

Anderson County Senior Herald

April 2017

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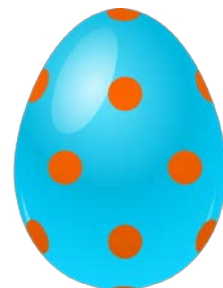
Dear Senior Family,

We all know that you find everything on the internet, even some of it worthwhile. The story below struck me as something worth sharing. It was written by "Gayathri M." and came under the heading "Enjoy the Little Things in Life."

"Whether it may be the first raindrop that touches your cheek or the brightly shining sun that replaces the stars in the orangey sky peering through your bedroom window to say "Rise and Shine," life has lots of surprises in store for us each day. It all depends on our perspective towards life. Life is like a roller coaster ride ... some days are fabulous while others aren't so great. But a person is considered to be great when they are brave enough to get back up when life knocks them down. The greatness of an individual is not in how many times they fall, rather it is in the courage they have to get back up whenever they fall down. Our lives may appear to be small but once we explore our surroundings, we realize that there's a whole new world waiting for us to explore it! Simple things can bring great change and perks us up ... it may be playing with your puppy or silently observing the nature around you ... they make you feel calm and ready to take on the brunt of the world again. All said and done, one thing that everyone needs is a true friend ... one who is there to listen to all your stories, one who is there to pick you up whenever you fall and one who is there to love you when you forget to love yourself! The key to a true friendship might be that we need to love people without expectations and to realize that this world is truly a wonderful place with really nice people. All that we need to do is to try to be a true friend to everyone without expecting anything in return and see the change in us. Being a friend means bringing a smile to someone's face which costs us absolutely nothing but gives us lots of happiness. So start smiling and explore the beautiful world God has given to each of us!"

On a separate note, thanks for all the cards, comments, notes and prayers during my recent bout with colon surgery. I sincerely appreciate each gesture of kindness and concern. It was especially uplifting when I got home and was mostly immobile. You have lots of time to reflect on life and the things that are most valuable to you. Faith, Family and Friends make all the difference in the world in both the healing process and your outlook on life. Thanks for making a difference in the life of one slightly older senior ... me!!

As always, take care of each other. R/Steve



Lunch Bunch Trip

\$2.00 Bus Fare

April 25th

Bus leaves @ 10:30

SAVE THE DATE...

4/7- SUPPER CLUB
RETURNS

4/19 – POTLUCK & BAND!
BRING YOUR FAVORITE DISH!

4/25 LUNCH BUNCH

4/25 – COME ENJOY OUR
HUMANITIES PROGRAM
7PM.

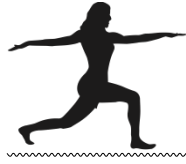
We are in need of volunteers to deliver meals to the homebound clients. If you are interested please see Chasity or Opal. Thanks to everyone who has donated or volunteered to help your center! We are currently in need of the following items: a small hand held vacuum (dust buster), dishwashing liquid and regular coffee.

★ HAPPY ★
BIRTHDAY!

Len Burkhalter 4/29
Doris Carmickle 4/01
Elizabeth Cherry 4/29

Janice Peach 4/14
Charlotte Puckett 4/05
Catherine Riddle 4/27

Odessa Clark 4/05
Gladys Crask 4/15
Janet Foye 4/01
Mary Jo Haddix 4/18
Altha Johnson 4/10
Bill Mounts 4/18



YOGA CLASSES

They will continue to meet every Monday at 8:30
and Thursdays at 9:00.

NAMASTE ☺

We have some new faces coming to join us at the center, please be welcoming to them. Also encourage your friends and neighbors to attend!



AARP Tax Help will be here at the center on Thursdays until April 13th. 10:30-2:30. First come, first serve.



QUOTE CORNER

Looking for a peaceful, low impact exercise?

Come try out our Tai Chi class on Tuesday mornings at 9:00am.

Commodities will be delivered Tuesday April 4th. We are looking for volunteers to help deliver these on the first Tuesday of every month.

Taking donations for 12 packs of soda for our potluck dinner.

is to know that even
Sir Winston Churchill
’s Day, Expect good
and hay”
youth in everything”-
espeare
ose. If she accepts,
APRIL FOOLS!”
o? That’s where the

fruit is” – Mark Twain

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
8:30 Breakfast Club 10:30 Caresource Bingo 11:30 Lunch 1:00 Rook Club Rook/PuzzleTime/Pool 7:00 Rook Club	8:30 Breakfast Club 9:00 Tai Chi Shopping & Errands 11:00 Commodities Delivered Exercise Room Open	8:30 Breakfast Club 10:00 BP Checks 10:30 Good Ol' Boys 11:30 Lunch 12:30 Trivia 1:00 Cards/Games	8:30 Breakfast Club Shopping & Errands 10:30-2:30 AARP Tax Preparations	8:30 Breakfast Club 10:00 Bingo/BP Checks Commonwealth 10:30 Tommy & Earl Show 11:30 Lunch 12:30-2:00 Bible Study w/Victor 1:00 Cards/Games 4:00 Supper Club 2:00-6:00 Quilters Club
10 8:30 Breakfast Club Yoga 10:30 BingoCize/BP Checks Easter Crafts 11:30 Lunch 1:00 Rook Club Rook/PuzzleTime/Pool 7:00 Rook Club	11 8:30 Breakfast Club 9:00 Tai Chi 11:30-1:30 Volunteer Appreciation Luncheon	12 8:30 Breakfast Club 10:00 BingoCize BP Checks w/Phyllis 10:30 Carl Bush Singing 11:30 Lunch 12:30 Wednesday Matinee Rook & Card room activities	13 8:30 Breakfast Club 9:00 Yoga 10:00 Shopping & Errands 10:30-2:30 AARP Tax Prep. Exercise Room Open 7:00pm Young At Heart	14 CLOSED HOLIDAY <i>Happy Good Friday</i>
17 8:30 Breakfast Club Yoga 10:30 Heritage Hall Bingo 11:30 Lunch 12:30 BingoCize 1:00 Cards & Games 7:00pm Rook Club	18 8:30 Breakfast Club 9:00 Tai Chi Shopping & Errands Exercise Room Open	19 8:30 Breakfast Club 10:00 Arnold Clark & Friends Band 11:30 Pot Luck 12:30- 2:30 Rook Club, Yahtzee Tea & cookies	20 8:30 Breakfast Club 9:45 Chair Exercises 1:00 Yoga 10:30-2 AARP Tax Prep. 7:00 Young at Heart	21 8:30 Breakfast Club 10:30 Community Day of Service Special w/Debbie & Laura 11:30 Lunch 12:30-2 Bible Study w/Victor 1:00 Rook/UNO/Board Games Lemonade & cookies 2-6:00 Quilters Club
24 8:30 Breakfast Club 9:00 Yoga 10:30 Easy Listening W/Ed Curtsinger Learn to Line Dance 11:30 Lunch 12:30 Rook/Cards 7:00pm Rook Club	25 8:30 Breakfast Club 9:00 Tai Chi 10:30 Lunch Bunch Trip Exercise Room and Pool Table Open 7:00 Humanities Program	26 8:30 Breakfast Club 10:30 Crafts w/Laurel Trivia Time 11:30 Lunch 1:00 Rook Games Puzzles & Lemonade	27 8:30 Breakfast Club 9:00 Chair Exercises 1:00 Yoga Shopping/Errands Library Run	28 8:30 Breakfast Club 10:30 CAL Group 11:30 Lunch 12:30 BingoCize 1:00 Jigsaws/Dual Solitaire/Cards 2-6:00 Quilters Club
				



Easter Sunday

Sunday following the first
full moon after the Spring equinox


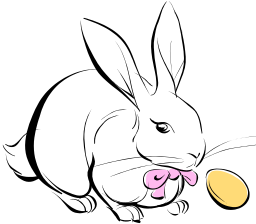




BASKET
BLESSINGS
BONNET
BOUQUET
BUNNY
CHICKS
CHILDREN

DAFFODILS
DUCKS
DYE
EASTER
EGGS
FLOWERS
GRASS

HUNT
JELLYBEANS
JOY
LIFE
PARADE
RABBIT
SPRING



Monday		Wednesday		Friday
3		5		7
Hot Dog w/Chili Ranch Beans Carrots Hot Dog Bun Applesauce		Country Meatballs Mashed Potatoes Green Peas Wheat Bread Cardinal Citrus Mold Butter		<i>Spring Special</i> Chicken Salad Broccoli Raisin Salad Garden Salad Wheat Bread (2sl) Mandarin Oranges
MILK 1% 1/2 PINT		MILK 1% 1/2 PINT	MILK 1% 1/2 PINT	MILK 1% 1/2 PINT
10		12	13	14
Beef Patty Mushroom Gravy Country Cottage Blend Red Bliss Potatoes Wheat Bread Pineapple Tidbits Butter		Spaghetti w/Meatsauce Green Peas & Onions Spinach/Romaine Salad Garlic Bread Spiced Apples Butter		<i>Closed</i> Easter Holiday <i>Eat lots of Candy!!</i>
MILK 1% 1/2 PINT		MILK 1% 1/2 PINT		MILK 1% 1/2 PINT
17		19		21
Chicken Pomodoro Green Peas & Onions Cauliflower & Carrots Wheat Bread Fresh Orange Butter		BBQ Pulled Pork Ranch Beans Cole Slaw Hamburger Bun Apple Cobbler		Beef Teriyaki Brown Rice Broccoli Wheat Roll Chocolate Chip Cookie Butter
MILK 1% 1/2 PINT		MILK 1% 1/2 PINT		MILK 1% 1/2 PINT
24		26		28
Meatballs Marinara Sauce Whole Kernel Corn Green Peas Hot Dog Bun Mandarin Oranges Graham Crackers		Chef Salad w/Ham Garden Salad Kidney Bean Salad Banana Chocolate Chip Cookie Saltine Crackers		Roasted Turkey Poultry Gravy Sweet Potatoes Broccoli Wheat Bread Banana Pudding Butter
MILK 1% 1/2 PINT		MILK 1% 1/2 PINT		MILK 1% 1/2 PINT

Easter Word Scramble

Unscramble the following words
about Easter...

Happy Easter!

sertea ynubn _____ cleathoco _____

rcodeol gesg _____ dnitirota _____

trasee lliy _____ rsatee draepa _____

sretae tbskae _____ etraes notneb _____

dycna _____ raetes sleib _____

naydsu _____ balm _____

enw hleosct _____ tho srcso nbsu _____

wolsfre _____ eppes dcyna _____

lelyj enabs _____ bnrio ggse _____

hlmlamwaros gesg _____ pphay rtseea _____

sraeet geg tnhu _____ myflai nendri _____

ybba kscch _____