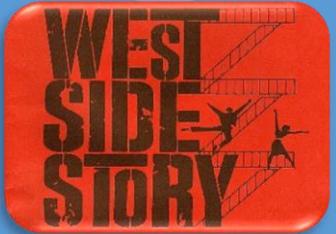
July 8, 2016



Grapevine Rail Road Tour

Join us on July 8th for a fun train ride into Fort Worth Stockyards! We will start at the Cotton Belt Depot in Grapevine where we will board the air conditioned train and head to the Fort Worth Stockyards. In the Fort Worth Stockyards, the Grapevine Vintage Railroad pulls into the Stockyard Station, now the largest train station in the Southwest with more than 85,000 square feet of shopping, dining, and meeting facilities. We will spend time in the Stockyards before boarding the train again to travel back to Grapevine. We will leave City Hall at 11:30 am and return by 7:30 pm. **Trip Size: 6 min-19 max. Please register by June 30th. Cost: \$34.**

August 18, 2016



West Side Story

Join us on Wednesday, August 18th as we watch West Side Story. The story is set in the Upper West Side neighborhood in New York City in the mid-1950s, an ethnic, blue-collar neighborhood. The musical explores the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. The members of the Sharks, from Puerto Rico, are taunted by the Jets, a white gang. The young protagonist, Tony, a former member of the Jets and best friend of the gang leader, Riff, falls in love with Maria, the sister of Bernardo, the leader of the Sharks. 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 August 3rd. Cost: \$18**

September 14, 2016



Sixth Floor Museum

Join us on Wednesday, September 14th as we explore the 6th floor museum. Since 1989, The Sixth Floor Museum at Dealey Plaza has welcomed more than 6 million visitors around the world-people of all ages seeking information and understanding about the assassination of President John F. Kennedy. During our visit there will also be a special exhibit "A time for Greatness: The 1960 Kennedy Campaign." We will meet at City Hall at 10:30 am and return by 5:00 pm. We will stop for lunch along the way, lunch is not included in the trip. **Trip Size: 6 min-19 max. Please register by August 31st. Cost: \$23.**

Have questions? Contact Melissa at
Melissa.dolan@cityofcorinth.com or by phone at 940-498-7508.



HONEYBEE HEALTH

Foods you should eat this Fall

- Pumpkin – is has a high percentage of vitamin A, carotenoids and fiber. Don't overlook the seeds, they made a great snack!

- Brussel sprouts – are rich in protein, dietary fiber, vitamins, minerals and antioxidants. Sprouts offer protection from vitamin A deficiency, bone loss and iron deficiency.

- Sweet potatoes are packed with calcium, potassium and vitamins.

- Pears, are high in fiber, vitamins C, K, B3 and B6 in addition to calcium, copper, magnesium, potassium and manganese.

Health Tips

- Keep active. Do something to keep fit each day – something you enjoy!

- Maintain a healthy weight. Extra weight increases your risk for heart disease, diabetes and high blood pressure.

- Prevent falls by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter.

- Stay up-to-date on immunizations and other health screening.

Identity Theft Prevention Tips

- Be wary of requests for information over the phone.

- Check your credit regularly. You can request a free credit report via annualcreditreport.com

- Don't carry your Medicare card with you. Make a copy and block out the last four digits of your Social Security number.

- Shred it. Shred anything you don't need that contains account information, Social Security numbers, PIN's or sensitive information.

Benefits of Fall

- Spring is not the only time to plant. There are some real benefits to fall planting perennials, shrubs, trees. Many plants continue to grow until the ground freezes. Fall planting can be successful as long as sufficient time is allowed for planting and adequate water is provided.

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



Easy Hummus

Ingredients:

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved.
- 2 ounces fresh jalapeno pepper, sliced.
- 1/2 teaspoon ground cumin
- 2 tablespoon lemon juice
- 3 cloves garlic, minced

Preparation:

- In blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid. Blend until smooth.

Marinated Grilled Shrimp

Ingredients:

- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 pound fresh shrimp, peeled and deveined
- Skewers

Preparation:

- In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper.
- Add shrimp to the bowl, and stir until evenly coated. Cover and refrigerate for 30 minutes to 1 hour, stirring once or twice.
- Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
- Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes preside, or until opaque.

No-Bake Chocolate Peanut Butter Bars

Ingredients:

- 1/2 cup (1stick) butter
- 1 cup +2 tablespoons creamy peanut butter, divided
- 1 cup graham cracker crumbs
- 1 cup powdered sugar
- 1 cup chocolate chips

Preparation:

- Line an 8" x 8" or 9" x 9" pan with aluminum foil. Set aside
- In a medium-sized, microwave-safe bowl, microwave the butter for 1 minute or until the butter is completely melted. Add in 1 cup of the peanut butter, graham cracker crumbs, and powdered sugar. Stir until completely combined.
- Spread mixture evenly in the prepared pan. Place in the refrigerator.
- In a small bowl, microwave 2 tablespoons of peanut butter with the chocolate chips until melted, about 30-45 seconds. Stir until smooth. Spread over peanut butter layer.
- Chill until firm, about 1 hour. Cut and serve.

The

Buzz

July-Sept 2016



Honey
for the heart

“No man has a good enough memory to be a successful liar”
~ Abraham Lincoln

“Count your life by smiles, not tears. Count your age by friends, not years.”
~ Unknown

“You grow up the day you have your first real laugh – at yourself!”
~ Ethel Barrymore

“The surprising thing about young fools is how many survive to become old fools!”
~ Unknown

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”
~ Edward Stanley