



The

OCT-DEC 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.



October 26, 2016

October: UNT Gateway Center
Date: Wednesday, October 26, 2016
Where: UNT Gateway Center
801 Texas St
Denton, TX 76209
Meet at City Hall at 11:30am and we will ride there together.



November 16, 2016

November: Café
Date: Wednesday, November 16, 2016
Where: Café Brazil
501 W. University Drive
Denton, TX 76208



December 14, 2016

December: Bistro
Date: Wednesday, December 14, 2016
Where: Sidewalk Cafe
2900 Wind River Lane #130-132
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.

October 13, 2016



State Fair of Texas

Join us Thursday, October 13th at the State Fair of Texas! The State Fair of Texas is a 24 day showcase of entertainment, exhibits and competition. It is presented in Dallas each fall at historic Fair Park, a 277 acre complex recognized for its beautiful landscaping and unique collection of art deco architecture. Come with us and enjoy all that the State Fair of Texas has to offer. We will be taking the train to the fair, so we will meet at Medpark station located at 3220 Medpark Drive in Denton. We will meet at 8:30 am and the train leaves at 8:48 am so don't be late! We will get back on the train to return home from Fair Park at 4:18 pm, but feel free to catch an earlier train at your leisure. Trip Size: 6 min-19 max. **Please register by October 6th. Cost: \$7**

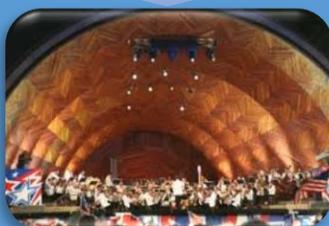
November 18, 2016



Chi Omega Christmas Market

Join us on Friday, November 18th at the Chi Omega Christmas Market. We will enjoy a unique, one-of-a-kind shopping experience with over 175 merchants showcasing gifts for every age including holiday décor, women's clothing and accessories, home accents, children's clothing and toys, food, gifts, and much more! In its 36 year history, Chi Omega Christmas Market has distributed more than 6 million dollars to the Dallas community through grants to local charities and collegiate scholarships. Let's help support this great cause. We will leave City Hall at 9:00 am and return by 4:00 pm. Bring money for shopping and lunch! **Trip Size: 6 min – 19 max. Cost: \$24. Please register by Friday, November 11th.**

December 3, 2016



UNT Sounds of the Holiday Concert

It's a night out on the town! Join us on Saturday, December 3rd for a night full of your favorite holiday sounds. We will head to the Murchison Performing Arts Center on the UNT campus to hear the popular Sounds of the Holidays featuring choral works, audience sign-along carols and classic holidays favorites performed by students vocalists, with additional works from the organ and brass ensemble. We will leave City Hall at 5:30pm and enjoy dinner together. Dinner not included in cost. The concert is at 8:00pm so we should be done by 10:00pm. **Trip Size: 6 min – 19 max. Cost \$10. Please register by Monday, November 21st.**

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

CITY OF CORINTH



SATURDAY, OCTOBER 22ND

10am-8pm

Corinth Community Park

LIVE MUSIC | HOT AIR BALLOONS | FOOD TRUCKS

KID'S ZONE | CAR SHOW | CONTESTS

FREE ADMISSION, ACTIVITIES AND PARKING!

corinthpumpkinpalooza.com



HONEYBEE SAFETY

Corinth Police Department Safety Tips:

- **Lock Car Doors** - If you leave your car unlocked, especially with valuables visible inside, you are inviting trouble.
- **If You See Something, Say Something** – If you see someone suspicious or something out of the ordinary, please call the police and have them check it out.
- **Keep Garage Doors Closed** – It only takes 30 seconds for unwanted guests to enter your garage and remove expensive equipment like lawn mowers, edgers and golf clubs. These items are easy to steal and sell.

Lake Cities Fire Department Safety Tips

- Make sure your home has working smoke detectors on every level..
- Make sure your home has working smoke detectors in every bedroom and in every hallway leading to bedrooms.
- Make sure your electric panel is easily accessible.
- If possible, interconnect your smoke detectors so when one sounds, they all sound.
- Do not use extension cords as a permanent source of power.
- Make sure your house number is visible from the street.

Fire Safety Con't

- Ensure matches and lighters are secured away from children.
- Have HVAC units inspected and cleaned annually.
- Keep home free from clutter such as paper, magazines, or other items that can burn.
- Have Chimney inspected and cleaned as needed.
- Have an extinguisher available in the kitchen.

More Fire Safety

- Practice a fire escape plan with all occupants at least twice a year.
- Make sure windows deemed escape routes are not blocked with furniture, etc...



Buzz

NECTAR NIBBLES



EASY RECIPES FOR SENIOR NUTRITION

Hot Artichoke Dip

Ingredients:

- 2/3 cup of parmesan cheese
- 2/3 cup of mayonnaise
- 1/3 cup of heavy whipping cream
- 1(14 ounce) can of artichoke hearts, drained and chopped
- 2 tablespoons of thinly sliced green onions
- 1 tablespoon of chopped pimento peppers

Preparation:

- Preheat oven to 325 degrees F (165 degrees C).
- Lightly grease a medium baking dish
- Blend together the cheese, mayonnaise and whipping cream.
- Stir in the artichokes, green onions and pimentos. Mix well, and transfer to the prepared baking dish
- Bake 25 minutes or until lightly browned

Chicken Pot Pie

Ingredients:

- 1 pound skinless, boneless chicken breast halves – cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- ½ cup sliced celery
- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon celery seed
- 1 ¾ cups chicken broth
- 2/3 cup milk
- 2 (9inch) unbaked pie crusts

Preparation:

- Preheat oven to 425 degrees F (220 degrees C).
- In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
- In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
- Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
- Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

Cranberry Carrot Cake

Ingredients:

- 2 cups flour
- 2 teaspoons baking soda
- 1 tablespoon baking power
- 2 teaspoons ground cinnamon
- ½ teaspoon ground ginger
- 1 pinch salt
- 1 ½ cups sugar
- 1 cup mayonnaise
- 3 eggs
- 2 teaspoons vanilla extract
- 2 cups grated carrots
- 1 (8ounce) can crushed pineapple, with juice
- ½ cup chopped toasted pecans
- ¾ cup dried cranberries

Preparation:

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 - 8 inch round cake pans. Whisk the flour, baking soda, baking powder, cinnamon, ginger, and salt in a bowl, and set aside.
- Cream together the sugar, mayonnaise, eggs, and vanilla extract with an electric mixer until blended, scraping the bowl occasionally. Stir in the flour mixture, then fold in the carrots, pineapple, pecans, and cranberries. Divide evenly between the prepared cake pans.
- Bake in preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Cool in the pan for 10 minutes, then remove from the pan, and allow to cool completely on a wire rack.

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Honey
for the heart

“Never tease an old dog; he might have one bite left.”
~ Robert Heinlein

“Life is not about how fast you run, or how high you climb, but how well you bounce.”
~ Unknown

“You can’t expect to be old & wise if you were never young & crazy.”
~ Unknown

“It’s not the years in your life that count. It’s the life in your years!”
~ Abe Lincoln

“Life may not be the party we hoped for, but while we’re here, shall we dance?”
~ Unknown