



THE SCOOP

Clearwater Senior & Community Center

921 Janet Ave

Activities held at the Clearwater Senior & Community Center are available to anyone 55 and older. No membership fee is required to participate in activities. For more information on events or programs, please contact the Center director at 620-584-2332.

Mission Statement

To provide services and programs for people of all that promote their well being, support their independence and encourage their involvement in community life.

Staff

Sonja Froggatte— Director
Marlene Parret—Director's Asst..

Advisory Committee

Terry Sullivan—Chair
Barbara Hufford—Member at Large
James Charles—Member at Large

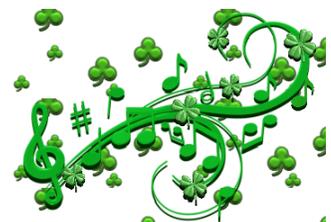
FROM THE DIRECTOR'S DESK

According to the Old Farmer's Almanac from Boys Town, March is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter. I'm thankful March means something else to us.

March is now the time we complete the first quarter of the new year and then review. Have you completed any short-term goals? Before the end of the month I intend to begin journaling. Merriam-Webster defines "journal" as "a record of experiences, ideas, or reflections kept regularly for private use". I'll be using mine as a sort of diary to assist me in remembering how God is working in my life.

I'm still meeting people and learning names. I'm excited to announce that we have several new members at the Center who've attended exercise class and have also had lunch. I'm really looking forward to meeting Frankie and Phyllis Valens who'll be here to perform at noon for our carry-in luncheon on 3/12/19.

Sonja Froggatte
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<https://www.Facebook.com/ClearwaterCommunityCenter/>



HAPPY ST. PATRICK'S DAY!

When is Daylight Saving Time 2019?

Remember to "Spring Forward" Sunday, March 10th at 2:00 am. Set your clocks 1 hour ahead (i.e., losing an hour). Daylight Saving Time ends and we'll "fall back", regaining an hour Sunday, November 3rd at 2:00.am.

Thank you Volunteers!! Volunteers are the backbone of our programs. Not only do they provide transportation to seniors in this community, they also provide them with companionship. The Clearwater Senior & Community Center is looking for a drivers who have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! Anyone interested, please contact the director at (620) 584-2332.

SPECIAL EVENTS

Carry In Luncheon

You are invited to join us on the 12th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Meat will be furnished and donations are appreciated.



AARP Tax Preparation

Mark your calendars for March 4th! Call (620) 584-2332 to schedule as appointment. No Cost!



Nutrition Class

On Monday 3/25 at 1:00 Shirley Lewis with the Sedgwick County Extension Office will provide information and possibly food, “Plan—Know What you Will Fix for Dinner”.

Bingo

Please join us on the 21st at 1:00 for Bingo. No Cost, just fun!

Ongoing Events

- Monday’s at 1:00 we have a painting group in the Arts and Crafts room.
- Tuesday’s at 9:00 we have exercise in the main room.
- Wednesday’s at 9:30, join us for coffee in the Main Room
- Thursday’s at 10:00 we have Bible Study in the Arts and Crafts room.
- Friday’s at 9:00 we have exercise in the main room.



BISCUITS AND GRAVY FUNDRAISER!

Please join us on Saturday, 3/16 from 7-10 am for all you can eat biscuits and gravy, just \$4 for adults and \$2 for kids 10 & under! We can sure use your assistance.

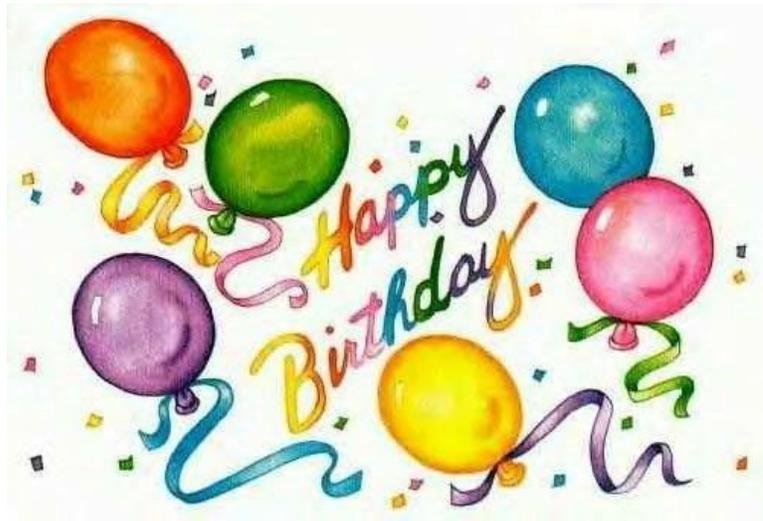


Be Prepared!

Safety Program

March 4, 2019 from 6:30—8:30 pm at the Clearwater Fire Station, 319 W Ross.

Brought to you by Sedgwick County Emergency Management



Donna Bailey 3/29
 Lanora Bradt 3/15
 Larry Bradt 3/1
 Debbie Charles 3/23
 Joanne Flippin 3/8
 Mary Granen 3/24

Don Heard 3/22
 Bruce Hopson 3/16
 David Knoblach 3/4
 Maxine Leonard 3/10
 Russell Mills 3/24
 J.C. Moore 3/30

Darrel Mourning 3/4
 Lila Mourning 3/27
 Roy Riggs 3/25
 Virginia Snyder 3/13
 Sherri Thomas 3/29
 Darrel VanAllen 3/28



Slow-Cooker Corned Beef & Cabbage

4 large carrots, peeled and cut into rounds or matchstick pieces

10 baby red potatoes, quartered

1 onion, peeled & cut into bite size pieces

4 cups of water

6 ounces beer or apple juice

1 (4 pound) corned beef brisket with spice packet

1/2 head cabbage, coarsely chopped

(For different flavor add peeled, quartered apples with the cabbage)

DIRECTIONS

Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour beer or juice over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on High, cook for 7 hours.

About an hour before serving, stir in the cabbage and (apples, if using) cook for one more hour.

Try using a slow cooker liner for EASY clean-up!

Per Serving: 472 calories; 19.6 g fat; 49.5 g carbohydrates; 23.6 g protein; 99 mg cholesterol; 1281 mg sodium.

ST. PATRICK'S DAY

Who was St. Patrick?

There really was a St. Patrick! He was born in Britain as Maewyn Succat. At age 16 (around AD 400), he was kidnapped from his home on the west coast and carried off to Ireland to become a slave who worked as a shepherd. After six years, he escaped; upon returning home, he received his call (in a dream) to preach the Gospel (Good News). He spent the next 15 or so years in a monastery, preparing for his missionary work. When he became a priest, his name was changed Patricius, and eventually, Patrick. Although some Christians lived in Ireland at the time, it was Patrick who spread Christianity throughout the land and brought an organized church into existence.

The Shamrock

We wear a shamrock on St. Patrick's Day because, legend says, St Patrick used its three leaves to explain the Holy Trinity [The Trinity is the Father, the Son, and the Spirit as three divine persons who are one divine being (God)]. The truth of the St. Patrick legend, however, is in question as there is no direct record that the saint actually used the shamrock as a teaching tool.

St. Patrick's Day Facts, Fun, and Folklore

Blue was the color originally associated with St. Patrick, but green is now favored. St. Patrick's Day is the traditional day for planting peas. Cabbage seeds are often planted today too, and old-time farmers believed that to make them grow well, you needed to plant them while wearing your nightclothes.

Published by *The Old Farmers Almanac*, Boys Town 2019

National Geographic adds to St. Patrick's Story

"...Maewyn Succat wasn't particularly religious growing up or even Irish, for that matter—so it's a bit surprising that he became the patron saint of Ireland.

Born in Britain around AD 390, Maewyn grew up in a well-to-do Christian family, complete with slaves and property. At 16, however Maewyn was kidnapped and whisked away to Ireland where he himself became a slave and tended sheep for six or seven years; accounts differ. It was then that Maewyn became deeply religious.

Eventually, legend has it, Maewyn escaped and made his way back to his family. Then "a voice" told him to return to Ireland. Before returning to Ireland he was ordained as a priest and changed his name to Patricius or Patrick, inspired by the Latin root "part-" for "father".

At the time, most of Ireland was pagan and progress was hard-won by the missionary— he was often beaten and imprisoned by Irish royalty and pagan chiefs. After his death, he was largely forgotten. But then, slowly, the legend around Patrick grew until he was honored as the patron saint of Ireland."

I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.

C. S. Lewis

What are the Ides of March?

"You may remember the soothsayer's warning to Julius Caesar to "Beware the ides of March," but the term didn't originate with William Shakespeare. The earliest Roman calendar, which consisted of ten months beginning with Martius (March), was believed to have been created by King Romulus around 753 B.C. At that time, dates were expressed in relation to the lunar phase of the month using three markers: Kalends (Kal), Nones (Non) and Ides (Id). The first phase of the moon, the new moon, was denoted by Kalends and signified the first day of the month; the first quarter moon fell on either the fifth or seventh day of the month and was referred to as Nones; the full moon fell on either the 13th or 15th day of the month and was referred to as Ides. The ides of March—March 15—initially marked the first full moon of a new year.

During the late Roman Republic, a new year's festival was held on the ides of March in which people would gather a mile outside of Rome on the Via Flaminia by the banks of the Tiber River. Participants celebrated with food, wine and music and offered sacrifices to the Roman deity Anna Perenna for a happy and prosperous new year. Between 222 and 153 B.C., the ides of March also signaled the beginning of the new consular year, in which two annually-elected consuls took office as leaders of the republic.

In 46 B.C., after consulting with the Alexandrian astronomer Sosigenes, Julius Caesar reformed the Roman calendar by adding ten days to the 355-day year, instituting January 1 as the first day of the new year (beginning in 45 B.C.) and introducing a leap year every four years. Shortly thereafter, he was granted the title Dictator Perpetuus or "dictator for life." Concerned with Caesar's increasing power and monarchical leanings, a group of Roman senators stabbed the ruler to death on March 15, 44 B.C.—forever linking the ides of March with the assassination of Julius Caesar."

From www.history.com



February's Carry-In Luncheon

Tuesday 2/12/19 Information

Sonja, the new director, welcomed over 30 people to the monthly carry-in luncheon! There were a few in attendance with a February birthday: Janetta Burris, Marlene Parret & Yvonne Coon. Marlene lead the Pledge of Allegiance and all joined in recitation, saluting the flag. Following, all sang the National Anthem together then Marlene offered the blessing for the meal. Everyone enjoyed a good meal.

Sonja then announced upcoming events:

Reminders: Any time you are visiting the Center please check in on the Center Navigator, it's important to keep the Center going!

February 13th from 8:45-3:00 Hermes Foot Care (316-260-4110) was here providing foot care for all who had appointments..

February 14th at 1:00 Rob with Hephner TV spoke and demonstrated to the community options available in place of streaming through SKT.

Biscuits and Gravy is on the third Saturday every month from 7:00-10:00. This month it was planned for 2/16 but cancelled due to inclement weather forecast. Family Empowerment met at 1:00 on 2/16.

February 18th the Center closed in observance of Presidents' Day.

BINGO was cancelled at 1:15 on February 21st as only one person came.

Shirley Lewis with the Sedgwick County Extension Office presented "Choosing More Fruits and Vegetables" on February 25th at 10:00.

Our speaker was Police Chief Bill Hisle from the Clearwater Police Department. He informed attendees about Scams going on in the area and urged attendees to never give out personal information on the phone unless it's to someone you know. Marlene introduced John Chitwood who played the piano then took requests and attendees sang the songs they knew. Thank you, John! Two attendees were heard talking about how much fun they had!



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Exercise 9:00 am 1	2
3	4 Painting 1 pm-3 pm AARP Tax Prep 9:00 am to 3:00 pm	5 Exercise 9:00 am AA/Al Anon 7-9 pm	6 9:00 am Morning Coffee	7 Bible Study 10 am AA 7-9 pm 1:00 pm Bridge; Marci Bacon w/Home Health – free blood pressure checks	8 Exercise 9:00 am	9
10	11 Painting 1 pm-3 pm	12 Exercise 9:00 am 12 noon Carry-In Luncheon, Frankie Valens performs AA/Al Anon 7-9 pm	13 9:00 am Morning Coffee	14 Bible Study 10 am AA 7-9 pm 1:00 pm Bridge	15 Exercise 9:00 am	16 <i>Biscuits & Gravy 7am – 10am</i> Family Empowerment Meet & Greet 1 pm
17	18 Painting 1 pm-3 pm	19 Exercise 9:00 am AA/Al Anon 7-9 pm	20 9:00 am Morning Coffee	21 Bible Study 10 am AA 7-9 pm 1:00 pm Bridge	22 Exercise 9:00 am	23
24	25 Painting 1 pm-3 pm	26 Exercise 9:00 am AA/Al Anon 7-9 pm	27 9:00 am Morning Coffee	28 Bible Study 10 am 1:00 pm Bridge 1:00 pm Nutrition Class – “Plan: Know What’s for Dinner” AA 7-9 pm	29 Exercise 9:00 am	30

Mon	Tue	Wed	Thu	Fri
Birthday Day - March 14 Choice Day - March 5 Circled Days - meals that freeze well Ash Wednesday-March 6				
Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less				
4 Southwest chicken bake 8 oz Cauliflower 4 oz Applesauce 4 oz Wheat bread Peanut butter cookie	5 Liver & onions OR Salisbury steak Mashed potatoes 4 oz Gravy Peas 4 oz Peaches 4 oz	6 ASH WEDNESDAY Tuna noodle casserole/peas Lentil (bean) salad 4 oz Apricots 4 oz Grape juice 4 oz Sweet muffin	7 Cranberry meatballs Cooked cabbage 4 oz Green beans 4 oz Peas 4 oz Bread Milk	8 Cheesy potato & egg bake Parslied carrots 4 oz Orange juice 4 oz Mixed fruit 4 oz Coffee cake Milk
11 Chili 8 oz Combination salad 4 oz Salad dressing Pineapple 4 oz Crackers -2 Cinnamon roll	12 Hot turkey casserole Mixed vegetables 4 oz Plums 4 oz Easy fruit cobbler Milk	13 Chicken fajita salad (lettuce, tomato, cheese) (chips) Salsa Refried beans 4 oz Blushing pears 4 oz Bread pudding 4 oz	14 Pork roast 3 oz w/gravy Sweet potatoes 4 oz Herbed green beans 4 oz Strawberries 4 oz White cake Wheat roll	15 Pimento cheese spread on Bread Vegetable soup 4 oz Cracker-1 Banana Green gelatin 4 oz
18 Mexican pork stew Roasted zucchini 4 oz Corn relish salad 4 oz Pears 4 oz Grape juice 4 oz Wheat roll	19 Sloppy Joe on a Bun French fries 10 each Cauliflower bean salad 4 oz Applesauce 4 oz Fruit crisp Milk	20 Tahitian chix & rice 8 oz Broccoli 4 oz Apricots 4 oz Bread Lemon bar Milk	21 Ham & beans Potatoes w/onions 4 oz Parslied carrots 4 oz Glazed blueberries 4 oz Cornbread Milk	22 Fish (pollack) w/tartar sauce Macaroni & cheese 4 oz Mixed vegetables 4 oz Strawberries 4 oz Roll
25 Meatloaf Cabbage au gratin 4 oz Parslied carrots 4 oz Peaches 4 oz Pineapple bread Milk	26 Chicken & noodles 8 oz over Mashed potatoes 4 oz Mixed greens salad 4 oz Salad dressing Blushing pears 4 oz Roll	27 Ham 3 oz California mash 4 oz Peas 4 oz Strawberries 4 oz Bread Milk	28 Goulash 8 oz German mixed veg. 4 oz Plums 4 oz Garlic bread Milk	29 Egg salad 4 oz on a Bun Vegetable soup 4 oz Cole slaw 4 oz Mixed fruit 4 oz Crackers-1 Milk

MARCH

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.

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

By Evelyn Johnson - www.qets.com

Animals
Birds
Clock
Clouds
Daylight
Fish
Forward

Grass
Green
Irish
March
Patrick
Rain
Saint

Savings
Shamrock
Spring
Sun
Time
Weather
Wind

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