



# THE BUZZ

Senior  
Trailblazer  
Newsletter  
Jan – Mar 2020



WELCOME TO  
CORINTH



WELCOME  
LET'S DO LUNCH!

## JANUARY

Date: Wednesday, January 29, 2020

Where: La Milpa  
820 S. I-35E #101  
Denton, TX 76205



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. 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 940-498-7540 or email [m.dolan@cityofcorinth.com](mailto:m.dolan@cityofcorinth.com) to RSVP.

## FEBRUARY

Date: Wednesday, February 26, 2020

Where: Seven Mile Café  
2123 Sadau Ct  
Denton, TX 76210



## MARCH

Date: Wednesday, March 25, 2020

Where: BJ's Restaurant  
3250 S. I-35E  
Denton, TX 76210



If you have any restaurants you would like to try, you can email those to Melissa at [m.dolan@cityofcorinth.com](mailto:m.dolan@cityofcorinth.com)

## JANUARY 15, 2020

Join us on Wednesday, January 15<sup>th</sup> to tour the Frontiers of Flight Museum. The Frontiers of Flight Museum is home to over 30 aircrafts; popular collections like early biplanes, historically important military and general aviation aircraft, the World War II exhibit, Apollo 7 command module and much more! We will stop for lunch on the way back, lunch is not included in the cost. We will meet City Hall at 9:30 am and return by 3:00 pm

**Trip size: 6 min – 18 max. Costs: \$15.**

**Please register by January 8<sup>th</sup>**



## FEBRUARY 21, 2020

Join us on Friday, February 21<sup>st</sup> to visit the once a month market days of Liberty Crossing in Gainesville, Texas! This is the newest retail destination to the area! They offer unique shops and artisan vendors, food trucks, and much more! We will have lunch at the food trucks, lunch is not included in the cost. We will meet at City Hall at 9:00 am and return by 4:00 pm.

**Trip size: 6 min – 18 max. Costs: \$10.**

**Please register by February 14<sup>th</sup>**



## MARCH 19, 2020

Want to have a tasty trip? Join us on Thursday, March 19<sup>th</sup> to experience Around the World: Italy at Taste Buds Kitchen. Taste Buds Kitchen is a fully equipped kitchen studio that offers a variety of culinary options. You will have the chance to make Lasagna Cupcakes with homemade pasta, Garlic Bread and Cannoli Rolls! After cooking you will be able to enjoy your wonderful meal and take any left-overs home! We will meet at City Hall at 10:00 am and return by 2:00 pm

**Trip size: 9 min – 18 max. Costs: \$37.**

**Please register by February 20<sup>th</sup>**



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 [m.dolan@cityofcorinth.com](mailto:m.dolan@cityofcorinth.com) or by phone at 940-498-7540. If you want to be added to our monthly mailing list about trips and information, please send your information to Melissa.



# HONEYBEE HEALTH

## DIET TIPS

- **Eat more Fiber** – soluble fiber found in apples, oats, nuts, is an important way to decrease inflammation and boost immune system function.
- **Cook with spices** – onions, garlic, ginger and cilantro are great to add flavor to your meals. They also help improve immune function.
- **Add Omega 3 Fatty Acids** – these are a healthy type of fat that are naturally found in many food types like fish, plant seeds and nuts. These are great for reducing joint pain and stiffness.

## SENIOR CITIZEN DISCOUNTS

- **Ross Stores** – receive 10% off on Tuesdays. Check with your nearest Ross for more information.
- **Kroger** – some have Senior Days which you can get 10% off purchase. Check with local Kroger for more information.
- **Schlotzky's Deli** – 10% discount. Offer may vary by location.

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

## GENERAL WELLNESS

- **Frequent Hand Washing** – helps protect your immune system and prevents you from getting the flu and cold.
- **Take Vitamins!**  
**Vitamin C** – helps your body fight a cold or flu symptoms.  
**Vitamin D** – helps to supplement the lack of light experienced during winter.
- **Longer Sleeping** – when the days get shorter, your body will naturally want to sleep longer and will adjust its rhythm to the hours of daylight. Try to go to bed as early as possible to give your body the energy and rest it needs.



# NECTAR NIBBLES

EASY  
RECIPES  
FOR  
SENIOR  
NUTRITION



## BBQ CHICKEN PASTA BAKE

### Ingredients:

- 2 cups rotisserie chicken, shredded
- 14.5 oz diced tomato, drained
- 15 oz corn, drained
- ½ red onion, diced
- 1 ½ cups ranch dressing
- 1 cup BBQ sauce
- 16 oz fusilli pasta
- Pepper, to taste
- 2 cups shredded mozzarella cheese
- Fresh parsley

### Preparation:

- Preheat oven to 350°F (180°C).
- In a bowl, combine chicken, tomatoes, corn, onion, ranch, and BBQ sauce.
- Add the pasta, and mix until evenly coated.
- Pour mixture into a 9x13 (22 x 33 cm) baking dish. Sprinkle with pepper to taste.
- Top with mozzarella, and bake uncovered for 30 minutes.
- Top with fresh parsley.

## VALENTINE'S DAY RED VELVET TRUFFLES

### Ingredients:

- 1 box red velvet cake mix, prepared according to instructions
- 8 oz cream cheese, softened
- 16 oz white chocolate chips  
topping of your choice

### Preparation:

- Prepare red velvet cake according to instructions on box.
- In a bowl, crumble the red velvet cake.
- Mix in cream cheese until smooth.
- Roll into 1- to 2-Tbsp.-sized balls, and chill.
- Melt the white chocolate.
- Roll the balls in the chocolate to coat evenly. Set aside.
- Decorate! Let the chocolate harden before serving.



## CHURRO PUFF PASTRY MUFFIN

### Ingredients:

- 2 sheets puff pastry
- ½ cup butter, softened
- 1 egg, beaten
- 1 cup granulated sugar
- 1 tablespoon cinnamon



### Preparation:

- Preheat the oven to 350°F (180°C).
- Cut the puff pastry sheets in half, then use a rolling pin to roll each half out to 24 inches long x 8 inches (60x20 cm) wide.
- Brush the puff pastry sheets with the softened butter, then carefully roll them up into tight logs. Cut the logs in half lengthwise.
- Take each half and fold the smooth part of the dough inward to create a spiral shape.
- Place the spirals in a muffin tin and brush the tops with egg wash.
- Bake for 15 minutes on the top rack, then transfer to the bottom rack and bake for another 15 minutes.
- Combine the sugar and cinnamon in a small bowl.
- Remove the muffins from the oven. Once cool enough to handle, roll in the cinnamon sugar mixture.

# HONEY FOR THE

## *heart*



*What three  
letters can  
frighten a  
thief away?*

*What room  
do ghosts  
avoid?*

*Why was the  
broom late?*

*What starts  
with an e  
but only has  
a single  
letter in it?*

*Why is  
Europe like a  
frying pan?*

*Why was  
the nose so  
tired?*

*What did  
the red light  
say to the  
green light?*

**ANSWER KEY**

*The Living Room  
Because it has Greece at the bottom  
I-C-U  
An Envelope  
"Don't look! I am Changing!"  
It over-swept  
Because it had been running all day*