

# Pontiac Senior News

Volume 107, Issue 107

March 2016

## Recipe of the Month

Chicken Salad

With Bacon, Lettuce, and Tomato

### Ingredients:

5 slices bacon  
3 cups diced cooked chicken  
1 cup chopped fresh tomato  
2 stalks celery, thinly sliced  
3/4 cup mayonnaise  
2 tablespoons minced green onion  
1 tablespoon chopped parsley  
1 teaspoon lemon juice  
1 dash Worcestershire sauce  
Salt and ground black pepper to taste  
12 leaves romaine lettuce  
1 large avocado, sliced

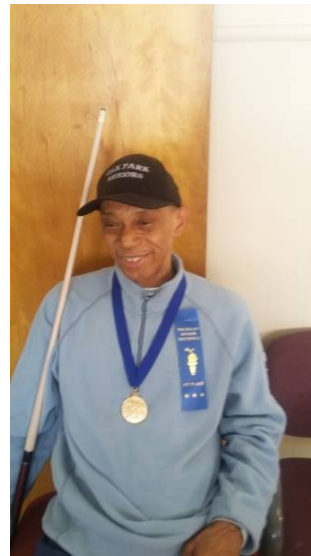
### Directions:

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble.

Stir chicken, bacon, tomato, and celery together in a bowl.

Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat. Refrigerate until chilled, at least 30 minutes.

Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices.



Harrison Gilmore (Pal), is a Billiard player at the Bowens Senior Center. Congratulate him for winning the gold medal and first place in "The All Around" in the Michigan Senior Olympics 65-69 age group which was held in Rochester Mi. In the last ten years Pal has received over

eight Gold Medals in Track and Field, Softball, and now Billiard. Awesome Pontiac Senior representation. Keep up the good work.

## March - Flower is Daffodil

March 8 Election Day - (Both Center Closed)

March 20, first day of spring

March 21 - Flower Day

March 25 - Good Friday (Both Center Closed)

March 27 - Easter

Red Cross Month

Women History Month

Colorectal Cancer Month

National Nutrition Month



## Bounce This Along

It will chase ants away when you lay a sheet near them. Use to keep bees and yellow-jackets away. It also repels mice. To deodorize shoes or sneakers. Place a sheet of bounce in your shoes overnight. It repels mosquitoes. All this time you've just been putting Bounce in the dryer.

**Game for the brain and stress reliever**  
 Enjoyable time killers, including standbys like checkers, sudoku, and chess, as well as original games such as word search helps keep the mind sharp. Games tests fall into five cognitive categories: memory, language, concentration, logic/reasoning, and visuospatial skills



Before thinking about ways you can improve, why not give yourself a pat on the back for everything you've already accomplished. Take a few minutes to congratulate yourself as a proven way to boost your self-esteem so you can tackle new projects with enthusiasm.

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

**HAPPY BIRTHDAY TO ALL BORN IN MARCH**

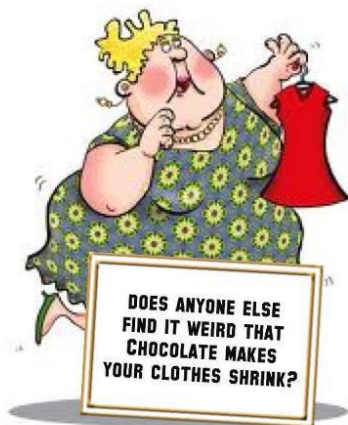
*Hope your birthday's happy  
 and your wishes all come true  
 And that every day  
 that follows  
 brings happiness to you.  
 With Love To You*

"The great thing about an attitude is that it's yours and you can change it."

**Reminder: Both centers will be closed March 8 and March 25, 2016**



hustle	pool	nurse
Gainell	ceramics	nursing home
Alma Moss	Aging	hospital
Sewing	AARP	heart
Dancing	Medicare	blood pressure
travel	Medicaid	holistic
casino	Bowen Center	fishing
movies	Pontiac	Bagley



# Regular Scheduled Activities

## Robert W. Bowens Senior Center

52 Bagley, Pontiac, MI 248-758-3240

<u>Activity</u>	<u>Day</u>	<u>Time</u>
Exercise Class	M.W.F.	10.00AM -11.00AM
Computer Class	Monday	11:30 AM - 1:00 PM
Beginner Hustle Dance	Monday	6PM - 7PM
Golden Opportunity	Tuesday	10AM - 12PM
Bingo	Tuesday	1PM - 2PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Jewelry Making	1 <sup>ST</sup> & 3 <sup>rd</sup> Tuesday	1PM -3PM
Hustle Dance Class	Wednesday	5PM - 7PM
Billiard (Pool)	Daily	9AM - 5PM
Cards	Daily	9AM - 5PM
Scrapbooking	Thursday	1PM

### Golden Opportunity Weekly Meeting Tuesday 10AM - 12PM

*Bowens Seniors remember to wear your T-Shirt every 3<sup>rd</sup> Tuesday or pay 50 cents.*

### Bowens Center T-Shirts & Sweatshirts



Gold or Black

**Contact:** Marcella Evans  
 Add \$1.00 for ever X over 3X  
 Long sleeve T-Shirt available  
 check for price

LA AMISTAD - Weekly meetings  
 Ruth Peterson Senior Center  
 990 Joslyn Ave. Pontiac, MI  
 Monday 10AM - 3PM  
 Thursday 10AM - 3PM

## Ruth Peterson Senior Center

990 Joslyn, Pontiac, MI 248-758-3282

<u>Activity</u>	<u>Day</u>	<u>Time</u>
Exercise Video	Daily every hour	9AM - 5PM
Bingo	Monday & Thursday	1PM - 3PM
Pinochle	Monday	11:30AM - 3PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Billiards (Pool)	Daily	9AM - 5PM
Computer Lab	Daily	9AM - 5PM
Nutrition Class	Thursday	11AM - 12PM
Hustle Dance Class-beginners	Thursday	11AM - 12PM
Hustle Dance Class	Thursday	5PM - 7PM
Maintain your Brain	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Monday/Thursday	1PM - 3PM
Chair Fitness	Monday, Wednesday, Friday	11AM - 12PM
Ballroom Dancing	Friday	5PM - 7PM







**Black History Month  
Bowens Senior Center - Black Pride**