Annville Senior Center

Friendship News

sponsored by the Lebanon County Area Agency on Aging

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Nutrition Info about Beverages

Energy balance is the key to weight management for men and women, young or old. For a healthy weight, it's important for adults to balance physical activity (calories out) with food and beverage intake (calories in). While food choices are important, there's increasing evidence that many of us are also drinking our way to weight problems. Studies suggest calorie intake from beverages has more than doubled since the 1960s, primarily due to a surge in soft drink, sports drink and sweetened tea consumption. According to the research, we don't balance these increased liquid calories by taking in fewer calories from food or by increasing our physical activity. Over the long run, these additional beverage calories can lead to energy imbalance and weight gain.

So, along with eating smarter and moving more, it's probably time to rethink your drinks if you want to maintain a healthy weight.

Here are four tips for quenching your thirst and maintaining energy balance at the same time.

Drink Plenty of Refreshing, Calorie-Free Water

Water does the body good. Without any unnecessary calories, it helps your muscles and brain stay hydrated for

Continued on page 2

Inside This Issue

2 Regular Scheduled Programs

3 Wise & Healthy Aging --- All Center's Bus Trips

4 Green Thumb Gardening Advice

6 Birthday List & Garden Gate Gossip

Upcoming Annville Events

Tues. 3rd Breakfast Club at the Cedar Grill

Fri. 13th Ugly Sweater Day w/ a Soup & Salad Potluck Lunch

Mon. 16th CENTER CLOSED for Martin Luther King Jr. Day

Tues. 17th Chase Away the Winter Blues with a Beginners Painting Class (snow date on the 24th)

Thurs. 19th Lunch at Kugo's Hibachi Bar

Mon. 23rd Planning Committee Meeting & Special Meal

Fri. 3rd Mid-Winter Pajama Party with catered Breakfast Welcome MYERSTOWN SENIOR CENTER to our center!

Mon. 5th Breakfast meeting at HOMETOWN in Palymra

Wed. 15th Sweetheart Lunch w/ LEE MOYER & RICKY HERB

Thurs. 16th Lunch Club meeting at SCHWALM'S

Mon. 20th CENTER CLOSED for President's Day

Mon. 27th in lieu of our monthly planning committee meeting we are hosting REMEMBERING WHEN –a Fall Prevention Program for Older Adults

optimal physical and mental performance. How much water you need depends on your size and activity level; larger, more active people need more fluids. Drink enough for your urine to be mostly colorless and odor-free.

Drink Nutrient-Rich, Low-Fat Milk Three Times a Day

Milk isn't just for kids; it's essential for adults, too. Nutrient-rich dairy foods help build and maintain healthy bones, teeth and muscle mass. They also may help lower the risk of high blood pressure. For the most nutrients with the least fat and calories, look for fat-free or low-fat options. Research also suggests fat-free milk may be an effective sports drink. Whey protein (high-quality milk protein) in combination with resistance exercise seems to boost the rate at which the body makes lean muscle.

Drink a Maximum of 4 - 6 ounces of Juice a Day

While 100-percent juice can be a great source of several nutrients, it's possible to get too much of a good thing. Whole fruits and vegetables are much better ways to get vitamins, minerals and fluids. Actual food tends to be more satisfying, plus you get the added value of fiber and phytonutrients from the skin and pulp.

Drink Other Beverages with Care

Soft drinks, sweetened teas, fruit drinks and most sports and "energy" drinks are loaded with calories and sometimes caffeine. Coffee drinks are often surprisingly high in calories, fat and sugar. Alcoholic drinks are packed with empty calories. Here are some ways to manage drinks that add extra calories:

- Be a label reader and nutrition investigator. Check calories, caffeine, sugar and fat before you drink. If the numbers aren't on the label, check the company's website.
- Steer clear of super-charged "energy" drinks. Do not consume highly caffeinated beverages with alcohol.
- Choose the smallest sized portion you can buy.

Moderation is always a smart way to treat your body well.

Published February 03, 2014 on EatRight.org
& the Academy of Nutrition & Dieticians

Regular Scheduled Programs

at the Annville Senior Community Center

These programs usually occur in a repetitive nature. However, they may be cancelled or rescheduled due to a special event or bus trip. Please check with the center for updates.

Collect for Bus Trips & Special Events: Every Tuesday from 10am to 12:00pm & Every Friday from 11am to 1pm

NEW PROGRAM! Stay Young w/ Strong Bones: Mon, Wed & Fri @ 11:45am Schedule Permitting

Help Your Neighbor: Every Wednesday & Friday before bingo 9am to 10am

Beginners Line Dancing: Thursdays from 11:00am to 12pm with donations for dance instructor

Penny Bingo: every Wednesday & Friday at 10:30am

Bible Explorers: every Tuesday at 10am

Pinochle Party: every other Monday at 12:30pm

Bowling Buddies: at the Palmyra Bowling Alley: select Wednesdays at 1:30pm

Breakfast Club: 1st Tuesday at 8:30am

Planning Committee Meeting: every 3rd Monday at 10:30am

Lunch Club: 3rd Thursday at 12:30pm

YMCA Water Aerobics: Wednesdays at 12pm

MSSCC Band Together: every Monday, Wednesday & Friday, 4:45pm at MSSCC

***Please check your calendar for any special events that will change these events from their regular scheduled times.

First Aide & Nutritional Crook

WISE & Healthy Aging

Water Facts

Water is crucial to your health. On average, it makes up 60% of your body weight. Every system in your body depends on water. Lack of water can lead to dehydration, a condition that occurs when you do not have enough water in your body to carry on normal functions. Even mild dehydration—as little as a 1% to 2% loss of your body weight—can sap your energy and make you tired. Dehydration poses a particular health risk for the very young and the very old.

Signs and symptoms of dehydration include:

Excessive thirst	Dry mouth
Fatigue	Headache
Little or no urination	Dizziness
Muscle weakness	Light-headedness

Total fluid (water) needs: Every day you lose water through sweating, noticeable and unnoticeable, through exhaling, urinating, and bowel movements. For your body to function properly, you need to replace this water by consuming beverages and foods that contain water. A healthy adult's daily fluid intake can vary widely. Most people drink fluid to quench thirst, to supply perceived water needs, and "out of habit." At least three approaches estimate total fluid (water) needs for healthy, sedentary adults living in a temperate climate.

Replacement approach: The average urine output for adults is 1.5 liters/day. You lose close to an additional 1 L of water/day through breathing, sweating, and bowel movements. Food usually accounts for 20% of your fluid intake. If you consume 2 L of water or other beverages/day, which is a little more than 8 cups, along with your normal diet, you can replace the lost fluids.

Eight 8-ounce glasses of water/day: Another approach to water intake is the "8´8 rule"—drink eight 8-oz glasses of water/day (about 1.9 L). You also could state the rule as "drink eight 8-oz glasses of fluids a day," because all fluids count toward the daily total. Though this approach is not supported by scientific evidence, many people use this basic rule as a guideline for how much water and other fluids to drink.

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Now taking sign-ups for Annville Trips in Jan/Feb/March

Upcoming Bus Trips

from ALL the Lebanon County Senior Community Centers

FEBRUARY 2017

Wed. 1st ANN-"Shear Madness" at the Dutch Apple

APRIL 2017

Tues. 4th ANN- Infusions High Tea & the Flower Wagon

JUNE 2017

Mon. 5th ANN- "Legends of Pop" the Mahoney Brother at Hunterdon Hills

AUGUST 2017

Fri. 11th ANN-Lehigh Valley Day, Sands, Wegmans & Amore Winery

ANN-Annville **MS-**Maple Street **MYR**-Myerstown
NL-Northern Lebanon **PAL**-Palmyra

All trips and details are subject to change. For complete information and to sign up. Contact the organizing center.

Green Thumb Advice Column

Violets –an Old Fashioned Favorite

The African Violet (Saintpaulia) has been touted as "America's favorite houseplant." I know it grew in our home when I was growing up and probably in many of yours as well. It is native to tropical Africa and normally grows in the warm, humid environment on the floor of the rain forest. It is a fairly easy houseplant to grow and provides flowers for months. Colors vary from pastel hues to vibrant pinks, reds and purples. The leaves, which can be all green or variegated cream and green, depending on the variety, are fuzzy/hairy in texture. The flowers may be single or double-petaled, frilled or smooth- edged and single color or bi-colored. The plant prefers filtered bright to medium light and should be turned regularly to keep a well-rounded form. The plant should be in a container with a drainage hole, and watered at the base when the soil feels less moist, using lukewarm or tepid water. Do not let the pot sit in standing water as the plant is susceptible to rot and mold if water pools around the foliage or crown. Be careful not to splash water on the foliage as it is prone to spotting on the leaves. Fertilize with a weak solution monthly; remove any dead leaves to keep the plant looking attractive, and deadhead any spent blossoms to encourage new buds and blooms.

Because it normally likes a warm, humid environment, it usually does well as a terrarium plant. The miniature or "teacup" variety is especially suited for this and it is very easy to do. Using a large glass container with a lid, pour a layer of gravel or small stones on the bottom, followed by a layer of African Violet potting mix. Place your plants in the terrarium and water until the soil is moist. Cover with the lid and place near your light source. Depending on the size of your container, you may want to add another plant or two, such as a miniature fern or ivy. If you notice condensation on the sides or top of the terrarium, cant or remove the lid to allow for evaporation, as you do not want the leaves to spot or the crown to rot.

Either as a houseplant or a terrarium plant, you should be able to enjoy many months of colorful blooms.

~Beverly F

Advice sent from the Help Your Neighbor Table at the Senior Center:

When you find a King, keep him. When you find a Queen, love and protect her. Don't reshuffle your cards, because you might end up picking a Joker!

Evolution of the TV Dinners

Gerry Thomas, a salesman with the Swanson food company, claims credit for inventing the Swanson TV Dinner in 1954. Swanson TV Dinners fulfilled two post-war trends: the lure of time-saving modern appliances and the fascination with a growing innovation, the television. Swanson TV dinners were the first commercially successful frozen meal.

More than 10 million TV dinners were sold during the first year of Swanson's national distribution. For $.98 per dinner, customers were able to choose among Salisbury steak, meatloaf, fried chicken, or turkey, served with potatoes and bright green peas; special desserts were added later. The food groups in a TV dinner were displayed neatly in a divided metal tray, and heated up in a conventional oven.

Swanson removed the name "TV Dinner," from the packaging in the 1960s. The Campbell Soup Company replaced the aluminum trays of Swanson frozen TV dinners with plastic, microwave-safe trays in 1986.

In 1987 the original TV Dinner tray was placed in the Smithsonian Institution to commemorate the tray's impact on American culture, sealing TV Dinners' place in American cultural history. Celebrity figures from Howdy Doody to President Eisenhower touted the dinners. In 1999, Swanson received a star on the Hollywood Walk of Fame.
Pinnacle Foods Corporation, the current owners of Swanson products since 2001, recently celebrated fifty years of TV Dinners, and Swanson TV Dinners still remain in the public conscience as the dinner phenomenon of the 50's that grew up with television

February Trivia Question

What does Frank Sinatra, Chet Baker, Billie Holiday, Barbara Streisand, Ella Fitzgerald, Linda Ronstadt, Tony Bennett, Sting, Chaka Khan & Sarah Vaughan have in common?

Answer: My Funny Valentine

Birthday List

January

3rd Kathy Shifflett
6th Eleanor Baylor
8th Dodie Miller
9th Connie Yeagley

February

17th Barb J. Kreider
20th Susan Wetzel
31st Betty Murray

5th Dean Zimmerman
9th Kay Kallbach
17th MaryAnn Thomas

Hello, how are you? So nice to see you, hope your Holidays have been warm and wonderful. It's about to be a new year so not much news to mention. Now you know, gossip is not in my vocabulary, but I would love to get a few things off my mind. First off, I know that there are a whole lot of hugsgiven at our center but you know one of the absolute best huggers is Dean. I mean he just has that warm smile and that happy hug. Haven't had one, well just ask ☺ A little birdie told me that our Howie has taken a certain person for breakfast and didn't even use a coupon. I hear that our leader and one other lady were quite upset, they were left high and dry. I aslo heard that Stan was seen sitting between his wife and another woman, and it was done at a planning committee meeting in front of us all. Seems like both women had an arm around him. I have been told Stan is the only normal one, well now I have to think a little more on that subject. Another thing that I need to get out there and you know this could be a story, but, have you ever heard the rumor of the center's flirt? No, well we have one, adohR. Yep I have heard it several times. I do believe she has flirted with my husband... The old garden here looks like it is going to winter well and so with the chill in the air we should really get back inside. But before I go I want to wish you a Happy and healthy New Year. Now stay warm and I will meet you soon here at the garden gate.

~from your friendly neighbor, Dusty Corridor

Senior Moments

Of which we could only remember 246

By Tom...uh...Friedman

To be used when circumstances leave you embarrassed of a senior moment, here is one to let you know that you are not alone!

No, No, Not the Ottoman!

For a scene she was shooting for 1959's *Some Like It Hot*, Marilyn Monroe was supposed to enter a room, walk to the dresser, rummage through the drawers, find a bottle of bourbon, and ask for a drink. She blew the line 52 times in a row —--although far from her record of 82 takes, set earlier by the famously forgetful movie star. "On the fifty-third take," recalled director Billy Wilder, "I told her we had put the line on pieces of paper, and they were in every drawer she would open." However, added Wilder, "she went to the wrong piece of furniture."

We all have experienced a moment of utter forgetfulness. Sometimes these moments are in sight of witnesses and sometimes we can glance around, realize no one is watching and sigh with relief!

RECIPES FROM OUR MEMBERS

Lemon Chocolate Cheesecake Truffles

INGREDIENTS:

8oz cream cheese, softened
½ cup graham cracker crumbs
¼ cup powdered sugar
1 ½ tsp. lemon zest, divided
1 Tbs lemon juice
8 oz. bittersweet chocolate, broken into small pieces

DIRECTIONS:

Beat cream cheese in large bowl, until creamy. Add graham crumbs, sugar, lemon juice and 1 tsp zest; mix well.

Scoop mixture into 24 1 inch balls. Place onto a waxed paper-covered baking sheet. Freeze for 10 minutes.

Melt chocolate as per directions on package. Dip cream cheese balls, one at a time, into melted chocolate turning until evenly coated with chocolate.

Return to baking sheet and sprinkle with remaining zest.

Refrigerate for 1 hour or until firm.

WHAT IS A SENIOR CENTER ABOUT?

It's about relpacing **RETIREMENT** with **REPRIORMENT**

Re-tire-ment: *being away from busy life: a state of being withdrawn from the rest of the world or from a former busy life.*

Reprioment: *discover the joy of new directions, rethinking shelved but not forgotten about priorities, passions, and dreams.*

Senior Bible Explorers

Simeon, a Biblical Senior Citizen

Simeon lived in Jerusalem more than 2000 years ago. He was a just and devout man who loved the Lord, but the time had come, in his old age that death was not far away.

Then one day a wonderful thing happened. The Holy Spirit came upon him and revealed that he would not see death before he had seen the Lords Christ, the Messiah. The Spirit led him to the Temple, and in that Holy place the parents of Baby Jesus brought him in and placed Him in his arms. As he gazed upon Him he knew that this was indeed The Christ, The Messiah!

As tears rolled down his wrinkled cheeks he prayed, "Now Lord, let your servant depart from this world in peace, according to Your word. For my eyes have seen Your salvation, which you have prepared for all people, a light for both Your people, and for the gentiles." Then God led him to speak to Mary and Joseph of things concerning their Son, things which he did not understand.

This Christmas season we too celebrate His birth. My prayer is for all our seniors to experience that which Simeon did so long ago. To look upon His face and know that this baby is truly The Son of God. Our Messiah!

For Valentine's Day

HOW DO YOU DECIDE WHO TO MARRY? *(written by kids)*

You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dip coming.

Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

Kristen, age 10

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich. Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. Howard, age 8

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there? Kelvin, age 8

HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck. Ricky, age 8

The Annville Senior Community Center is located in

Christ Church, UCC, basement level
200 S. White Oak St, Annville, PA 17003
(717) 867-1796 *** anvscc@verizon.net

OPEN: Monday - Friday 9:00am to 1:00pm
Shannon McMinn, center manager
www.lebcounty.org/AAA/Pages/AnnvilleSeniorCommunityCenter.aspx

Contact Information

for the

Senior Centers of Lebanon County

Lebanon County Area Agency on Aging
Dean Mease, Senior Center Services---------- **273-9262**

Annville Senior Center	Shannon McMinn	**867-1796**
Maple Street Senior Center	Coleen Geyer	**273-1048**
Myerstown Senior Center	Kim Keener	**866-6786**
Northern Leb. Senior Center	Helene Heisey	**865-0944**
Palmyra Senior Center	Ann Kim	**838-8237**

LEBANON COUNTY AREA AGENCY ON AGING

The next issue of *Friendship News* from the Annville Senior Center will be the 2017 March/April edition.
If you have anything you would like to add, please bring it in before February 10th