

Senior Social

October 2020

Paulding Senior Center

770-443-8873 / Fax 770-443-3227

54 Industrial Way North Dallas, GA 30132

Paulding Nutrition 770-443-1100



Easy Taco Soup



Ingredients:

- 2 pounds ground beef
- 1 envelope taco seasoning
- 1-1/2 cups water
- 1 can (16 ounces) mild chili beans, undrained
- 1 can (15-1/4 ounces) whole kernel corn, drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (14-1/2 ounces) stewed tomatoes
- 1 can (10 ounces) diced tomato with green chiles
- 1 can (4 ounces) chopped green chiles, optional
- 1 envelope ranch salad dressing mix

In a Dutch oven, cook beef over medium heat until no longer pink; drain. Add taco seasoning and mix well. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Inside this Issue:

- Easy taco soup
- Reopening the Senior Center
- Requirements for opening the center
- Event Calendar
- Covid Cookbook
- Virtual Costume Contest
- Let us know what you have been up to & Virtual Birthday Bash

Paulding County
Senior/Community Services
Reopening Senior Center

Please Note: Exercise Classes and Nutrition Site are the only programs open at this time.

This will be a slow process as your safety is first priority.

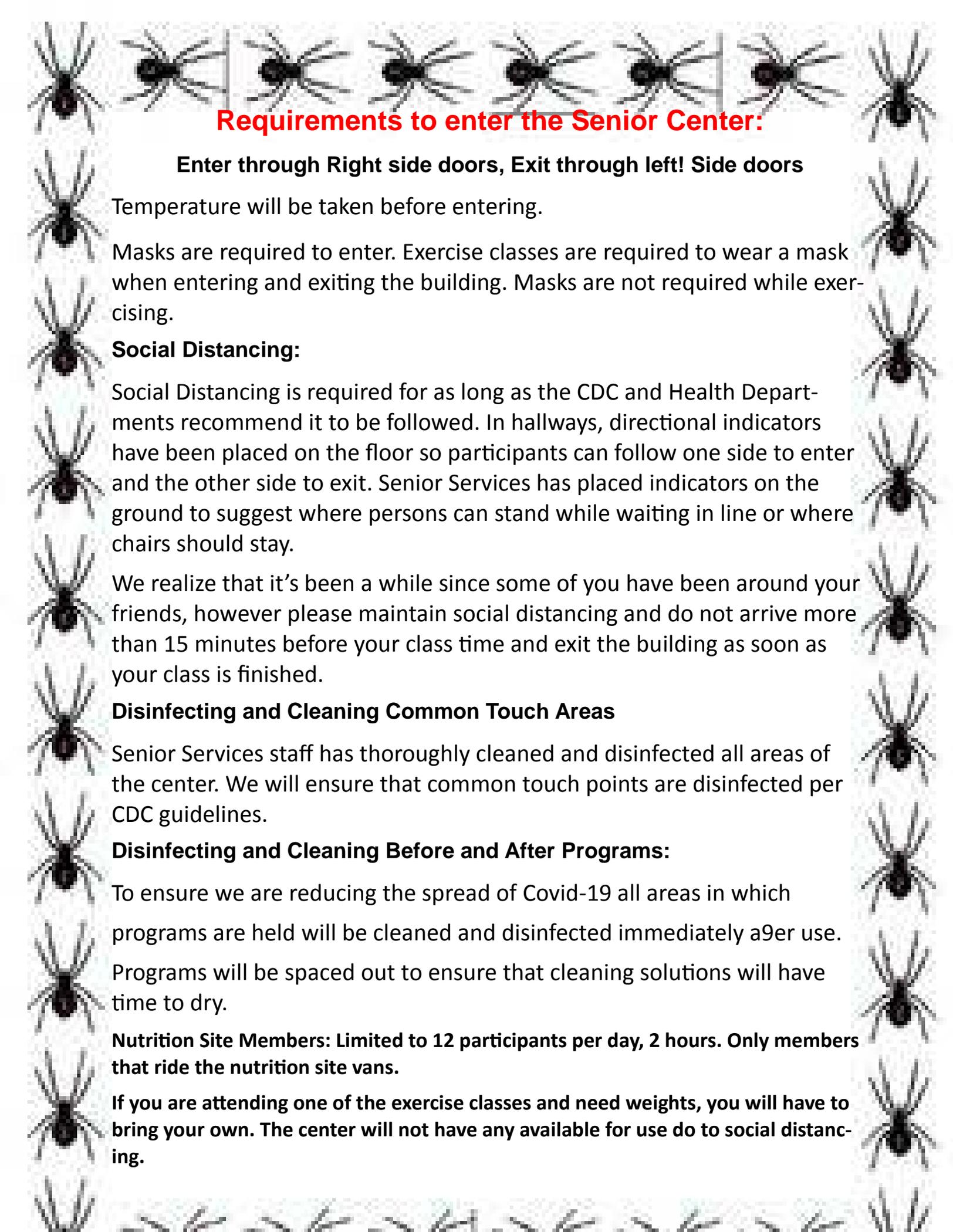
Guidelines for reopening:

Safety First:

The safety and health of our participants is our top priority. As we all know well by now, older adults have a high risk of complications and death from Covid-19. Those most at risk are described as 65+ or with pre-existing conditions such as lung disease, heart disease, diabetes, cancer, and certain medications or treatments that compromise their immune system. Unsurprisingly, this represents a huge percentage of the population that frequent to our facilities. In our reopening we will consider timing and planning because the safety of our staff, seniors, families and adults come first.

We ask that if you are not feeling well, please stay home for your safety as well as everyone else.



A decorative border of black spiders is arranged in a grid-like pattern around the text. The spiders are positioned at the corners and along the sides of the page, creating a frame for the content.

Requirements to enter the Senior Center:

Enter through Right side doors, Exit through left! Side doors

Temperature will be taken before entering.

Masks are required to enter. Exercise classes are required to wear a mask when entering and exiting the building. Masks are not required while exercising.

Social Distancing:

Social Distancing is required for as long as the CDC and Health Departments recommend it to be followed. In hallways, directional indicators have been placed on the floor so participants can follow one side to enter and the other side to exit. Senior Services has placed indicators on the ground to suggest where persons can stand while waiting in line or where chairs should stay.

We realize that it's been a while since some of you have been around your friends, however please maintain social distancing and do not arrive more than 15 minutes before your class time and exit the building as soon as your class is finished.

Disinfecting and Cleaning Common Touch Areas

Senior Services staff has thoroughly cleaned and disinfected all areas of the center. We will ensure that common touch points are disinfected per CDC guidelines.

Disinfecting and Cleaning Before and After Programs:

To ensure we are reducing the spread of Covid-19 all areas in which programs are held will be cleaned and disinfected immediately after use. Programs will be spaced out to ensure that cleaning solutions will have time to dry.

Nutrition Site Members: Limited to 12 participants per day, 2 hours. Only members that ride the nutrition site vans.

If you are attending one of the exercise classes and need weights, you will have to bring your own. The center will not have any available for use do to social distancing.

October 2020

Please note that days listed for the nutrition site event is only for registered members of the nutrition site.

Mon	Tue	Wed	Thu	Fri
			1 <i>Line Dance 2</i>	2 <i>Line Dance 2</i>
5 <i>Nutrition Site</i>	6 <i>Jazzercise 9:15</i>	7 <i>Zumba 9:15</i> <i>Yoga 11:15</i> <i>Nutrition Site</i>	8 <i>Jazzercise 9:15</i> <i>Line Dance 2</i>	9 <i>Line Dance 2</i> <i>Nutrition Site</i>
12 <i>Nutrition Site</i>	13 <i>Jazzercise 9:15</i>	14 <i>Zumba 9:15/Yoga 11:15/</i> <i>Nutrition Site</i>	15 <i>Jazzercise 9:15</i> <i>Line Dance 2</i>	16 <i>Line Dance 2</i> <i>Nutrition Site</i>
19 <i>Nutrition Site</i>	20 <i>Jazzercise 9:15</i>	21 <i>Zumba 9:15/Yoga 11:15/</i> <i>Nutrition Site</i>	22 <i>Jazzercise 9:15</i> <i>Line Dance 2</i>	23 <i>Line Dance 2</i> <i>Nutrition Site</i>
26 <i>Nutrition Site</i>	27 <i>Jazzercise 9:15</i>	28 <i>Zumba 9:15/Yoga 11:15/</i>	29 <i>Jazzercise 9:15</i> <i>Line Dance 2</i>	30 <i>Line Dance 2</i> <i>Nutrition Site</i>



Lets cook together Activity:

Date for recipes has been extended!

**The center would like to put together a
cookbook out of your favorite recipes.**

**Think about a recipe you love and would like to
share with a friend. It can be a main dish,
desert, appetizer, etc..... But have fun coming
up with one. We would will collect them though
email postal mail or in a private message on
the senior center Facebook page. Please send
in your recipes by October 30th. Once
recipes are collected we will email out a Covid
Cook book full of love! We cant wait to see
what yummy treats you have to share.**

**Email: nforsyth@paulding.gov or
broach@paulding.gov**

**mail: 54 Industrial way n,
Dallas 30132**

**Facebook: Paulding
senior center page**



FALL/HALLOWEEN VIRTUAL HALLOWEEN COSTUME CONTEST:

Each year the center hold our annual Halloween party and costume luncheon but due to Covid we are unable too. As sad as it may be we still would like to have fun with it and make up the time in the best way possible. We would like for members of the center to dress up in your Halloween best at sometime in the next two months and submit a

picture through Facebook private message, email or postal mail.

You may also text a picture to my cell. On October 16th each picture will be judged by a group of non-center members. We will have 1st, 2nd and 3rd place winners. The judging will be a live video uploaded to Facebook. All three winners will receive a special prize.

Pictures can be sent

Email: nforsyth@paulding.gov or broach@paulding.gov

Facebook: Private message on Paulding Senior Center Page

Postal Mail: 54 Industrial way n, Dallas 30132

