Senior Social

Paulding Senior Center
770-443-8873 / Fax 770-443-3227
54 Industrial Way North Dallas, Ga 30132
Paulding Nutrition Site 770-443-1100

February 2017

Special points of interest:

- Black History Month
- Groundhog Day
- Dental Health Month
- American Heart Month

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Sweet Potato Fries

Ingredients

Fries

1 sweet potato
2 tablespoons olive oil
1 tablespoon rosemary, chopped
1 teaspoon salt
1 teaspoon pepper

Greek Yogurt Chive Dip

1 cup plain Greek yogurt
1 tablespoon lemon juice
2 tablespoons chives
1/4 teaspoon salt

Directions

1. Preheat oven to 425
2. Cut sweet potato into fries and combine in a large bowl with olive oil, rosemary, salt and pepper.
3. Place in a single layer on a baking sheet lined in parchment paper. Bake 20-25 minutes, flipping half way through.
4. Prepare dip while fries are baking. Combine all dip ingredients in a small bowl and set aside in the refrigerator until ready to use.
5. Enjoy!

Happy Valentines Day

February 2017

Mon	Tue	Wed	Thu	Fri
		1 Quilting 9 Art Class 9:30 Billiards 11 Bridge 1 Mahjongg 2:00	2 Billiards 8 Quilting 9 Knitting & Crocheting 2:00	3 Billiards 8 Quilting 9 Canasta 2:00
6 Billiards 8 Quilting 9 Bible Study 10 Pinochle 2 **Tax Aid 9-1**	7 Billiards 8 Quilting9 Chorus 10 Canasta 2:00	8 Quilting 9 Art Class 9:30 Billiards 11 Bridge 1 Mahjongg 2:00	9 Billiards 8 Quilting 9 Knitting & Crocheting 2:00 **AARP Driver Safety Class 9:30-4:00**	10 Billiards 8 Quilting 9 Canasta 2:00 **Valentine Lunch 11:00** **Prime Time Dance 7:30**
13 Billiards 8 Quilting 9 Pinochle 2 **Tax Aid 9-1**	14 Billiards 8 Quilting9 Chorus 10 Canasta 2:00	15 Quilting 9 Art Class 9:30 Billiards 11 Bridge 1 Mahjongg 2:00 Book Club 2:00 Card Making 2:30	16 Billiards 8 Quilting 9 Knitting & Crocheting 2:00	17 Billiards 8 Quilting 9 Canasta 2:00
20 Billiards 8 Quilting 9 Bible Study 10 Pinochle 2 **Tax Aid 9-1**	21 Billiards 8 Quilting9 Chorus @ NH 10 Canasta 2:00 **Harrah's Casino Trip 7:30**	22 Quilting 9 Art Class 9:30 Billiards 11 Bridge 1 Mahjongg 2:00	23 Billiards 8 Quilting 9 Knitting & Crocheting 2:00 **Roswell Alpharetta Trip-leaving at 8am**	24 Billiards 8 Quilting 9 Canasta 2:00
27 Billiards 8 Quilting 9 Pinochle 2 **Tax Aid 9-1**	28 Billiards 8 Quilting9 Chorus 10 Canasta 2:00			

February 2017

Mon	Tue	Wed	Thu	Fri
		1 JAZZERCISE 9:15 ZUMBA 10:30	2 NO EXERCISE LINE DANCE 2:30 BALLROOM DANCE 7-8	3 ZUMBA 9:30
6 NO EXERCISE BALLROOM DANCE 2-3	7 JAZZERCISE 9:15	8 ZUMBA 9:30 YOGA 10:45	9 JAZZERCISE 9:15 LINE DANCE 2:00 BALLROOM DANCE 7-8	10 NO EXERCISE
13 NO EXERCISE BALLROOM DANCE 2-3	14 JAZZERCISE 9:15	15 ZUMBA 9:30 YOGA 10:45	16 JAZZERCISE 9:15 LINE DANCE 2:00 BALLROOM DANCE 7-8	17 ZUMBA 9:30
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27 NO EXERCISE BALLROOM DANCE 2-3	28 JAZZERCISE 9:15			

DAILY, WEEKLY, MONTHLY

Art	**WED**	**9:30**
Bible Study	1st & 3rd MON	10:00
Billiards	**M,T,Th,F 8am**	**WED after Art**
Bluegrass Music	2nd & 4th Friday	9:00
Book Club	**3rd WED**	**2:00**
Bridge	Wednesdays	1-4
Canasta	**TUES/FRI**	**2:00**
Card making Class	3rd WED in Feb.	2:30
Chorus	**TUES /10:00**	**3rd Tues Nursing Home**
Jazzercise Lite	See Exerc.	calendar on pg. 3
Knit & Crocheting	**THURS**	**2:00**
Line Dancing	THURS 2:00	1st Thurs at 2:30
Mahjongg	**WED**	**2:00**
Pinochle	MON	2:00
Prime Time Dance	**2nd Fri.**	**7:30-10:30**
Strength	See Exerc.	calendar on pg. 3
Yoga	**See Exerc.**	**calendar on pg. 3**
Zumba	See Exerc.	calendar on pg. 3

Get ready for Tax Season Starting on Monday Feb 06 until April 10 9am-1pm First come First serve

Events

***Prime Time Dance-2nd Friday at 7:30 $6 Welcome to "N2U Band" !!!! Come out and bring a friend!**

***Valentine Luncheon Fri/Feb. 10 at 11am-call to sign up $5.00**

Trips

***Harrah's Casino Day Trip– Tues. Feb. 21, 2017 info on (pg.8) cost $52 call to sign up.**

***Tour of Alpharetta and Roswell Day Trip, with our step-on guide Jim Howe on Thur. Feb. 23, 2017 leaving Center at 8:am, cost $21.00**

Classes

AARP Driver Safety Class

Th. Feb 9

9:30am-4:pm

Call to sign-up

Symbols of February:

- Birthstone: Amethyst
- Flower: Primrose
- Zodiac signs: Aquarius and Pisces
- Viola (plant) and the Primrose are the birth flowers
- Black History Month is celebrated in Canada and United States
- Feb 2, Groundhog Day
- On Feb 6, 1933, Amendment 20 to the United States was proclaimed which moved the Inauguration Day to January 20th.
- Feb.1910, the Boy Scouts of America was incorporated
- Feb 12 - Abraham Lincoln's Birthday
- Feb 14 - Valentine's Day
- Feb 20 - President's Day
- Feb 22 - George Washington's Birthday

Famous Birthdays

George Washington, Abraham Lincoln, Jason Aldean, Shakira, Rosa Parks, Babe Ruth, Michael Jordan, Johnny Cash, George Hamilton, Clark Gable, Farrah Fawcett, Tom Smothers, Christie Brinkley, Norman Rockwell, Charles Lindbergh, Oscar De La Hoya, Zsa Zsa Gabor, Ronald Reagan, Natalie Cole, Fabian, Fats Domino, Buffalo Bill Cody, Tony Randall, Steve Irwin, Elizabeth Taylor

CARD MAKING CLASS

Wednesday, February 15th @ 2:30 pm

Upcoming Classes

February - Birthday Cards
March - Easter Cards
~All classes you'll have your choice of greetings to stamp on your cards~

Learn how to make handmade greeting cards (Birthday, Get Well, Thinking of You, Christmas etc.), for you to give to your family and friends. No need to purchase cards from your local store anymore. Why would you want to give a card that many other people receive too, when you can make them a special one-of-a-kind card instead.

You'll learn different and fun ways to create a special greeting card each month. I provide all the tools and supplies to create your beautiful cards, all you need to do is show up and have fun. The cost is only $5.00 per person to cover your supplies.. Also, I will have extra card kits to purchase from time to time.

~~~~~ ***IMPORTANT*** ~~~~~

Please RSVP by noon on Tuesday (Day before class)
I need to have a head count to prepare the supplies...
Space is limited!!!
Call me at - **770-445-5149 (Lauri)**

Email me at - **lab1064@yahoo.com**

Learn and Create!... I look forward in teaching you.

Art Classes

Beginner-Advanced
Reduce stress, make new friends,
and learn while having FUN!!!!!!!!

Wednesdays at 9:30-11:00
$10.00 a lesson, all materials furnished

To join or more info email
jackie-hill.artistwebsites.com
Jackie Hill 770-852-1210

PRIME TIME DANCE

N2U Band

The Second Friday of each month from 7:30PM until 10:30PM

$6.00 at the door.
Bring a snack to share.

AARP Tax Aide

Paulding County Senior Center
54 Industrial Way N
Dallas, GA. 30132
Monday's Only starting February 6, 2017
Until Monday April 10, 2017
Time: 9:00am until 1:00pm
The Monday you come in is when you will sign up.
First come First served

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Paulding County Singles 50 and Over

Come join Paulding County Singles 50 and Over!
We meet on the 2nd Tues. of each month at
Los Arco's Mexican Restaurant- 6:PM at 480 Watts Rd.
Hiram, Ga. 30141 (off 278). We are a social club that likes to get out of the house and attend activities with other people our age. Here is some of the things we like to do: eat at local restaurants, free outdoor concert, dances, and attending plays. We have club sponsored parties throughout the year. If you need further information please fell free to call me.

Phyllis Coble (770-439-7181)

BALLROOM DANCE CLASSES

MONDAYS 2 TO 3 PM

STARTS JANUARY 9TH, 2017

LEARN THE WESTERN TWO STEP

OR EVENING CLASSES

THURSDAYS 7 TO 8 PM

STARTS JANUARY 5TH, 2017

LEARN HOW TO CHA-CHA

8 WEEK SESSIONS

PAULDING SENIOR CENTER

54 Industrial Way North, Dallas, GA

REGISTER AT THE FIRST CLASS OR BY EMAIL @

DRDance@gmail.com

$50 per person

DOCTOR DANCE TOM BAITY OFFERS YOU HIS YEARS OF PROFESSIONAL INSTRUCTOR EXPERIENCE.

Happy Valentine's Day

Candle Light
Cards
Chocolate
Cupid
Date
Dinner
First Kiss
Memories
Movie
Pink
Poem
Proposal
Red
Romance
Roses
St. Valentine
Sweetarts
Teddy Bear
True Love

B	Q	Q	J	D	F	I	R	S	T	K	I	S	S	N	T	I	U	K	O
O	C	Q	E	Z	Y	D	P	K	K	G	E	Y	O	D	H	J	Q	K	A
X	Z	T	S	H	E	J	F	P	I	U	I	W	C	U	G	R	J	T	U
I	A	C	R	L	H	V	W	L	V	B	U	G	K	E	I	O	C	C	Q
D	V	V	J	U	P	O	R	D	V	L	V	C	I	I	L	M	N	D	F
Q	I	L	H	G	E	A	Q	B	A	P	O	V	I	Z	E	A	M	V	Z
I	K	N	I	P	I	L	A	S	O	P	O	R	P	S	L	N	E	G	X
O	K	O	N	P	M	P	O	E	O	M	P	Z	T	Q	D	C	H	M	H
K	H	J	X	E	W	R	M	V	O	S	Z	V	L	P	N	E	F	A	F
Y	P	I	S	M	R	A	L	P	E	P	A	G	S	W	A	U	G	D	E
P	N	K	D	Z	K	A	K	S	D	L	T	O	T	X	C	H	W	W	L
E	T	U	R	D	P	E	O	O	E	S	W	Z	R	P	B	W	M	O	P
S	E	L	A	A	Y	R	Z	N	U	M	I	L	A	E	D	E	R	Z	Y
S	D	E	C	R	L	M	T	E	N	E	P	X	T	S	W	X	Y	H	L
B	D	G	C	O	S	I	M	Y	A	M	Z	G	E	N	O	L	I	J	X
F	Y	G	R	N	N	D	D	X	M	O	L	T	E	C	K	L	M	Y	N
P	B	W	Q	E	Y	T	S	A	Z	R	U	O	W	D	D	J	V	Z	P
D	E	H	K	Q	K	U	D	V	T	I	G	E	S	N	C	G	Q	C	C
B	A	C	H	O	C	O	L	A	T	E	B	Q	D	I	P	U	C	T	O
J	R	V	D	C	F	X	T	N	E	S	Y	R	J	J	I	Z	T	A	F

Chicken Scratch NY

GOOD NEWS TRAVELS
Experience travel together

Paulding County Senior Center

2017 Niagara Falls

September 11-16, 2017

Tour Package Inclusions

Deluxe Roundtrip Motorcoach Transportation Deluxe Motorcoach Transportation while on tour

IMAX Theater in Niagara Falls
Oh, Canada Eh! Dinner Theater

Guided Tour with Step-on guide in Niagara Falls Maid of The Mist Boat Tours of Falls Journey Behind the Falls Self Guided Tour

Skylon Towers Dinner
Guided Tour of Amish Countryside
Shopping at the Kitchen Kettle Village
5 Nights Hotel Accommodations with Baggage Handling

5 Breakfasts Included
5 Dinners - Skylon Towers, Oh Canada,Eh!, Good & Plenty + 2 enroute

Tour Pricing and Deposits

$1,198 per person/double occupancy
$1,140 per person/triple occupancy
$1,115 per person/quad occupancy
$1,599 per person/single occupancy

$100 per person deposit due 4/15/2017
Final Payment due 7/11/2017

Tour Contact Information

Betty Roach
Paulding Senior Center
54 Industrial Way North, Dallas, GA 30132
770-443-8873
broach@paulding.gov

Travel Protection Plan is available for this tour and is highly recommended.

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