


Organized Wise County Lunches for Seniors




OWLS

Newsletter *January 2024*

0/2312.27

 The birth flower for January is the **Carnation**, and birthstones are garnet and the rose quartz.

 The zodiac signs for December are **Capricorn** (Dec 22 – Jan 19) and **Aquarius** (Jan 20 – Feb 18).

 **Holidays and Observations in January:** New Year's Day (1/1), Epiphany (1/6), Martin Luther King Jr Day (1/15), and Confederate Heroes Day (Texas) (1/19).



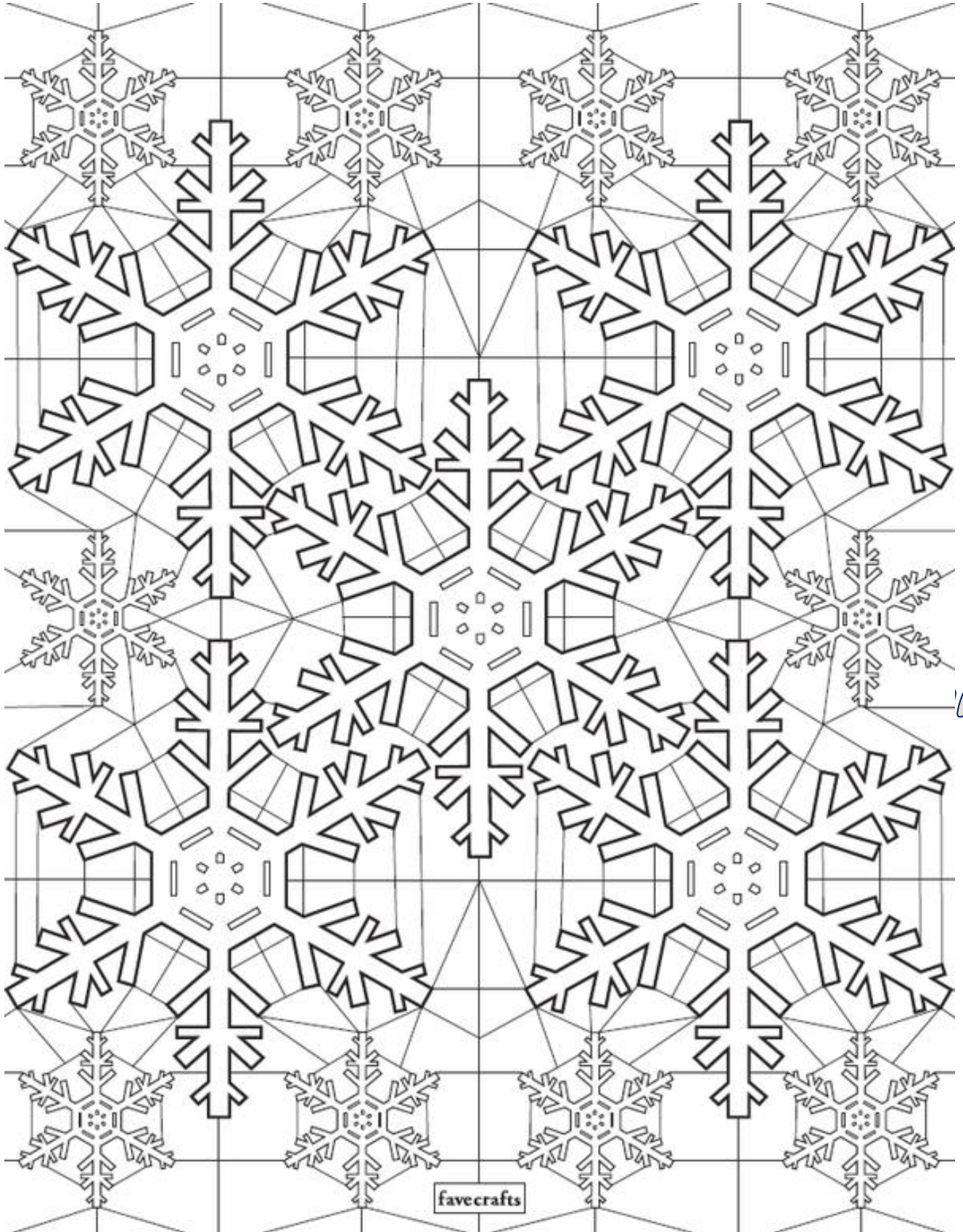
The WCCA Newsletter is provided to our clients and others in Wise County. It is edited by Thomas Clark for the Wise County Committee on Aging.



WCCA

WISE COUNTY COMMITTEE **on** AGING
WISEMEALS.ORG (940) 627-5329

COLORING PAGE



ABUELITOS UNIDOS DEL CONDADO DE WISE

EDICIÓN 12

DICIEMBRE

SOCIEDAD



CARDIO CON MRS. LARA

Cardio con Mrs. Lara es una clase divertida que combina la diversión con el ejercicio y música. Te invitamos el 29 de diciembre ¡No te lo pierdas!

FIESTA DE NAVIDAD

Traiga un regalito de no más de \$10 para participar en el juego de intercambio.



Felicidades al Abuelito Ubaldo Luevanos por ser el ganador del programa de salud de Jackie!

DAMOS GRACIAS POR ESTOS MOMENTOS DEL MES DE NOVIEMBRE





NOTICIAS

ABUELITOS UNIDOS DEL CONDADO DE WISE



Boletín de Noticias



VOLUNTARIOS

¡Gracias a Los Abuelitos Melchor, Isauro y Ubaldo por ayudar en la mesa de manualidades durante el festival del Día de los Muertos!

SOLARIS HOSPICE



Un representante vendrá hablarnos sobre este recurso.

ACTIVIDADES

- Viernes 1- Cerrado
- Viernes 8- Solaris
- Viernes 15-Jackie
- Viernes 22- Fiesta de Navidad
- Viernes 29- Cumpleaños y Cardio



Felicidades a la Abuelita Ernestina

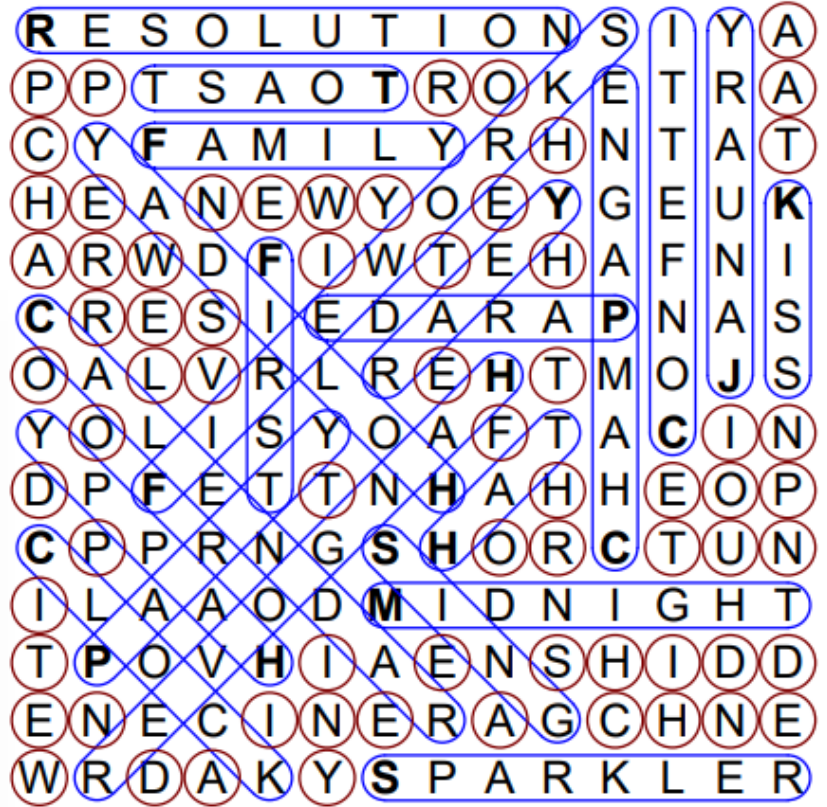
Cada último viernes del mes tendremos pastelito para los cumpleaños del mes. En el mes de noviembre festejamos el cumpleaños a la Abuelita Ernestina Núñez! ¡Muchas Felicidades!

Sigue nuestra Pagina en el Facebook:
Abuelitos Unidos del Condado de Wise

Answers to THIS month's puzzles:

HAPPY NEW YEAR

HIDDEN QUOTATION
BY
Michael Josephson



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

I WOULD RATHER
P UJDTB MOIQLM

ENTERTAIN AND HOPE
LZILMIO PZ OZB QJHL

THAT PEOPLE LEARNED
IQOI HLJHTL TLOMZLB

SOMETHING THAN
RJALIQPK IQOZ

EDUCATE PEOPLE AND
LBDFOIL HLJHTL OZB

HOPE THEY WERE
QJHL IQLG ULML

ENTERTAINED
LZILMIO PZLB

Solution:

1	F	R	E		5	G	O	O	F	S		10	K	I	S	13					
14	D	O	O	R		15	A	C	U	R	A		16	I	R	I	S				
17	R	E	S	O	18	L	U	T	I	O	N		19	L	E	S	T				
			20	S	O	L				21	S	C	U	L	L						
23	S	T	24	R	E	W		26	M	O	T	T	S		28	A	29	G	30	E	
31	I	O	U				32	L	I	B	Y	A	N		33	N	N	W			
34	C	O	N	35	F	E	T	T	I				37	E	N	D	U	E			
			39	L	A	M	E			40	F	A	W	N							
42	S	T	43	A	Y	S				45	F	A	L	S	E	46	T	47	T	48	O
49	H	A	T				50	I	C	I	C	L	E			53	N	O	W		
54	E	X	T				55	N	O	D	A	L			56	O	F	T	E	N	
			58	R	O	G	U	E					60	R	I	O					
61	F	L	A	K			63	P	A	T	R	O	L	C	A	R	S				
69	D	E	C	A			70	L	L	O	Y	D			71	A	G	E	S		
72	A	T	T	Y			73	E	S	T	E	E			74	L	O	P	E		

Word Find

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Calendar
Champagne
Clock
Confetti
Family
Fireworks
First

Hangover
Happy
Hat
Holiday
January
Kiss
Midnight

Parade
Party
Resolution
Sing
Sparkler
Toast
Year

Let's Laugh at Something!

- ❏ Stop thinking of them as “hot flashes.” Think of them as your inner child playing with matches.
- ❏ My husband cooks for me like I’m a goddess—by placing burnt offerings before me.
- ❏ Money isn’t everything, but it sure keeps you in touch with your children.
- ❏ When you consider the alternative, old age really isn’t so bad.



- ❏ What do Alexander the Great and Winnie the Pooh have in common? *They have the same middle name.*
- ❏ I like having conversations with kids. Grownups never ask me what my third favorite reptile is.
- ❏ Aging gracefully is a nice way of saying you’re slowly looking worse.
- ❏ I’m not hard of hearing... I’ve just heard enough.
- ❏ An older gentleman shuffled slowly into an ice cream parlor and pulled himself slowly, rather painfully looking, onto a stool. After catching his breath, he ordered a banana split supreme. The waitress smiled kindly at him, asking, “Crushed nuts?” The older gentleman replied, “No... arthritis.”
- ❏ For her birthday, my wife said, "I'd love to be ten again." So that Saturday, we had a heaping stack of chocolate-chip pancakes, her favorite childhood breakfast. Then we hit the playground and a merry-go-round. We finished the day with a banana split.

"So how did you enjoy being a kid for a day?" I asked.

"Great," she said. "But when I said I wanted to be ten again, I meant my dress size."

Crossword Puzzle

HAPPY NEW YEAR!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
			20					21		22				
23	24	25				26	27					28	29	30
31					32							33		
34			35	36						37	38			
			39						40	41				
42	43	44					45					46	47	48
49				50	51	52						53		
54				55							56	57		
		58	59						60					
61	62				63		64	65				66	67	68
69					70						71			
72					73						74			

By Jimmy and Evelyn Johnson - www.qets.com

Across

1. Untied
5. Errs
10. Press with lips as a sign of love
14. Portal
15. Sporty car brand
16. Colored part of the eye
17. Promise to change something in the future
19. For fear that
20. Sun's name
21. Propel with oars
23. Spread
26. Applesauce brand
28. Ripen
31. Note of debt
32. Children of Libya
33. North northwest
34. Small pieces of colored paper
37. Render able
39. Injured
40. Toady
42. Corset
45. Tenor sings high
49. Party favor
50. Tapered spike of frozen water
53. Present
54. Extension (abbr.)
55. Knobby
56. Many times
58. Villain
60. Rio de Janeiro
61. Harsh criticism
63. Police cars (2 words)
69. Factor of ten
70. Architect Frank _____ Wright
71. Gets older
72. Attorney (abbr.)
73. Sugar-free brand
74. Run

Down

1. Former president of U. S.
2. Caviar
3. Goddess
4. Jagged
5. Ancient European region
6. Fall mo.
7. French "yes"
8. Cold manner or attitude
9. Holy places
10. Terminate
11. Scotland neighbor
12. Sister for sport
13. Supersonic transport
18. Down
22. "_____ and World Report"
23. Attack
24. Also
25. Bolt
26. Small amount
27. Kimono sash
29. African antelope
30. Ram's mate
32. Long-term memory
35. Be airborne
36. Alleviating
38. North northeast
40. Season
41. Brew
42. Her
43. Excise
44. Allure
45. Farm credit administration (abbr.)
46. Explosive
47. Foot extension
48. Possess
51. Two
52. Utopian ideas
56. Cooking fat
57. Having focus
59. Yes
60. Traveled by car
61. Those who make the food laws (abbr.)
62. Permit
64. Kid
65. Seed bread
66. Past
67. Representative
68. Compass point



Menu is subject to change due to availability.

We apologize for any inconvenience.

Wise County Committee on Aging January 2024

Monday 1/1/2024	Tuesday 1/2/2024	Wednesday 1/3/2024	Thursday 1/4/2024	Friday 1/5/2024
Baked Ham Blackeyed Peas LS Spinach Cornbread Cranberry Pear Crisp	Herb Roasted Turkey w/ LS Gravy Mashed Potatoes Spiced Buttered Carrots Oranges & Pears	Chili Seasoned Green Beans Tossed Salad FF Italian Dressing Escalloped Peaches	Ham and Pinto Beans Fluffy Rice Peas & Carrots Cornbread Fruited Gelatin	Meatloaf Mashed Potatoes Green Beans Wheat Roll Mandarin Oranges
Monday 1/8/2024	Tuesday 1/9/2024	Wednesday 1/10/2024	Thursday 1/11/2024	Friday 1/12/2024
Crunchy Baked Fish Potato Wedges Coleslaw Fruit Cup	Beef Tips Egg Noodles Green Beans Bread Angel Food Cake	Citrus Baked Chicken Mashed Potatoes Brussels Sprouts Roll Apricot Crisp	Baked Ham Yams Greens Wheat Roll Buttermilk Cake	Beef Lasagna LS Tuscan Blend Vegetables Garlic Bread Fruited Gelatin
Monday 1/15/2024	Tuesday 1/16/2024	Wednesday 1/17/2024	Thursday 1/18/2024	Friday 1/19/2024
BBQ Beef Sweet Potato Fries Broccoli Roll Yogurt	Rosemary Chicken Breast Baby Bakers Squash Medley Bread Sugar Cookie	Bralised Steak & Tomatoes Peas and Onions New Potatoes Roll Cappuccino Mousse	Ham and Navy Beans Seasoned Cabbage Fried Okra Cornbread Mandarin Oranges	Asian Beef Lo Mein Fried Rice LS Oriental Vegetables Egg Roll Chocolate Chip Blondie
Monday 1/22/2024	Tuesday 1/23/2024	Wednesday 1/24/2024	Thursday 1/25/2024	Friday 1/26/2024
Tomato Rice Casserole LS Peas & Carrots Calico Corn Dinner Roll Banana Pudding w/ Wafers	Garlic Lime Tilapia Baby Bakers LS Vegetable Medley Dinner Roll Oatmeal Raisen Cookie	Roast Turkey Wild Rice Greens Combread Angel Food Cake	White Chicken Chili Fluffy Rice Mexican Squash Roll Fruit Cobbler	BBQ Pork Hot Potato Salad Coleslaw Bread Hot Spiced Peaches
Monday 1/29/2024	Tuesday 1/30/2024	Wednesday 1/31/2024	 	
Chicken Enchilada Bake Spanish Rice Salsa Pinto Beans Emerald Pears	Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Roll Seasonel Fresh Fruit	Baked Han Baked Sweet Potato Brussels Sprouts Wheat Roll Buttermilk Cake		



WCCA

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How You Can Help the WCCA.

- Donate to the WCCA.
- Donate to United Way of Wise County through your work and ask it to be earmarked for WCCA.
- Donate through your workplace's HR Department. Did you know that lots of national companies have a Super PAC that matches your donation? Your \$100 becomes \$200 and helps that many more seniors!
- Volunteer to help deliver meals once a month, once a week, or as often as you can! Every extra person delivering meals means a senior that gets a hot meal that day.

Stay mindfull of your health!

- 👉 *Wash your hands!*
- 👉 *Keep Social Distance (six feet apart!)*
- 👉 *Wear a mask / cover your nose & mouth in public if you can!*
- 👉 *If you're sick, stay home!*
- 👉 *If you have COVID or the flu please **STAY HOME** and tell us so we know!*



You are welcome to join us in Decatur at Congregate Meals! Monday through Friday at the OWLS Activity Center. Activities begin at 9 A.M., and the meals begin there at 11:30!