

Anderson County Senior Herald March 2017

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Dear Senior Family,

Can't hardly believe that March is already here, seems like we were just making our New Year's resolutions. Signs of spring are starting to peek through, which is a favorite time of the year for me. It's a time of renewal and it has me thinking of what we should be thankful for. Gratitude isn't just for Thanksgiving. When was the last time you stopped to really acknowledge the things you're thankful for?

We have a whole host of reasons why we should make gratitude a daily practice.

Being thankful confers a whole host of health benefits. Express your gratitude not only for your well-being but for others as well. You never know what someone is going through, and your kind words could be life changing for someone else.

Studies have shown that appreciation and positive emotions are beneficial to you heart. Gratefulness is also linked with optimism, which is linked with better immune health, and who doesn't want better health right? It's also good for team moral, and after all, that's what we are here; A TEAM; A FAMILY.

Count your blessings, be kind to one another, and be a good friend.

♥ Chasity



Please join us in welcoming our new SCEP Employee, Smith Perkins. Smith will be assisting in driving, meal deliveries, as well as other duties throughout the center.

Lunch Bunch Trip

\$2.00 Bus Fare

Tuesday March 21st

Bus leaves @ 10:30

Frankfort Peddler's Mall & Goodwill

Lunch at Asian Buffet

(Chinese Buffet)

SAVE THE DATE...

3/15 – POTLUCK & BAND
BRING YOUR FAVORITE DISH

3/20- 1ST CHRISTIAN
LADIES PROVIDING
LUNCH

3/28 – 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. We are in need of cleaning supplies such as Lysol, The Works, Mr. Clean, etc. any donations are greatly appreciated!

★ HAPPY ★
BIRTHDAY!

Victor Brown 3/28

Juanita Carter 3/03

Pauline Cook 3/28

Eugene Corley 3/24

Lacey Cunningham 3/25

Wayne Doss 3/13

Nellie Drury 3/06

Frances Gorham 3/02

Marie Burns 3/25

Henry Meier 3/16

Polly Parker 3/19

Donnie Peach 3/13

Eloise Whitehouse 3/15

Ruth McKee 3/01

Maxine Hawkins 3/07

YOGA CLASSES

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

NAMASTE ☺

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

AARP Tax Help will be here at the center every Thursday from 10:30-2:30. First come, first serve.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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 March 7th. 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.


***Remember our Winter Weather Policy. When Anderson Co. Schools are closed due to weather, we will not be running our buses or be serving lunch.

QUOTE CORNER

"It was one of those March days when the sun shines hot and the wind blows cold; when its summer in the light and winter in the shade. " Charles Dickens"

"May your troubles be less and your blessings be more And nothing but happiness come through your door". ~Irish Blessing

"May your blessings outnumber the shamrocks that grow, and my trouble avoid you wherever you go" ~ Irish Blessing

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				<p>8:30 Breakfast Club 10:30 Fun w/Food Nutrition Ed. 11:30 Lunch 1:00 Rook Card Room Activities</p>		<p>8:30 Breakfast Club Chair Exercises 9:00 Yoga Shopping & Errands 10:30-2:30 AARP Tax Preparations</p>		<p>8:30 Breakfast Club 10:00 Diabetes Counseling 10:30 Bingo w/Charming Charlie 11:30 Lunch 12:30-2:00 Bible Study w/Victor 1:00 Cards/Games 2:00-6:00 Quilters Club</p>	
6		7		8		9		10	
<p>8:30 Breakfast Club Yoga 10:30 Caresource Bingo 11:30 Lunch 1:00 Rook Club Rook/PuzzleTime/Pool 7:00 Rook Club</p>		<p>8:30 Breakfast Club 9:00 Tai Chi Shopping & Errands 11:00 Commodities Delivered Exercise Room Open</p>		<p>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</p>		<p>8:30 Breakfast Club 9:00 Chair Exercises 9:00 Yoga 10:00 Shopping & Errands 10:30-2:30 AARP Tax Prep. Exercise Room Open 7:00pm Young At Heart</p>		<p>8:30 Breakfast Club 10:30 Jammin with Jeff Tyler 11:30 Lunch 1:00 Puzzles, Rook Club 2:00-6:00 Quilters Club</p>	
13		14		15		16		17	
<p>8:30 Breakfast Club 10:00 Operation Preparation/Jim Sayre Speaker 11:30 Lunch 12:30 BingoCize 1:00 Cards & Games 7:00pm Rook Club</p>		<p>8:30 Breakfast Club 9:00 Tai Chi Shopping & Errands Exercise Room Open</p>		<p>8:30 Breakfast Club 10:00 Arnold Clark & Friends Band 11:30 Pot Luck 12:30- 2:30 Rook Club, Yahtzee Tea & cookies</p>		<p>8:30 Breakfast Club 9:00 Chair Exercises 9:00 Yoga 10:30-2 AARP Tax Prep. 7:00 Young at Heart</p>		<p>8:30 Breakfast Club 10:30 Crafts w/Laurel 11:30 Lunch Bingocize 12:30-2 Bible Study w/Victor 1:00 Rook/UNO/Board Games With Beverly 2-6:00 Quilters Club</p>	
20		21		22		23		24	
<p>8:30 Breakfast Club 9:00 Yoga 10:30 Heritage Hall Bingo 11:30 1st Christian Lunch 12:30 Rook/Cards 7:00pm Rook Club</p>		<p>8:30 Breakfast Club 9:00 Tai Chi 10:30 Lunch Bunch Trip Exercise Room and Pool Table Open</p>		<p>8:30 Breakfast Club 10:30 Digital/Electronic Assistance 11:30 Lunch 1:00 Rook Games Puzzles & Lemonade</p>		<p>8:30 Breakfast Club 10:30-2:30 AARP Tax Prep 9:00 Chair Exercises 9:00 Yoga Shopping/Errands</p>		<p>8:30 Breakfast Club 10:30 Daryl Gabhart 11:30 Lunch 12:30 BingoCize 1:00 Jigsaws/Dual Solitaire/Cards 2-6:00 Quilters Club</p>	
27		28		29		30		31	
<p>8:30 Breakfast Club Yoga 10:30 Rockin w/Rick Hanks 11:30 Lunch 12:00-3:00 Rook, games, puzzle & snacks 7:00 Rook Club</p>		<p>8:30 Breakfast Club 9:00 Tai Chi Shopping/Errands Transportation 7:00pm Humanities</p>		<p>8:30 Breakfast Club 10:30 Singing SHIP PROGRAM Asst. 11:30 Lunch 1:00 Rook Games Puzzles & Lemonade</p>		<p>8:30 Breakfast Club 10:30-2:30 AARP Tax Prep 9:00 Chair Exercises 9:00 Yoga Shopping/Errands</p>		<p>8:30 Breakfast Club 10:30 Charlie Cammack Speaker 11:30 Lunch 12:30 BingoCize 1:00 Jigsaws/Dual Solitaire/Cards 2-6:00 Quilters Club</p>	

Squigly's



St. Patrick's Day Crossword

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

1. March 17

2. What leprechauns keep in their pot

3. Leprechauns bury this

4. Good _____

5. Irishmen might smoke this

6. How many leaves a shamrock has

Across

Down

1. St. Patrick's Day symbol

2. Home of St. Patrick

3. _____ and seek

4. Mischievous fairy

5. St. Patrick's Day colour

6. A type of hat

St. Patrick's Day

WORD SEARCH

q a z w x s c a s t l e t d f n h r c h e e r g s a q l
l r k h g q w e v b c c g s e z w x k i s s h f v h u l
r w e a r i n g g r e e n c s x b n j k e h c l s c h b
v w b d r o q g e v d b k l t v c g s b v a h x k g s w
a b c v x b n j k r h c l i i y c e x c e z l r q n a f
s n h r g b a d s g h a k m v d v c g s n c u s l c h o
d o q d s l h b b c v b s e a h e t d f t j s v r a k u
f b c h b e d z q s l b h r l e w x o v e k o s v s n r
g w e a e s s b c o a a e i y z a f s o e a y t e d y l
h g l s a s b v c g s g r c g g w e v r n r d p o f v e
j x e u e i h k t h g e s k b c v n h r t a n a k g k a
r k b s e n d b o h d g g h d a n c e k h e v t i h r f
k l r f k g t c p b z h b z c v x b n j k r h r r j e c
t e a g s s t a h c o d a d o q a z w x s h a i i r k l
y k t t b w r t a c n t s j s t b c v n h r g c s k s o
h s e h s a o r t s l n d h h o l i d a y d h k h t b v
a b b n d d s g h p d i f s o p a e g q w e v s a y d e
r d c e h b j s b c v a g v o o r c p g e v d d l e t r
p r b a g o f c o i n s h s z t n t o r n j k a h c l s
s z g q g w h b j d k t j s e h e o q g e z c y k s m d
v s h l x r n e s n b j r q k e y n h r g c t v b v a f
g v s r k g w i s h c i k g s m s j s n e k h s c s r g
h s b v l o d g e v d g t x b o t q a z w p s a y c c h
f s c w b d s g h p e x y k d r o s n n r h i q u q h j
b q c n z x r g h b v c g l z n n b c v o q g p q n g r
d o i n h r s h a m r o c k s i e g e v h s y s g x y k
c a d s g h p n j k r h c l y n c n j k e g o r x a o t
r w z p o t o g o l d o s b c v d w n c h a r m c l b y

bag of coins
four leaf clover
luck
Blarney Stone
blessings
rainbow
castle
harp

charm
wearing green
Irish
March
limerick
leprechaun
seventeenth
top hat

dance
celebrate
pot o' gold
St. Patrick's Day
shamrock
wish
bagpipe
cabbage

festival
jig
holiday
kiss
parade
cheer
saint
top o' the mornin'

