



The

Jan-Mar 2017

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.



January 25, 2017

January: Mexican
Date: Wednesday, January 25, 2017
Where: Los Cabos Cantina
4451 FM2181 #125
Corinth, TX 76210



February 22, 2017

February: Breakfast
Date: Wednesday, February 22, 2017
Where: IHOP
8310 S Stemmons Fwy
Hickory Creek, TX 75065



March 29, 2017

March: Italian
Date: Wednesday, March 29, 2017
Where: Napoli's Italian Restaurant
3969 Teasley Ln
Denton, TX 76210

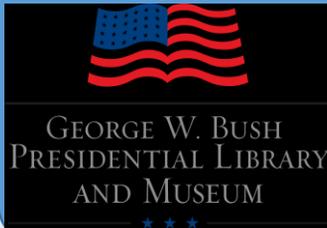
Meet us at the chosen restaurant at 12:00pm or be at City Hall at 11:30am to ride on the van.



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.

January 5, 2017



George Bush Library and Museum

Join us on Thursday January 5th, as we take a tour through the George W. Bush Presidential Library and Museum. The Museum will be celebrating joyful melodies by having their annual exhibit: A Season of Merriment and Melody: Christmas at the White House 2004. The exhibit will be full of Christmas decoration, holiday songs will be playing, and they will have a Blue Room Christmas Tree. We will stop for lunch on the way back, lunch is not included in the cost. We will leave City Hall at 9:00 am on January 5th and return by 4:00 pm.

Trip size: 6 min – 19 max. Costs: \$22. Please register by December 29, 2016.

February 9, 2017



Dallas Holocaust Museum

Join us on Thursday, February 9th as we take a tour at the Dallas Holocaust Museum. The Museum is dedicated to preserving the memory of the Holocaust, and to teaching the moral and ethical response to prejudice, hatred, and indifference, for the benefit of all humanity. We will stop for lunch on the way back, lunch not included in the cost. We will leave City Hall at 9:00 am on February 9th and return by 4:00 pm.

Trip size: 6 min – 19 max. Costs: \$16. Please register by February 2, 2017.

March 8, 2017



Texas Tulips

Join us on Wednesday, March 8th as we visit the Texas Tulip! We will head up to the fields to see thousands of Tulips in bloom. We will be able to walk the fields enjoying the beauty, snap a few pictures and even pick some tulips to take home, additional fee. We will stop for lunch on the way back, lunch not included in the cost. We will leave City Hall at 9:00 am on March 8th and return by 2:00 pm.

Trip Size: 6 min-19 max. Costs: \$7. Please register by March 1, 2017.

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



HONEYBEE HEALTH

Winter Tips

- Dress for warmth, cold temperatures can lead to frostbite and hypothermia.

- Its peak Flu season. Make sure you have a Flu shot.

- Stay on normal diet and eat healthy.

- Let Sunshine in, try to get fresh air and natural light daily.

- Keep in touch with family and friends.

- If you drive, winterize your car by checking antifreeze levels, tire tread and pressure, and windshield wipers. Stock your car with basic emergency supply.

Home Winter Safety

- Keep emergency numbers handy.

- Make sure walk ways and entry ways in home are clutter free to prevent on to fall.

- Tap all area rugs so they don't move when you walk on them.

- Leave a light on in your bathroom at night.

Daily Reminders

- Let someone know where you are going and when you will return.

- Have at-least 7 day supply of medication.

- Set-up a buddy system with a neighbor

- Use a calendar to stay updated.

- Drink lots of liquids.

New Year Resolution

- A new year just started! Try to workout your brain when you have some down time. You can do this by working on some crossword puzzles, Sudoku, a puzzle and socializing more!

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



Honey-Glazed Almonds

Ingredients:

- 1 ½ cups raw, unblanched almonds
- 1 tablespoon sugar
- 1 ½ tablespoons honey
- ½ teaspoon ground chipotle Chile powder
- ¼ teaspoon ground cumin
- ¼ teaspoon salt

Preparation:

- Line a large baking sheet with parchment paper
- Place the almonds in a medium nonstick skillet; cook over medium heat for 6 minutes or until lightly roasted, shaking pan frequently.
- Combine the remaining ingredients in a 2-cup glass measure. Microwave at HIGH for 30 seconds.
- Add honey mixture to pan, and cook 2 minutes, stirring constantly.
- Arrange almond mixture on prepared baking sheet in a single layer; let stand 10 minutes. Break apart any clusters

Savory Chicken and Pasta Skillet

Ingredients:

- 2 cups dry small penne pasta, uncooked (2 cups = about 8 ounces)
- 1 pound boneless skinless chicken breasts, cut into bite-size pieces
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- PAM® Original No-Stick Cooking Spray
- 1/2 cup chopped yellow onion
- 1 can (15 ounces each) Manwich® Original Sloppy Joe Sauce
- 1/2 cup water
- 1 cup shredded part-skim mozzarella cheese

Preparation:

- Cook pasta according to package directions, omitting salt. Meanwhile, sprinkle chicken with garlic powder and pepper.
- Spray large skillet with cooking spray; heat over medium-high heat. Add chicken and onion; cook 5 minutes or until chicken is lightly browned, stirring occasionally. Add Sloppy Joe sauce and water; bring to a simmer and cook 3 minutes.
- Add cooked pasta to skillet; stir to combine. Sprinkle with cheese.

Sugar Cookie

Ingredients:

- 2 ¾ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 cup butter, softened
- 1 ½ cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

Preparation:

- Preheat oven to 375 degrees. In a small bowl, stir together flour, baking soda, and baking powder. Set aside
- In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonful's of dough into balls, and place onto ungreased cookie sheets.
- Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

The

Buzz

Jan-Mar 2017



Honey for the heart

“It’s not how old you are, it’s how you are old.”

~ Jules Renard

“Nature gives you the face you have at twenty; it is up to you to merit the face you have at fifty.”

~ Coco Chanel

“The most important thing is to enjoy your life - to be happy - it’s all that matters.”

~ Audrey Hepburn

“There’s one advantage to being 102. There’s no peer pressure.”

~ Dennis Wolfberg

“Aging is not lost youth but a new stage of opportunity and strength.”

~ Betty Friedan