



The

OCT-DEC 2019

# 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. 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.

October 30, 2019



October: American Cuisine  
Date: Wednesday, October 30, 2019  
Where: Outback Steakhouse  
300 S Interstate 35 E  
Denton, TX 76205

November 20, 2019



November: Mexican  
Date: Wednesday, November 20, 2019  
Where: Mi Taza Restaurant  
5017 Teasley Ln #101  
Denton, TX 76210

December 18, 2019



December: Mediterranean  
Date: Wednesday, December 18, 2019  
Where: Zoës Kitchen  
2515 W University  
Denton, TX 76201

Meet us at the chosen restaurant at 12:00pm

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

## 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 940-498-7540. If you want to be added to our monthly mailing list about trips and information, please send your information to Melissa.

October 10, 2019



### State Fair of Texas

Join us Thursday, October 10<sup>th</sup> 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. Lunch is not included in the cost.

**Trip Size: 6 min-19 max. Cost: \$10. Please register by Friday October 3<sup>rd</sup>.**

November 22, 2019



### Chi Omega Christmas Market

Join us on Friday, November 22<sup>nd</sup> 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 meet at City Hall at 9:00 am and return by 4:00 pm. Lunch is not included in the cost. Bring money for shopping and lunch!

**Trip Size: 6 min – 18 max. Cost: \$24. Please register by Friday November 15<sup>th</sup>.**

December 6, 2019



### Handel's Messiah: Fort Worth Symphony Orchestra and UNTA Capella Choir

It's a night out on the town! Join us on Friday, December 6<sup>th</sup> for a night full of holiday music to start the season. We will head to the Murchison Performing Arts Center on the UNT campus to hear the Fort Worth Symphony Orchestra and UNT A Capella Choir bring to life the Handel's majestic Messiah. There will be thrilling choruses, soaring solos, and triumphant orchestra presented. We will leave City Hall at 5:00 pm and enjoy an early dinner together. Dinner is not included in cost. The concert is at 7:30 pm and return by 9:00 pm.

**Trip Size: 6 min – 18 max. Cost \$34. Please register by Monday, November 29<sup>th</sup>.**

Have questions? Contact Melissa at  
[Melissa.dolan@cityofcorinth.com](mailto:Melissa.dolan@cityofcorinth.com) or by phone at 940-498-7540.

*Save The Date*



PRESENTED BY THE  
**CITY OF CORINTH**

**SATURDAY, OCTOBER 19, 2019**

**CORINTH COMMUNITY PARK · 10AM-8PM**

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FUN FOR KIDS & THE FAMILY  
FOOD, DRINK & LIVE MUSIC  
HOT AIR BALLOONS

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**[CORINTHPUMPKINPALOOZA.COM](http://CORINTHPUMPKINPALOOZA.COM)**



## HONEYBEE INFO

### Interesting Facts

- The blob of toothpaste that sits on your toothbrush has a name. It's called a "nurdle."
- Ketchup was sold in the 1830s as medicine.
- Chewing gum while peeling onions will keep you from crying.
- Sea otters hold hands when they sleep so they don't drift away from each other.

### Things to do during the Fall

- Check out Yesterland Farm in Canton, Texas.
- See some Hot air balloons at Pumpkin Palooza in Corinth.
- The Dallas Arboretum has a great Pumpkin Village to check out!
- Attend Pumpkin Palooza (see flyer pg3)

### Gift Guide for the Holiday

#### UNDER \$20

- Cookbook stand – Amazon \$13
- Planner – Retail \$5-20
- Oversized mug with mug cake recipe. – Pier 1 \$5

#### OVER \$20

- Couch Coaster – Amazon \$25
- Travel items: Passport holder, charger, etc. – Amazon \$20-\$30
- PhoneSoap Smartphone Sanitizer – Amazon \$60



### Did you know?!

- The City of Corinth has partnered with CWD to provide the Paint Recycle Program for Corinth residents. Residents may go to Utility Billing at City Hall to complete the Recycled Paint Request.

For more information check the City of Corinth website or call Utility Billing at 9404983202.



## Buzz

EASY RECIPES FOR SENIOR NUTRITION



### Popcorn Shrimp

**Ingredients:**

1 lb. shrimp, deveined and peeled

Seasoned Flour

- 1 cup flour
- 1 tbsp Cajun seasoning
- 2 tsp salt
- 1 tsp black pepper

Egg Mixture

- 1 egg
- 3 tbsp milk
- 1 tsp Cajun seasoning

**Preparation:**

- In a medium bowl, add seasoned flour ingredients. Mix well.
- Place half of the flour mixture into a large zip lock bag, reserve the rest.
- Add the shrimp to the bag and shake until each shrimp is coated with flour. Shake off any excess flour.
- In a separate bowl, add egg, milk, and Cajun seasoning. Mix well.
- Dredge the floured shrimp in the egg mixture, then coat with the fresh seasoned flour mixture.
- Heat oil at 350°F (180°C).
- Fry shrimp for a few minutes until golden brown and cooked through.
- Serve with your favorite dipping sauce.

### Honey-Garlic Chicken & Veggie Skewers

**Ingredients:**

Marinade

- 3 tbsp vegetable oil
- 1/3 cup honey
- 1/3 cup soy sauce
- 3 cloves garlic, minced
- 1 teaspoon pepper

Skewers

- 3 chicken breasts, cubed cut
- 1 red onion
- 2 red bell peppers
- 2 orange bell pepper
- 2 yellow bell pepper
- Fresh parsley, to taste

Wooden skewers, soaked in water

**Preparation:**

- Soak the skewers in water for 5-10 minutes and set aside.
- In a bowl with the chicken, add the ingredients for the marinade.
- Mix until coated. Cover with plastic wrap and refrigerate for 30 minutes to 2 hours.
- If baking, preheat the oven to 400°F (200°C).
- Prepare the vegetables by cutting them into 1-inch (2 ½ cm) squares.
- Assemble the skewers starting with the red onion, followed by the bell peppers and chicken. Repeat three times.
- Place the prepared skewers on a baking sheet and brush with remaining marinade.
- Bake or grill for 20-30 minutes or until chicken is no longer pink.
- Sprinkle with parsley.

### French-style Lemon Tarte

**Ingredients:**

- 4 egg yolks
- 4 eggs
- 2/3 cup sugar
- 1 cup lemon juice
- 2 lemon zests
- ¾ cup butter
- 1 pre-baked tart shell
- Powered sugar for topping

**Preparation:**

- Pre-heat the oven to 350°F (180°C).
- Prepare the lemon curd by whisking the egg yolks, whole eggs, sugar, lemon juice and lemon zest over a bain marie (a large bowl placed over a pan of simmering hot water).
- Once combined, mix in the butter and whisk the mixture for about 10 minutes, until thick.
- Pour into a pre-baked tart shell.
- Bake for 6 minutes.
- Leave the tart to cool before dusting with icing sugar.

The

# Buzz

OCT-DEC 2019

CORINTH  
SENIOR  
TRAILBLAZERS  
NEWSLETTER



*Honey for the heart*

What word contains all twenty-six letters?

What building has the most stories?

I have two hands, but I can not scratch myself. What am I?

What did the bee say to the flower?

How does the ginger man make his bed?

**Answer Key**

The library  
A clock  
Cookie sheets  
The alphabet  
Hello, honey!