The Benefits of Learning a Foreign Language

Every Tuesday morning, a group of dedicated students meet our volunteer French teacher, Yanick Stam, in the card room for their weekly French lesson. These students understand the benefits involved in learning to speak a foreign language. No matter how young or how old you are, there is room in your brain to learn another language and the benefits are endless.

How would you like to improve your memory? Or how about increasing your attention span? Or what about improving your ability to multi-task? Well, learning a foreign language has been proven to potentially benefit you in all these ways and more. Many people who learn a second language have found that they are more mentally alert, are better able to problem solve, are more culturally aware and appreciative, and are better communicators. One of the best ways to keep your mind active is to learn, speak, and read in other languages. Learning a second language can even make you smarter. So, there you are. What are you waiting for? Join our French Class, but if French does not interest you, how about learning Spanish? We are currently assessing interest in a potential Beginner’s Spanish class. If you are interested in grasping some of the benefits of learning a foreign language, please join the French Class or sign up for Beginner’s Spanish. For more information, please stop by the Young at Heart reception desk.
Words of the Month

*Increase your vocabulary and expand your brain power with our words of the month. This month’s words are:*

**indolent**- avoiding labor and exertion

**obviate**- to prevent by interception

A Moment of Inspiration

“Live without pretending, love without depending, listen without defending, speak without offending.”

- Anonymous

Just for Laughs

**Q:** What’s Irish and stays out all night?

**A:** Paddy O’Furniture

**Q:** What do you call a Cubic Zirconia in Ireland?

**A:** A Sham-rock
HELPING HANDS CRAFTS
We’ve got Spring Fever, so for the entire month of March, take 25% off all Helping Hands Crafts over $5 (previously reduced items not included). Find our unique handcrafted items in the NAM Boutique store on the first floor of the main building or on the second floor in the Young at Heart Senior Center.

THANK YOU CWJF
Many thanks go out to our friends from the Cypress Woodlands Junior Forum for another fabulous brunch. The “Rodeo” theme fit right in with the current season, and everyone looked like real cowboys and cowgirls in their western attire. As usual, everyone had an amazing time. The food was wonderful and the entertainment was off the charts. Again, thank you CWJF!

If you missed the brunch, you can join us for the next brunch on Wednesday, April 22 when the theme will be “Spring Fling” so get your best spring outfit ready and join us from 9am until 11 a.m. To sign up, please visit the Y@H reception desk or call 281 885-4600.

DAY TRIP
Saddle up and come join us for a day trip on Thursday, March 17 as we enjoy the Houston Livestock Show and Rodeo. The performer for the evening will be Gwen Stefani. We will travel via the Harris County Precinct 4 bus and we will depart from NAM at 4 p.m. and will return by 10:30 p.m. The cost for the trip is $30 and dinner can be purchased onsite with cost on your own. Tickets are still available, so please see Eva if you are interested in going.

AARP TAX AIDE
AARP Tax Aide volunteers are still available to provide free tax preparation on Tuesday, Thursday, and Friday. Assistance is available from 9 a.m. until 1 p.m. in the Harrell Family Opportunity Center located at 15702 Bammel Village Drive (just behind the NAM main building). This free tax service is available through Tuesday, April 14. No appointment is necessary as taxpayers are seen on a first come, first served basis. Please note that the last taxpayer for each day is seen at 12 noon. For more information, please call 281-885-4600.
**AARP SAFE DRIVING CLASS**

Need to renew your safe driver’s discount on your auto insurance? Join us for an AARP Safe Driving Class on Thursday, March 19 from 11:00 a.m. until 3:30 p.m. The AARP instructor will be at NAM to facilitate this course which may assist with insurance discounts, but does not count for ticket dismissal. The class is open to the public, so you do not need to be a Young at Heart member to participate. The cost of the course is $15 for AARP members and $20 for non-members. Please be sure to bring your AARP membership card to receive the discount for the class and also a photo ID. To register for this class, stop by the Young at Heart reception desk or call 281 885-4600.

**YOUNG AT HEART MOVIE DAY**

Bring your own lunch and join us for a movie and snacks on Thursday, March 26 from 12 p.m. - 2 p.m. This month’s movie will be “Midway”. **Movie synopsis:** In 1942, a few months after the infamous Pearl Harbor attack and a few years before WWII ended, the Japanese forces were once again planning to stage a sudden attack against their opponents — this time near the Midway Atoll. Their plan, however, was intercepted and the American forces arrived at the Pacific Ocean theater just in time to stop them. The battle lasted for three days, and its outcome became a critical turning point in the ongoing war. There is no cost for this event, however, the $1 daily fee does apply. For more information or to sign up, please visit the center’s front desk.

**A HEALTHIER YOU**

Come join us on Wednesday, March 18 at 10 a.m. as we welcome back the Texas A&M Agrilife Extension Service to present a follow-up session of “A Fresh Start to a Healthier You”. The lessons presented during the series will be reviewed and new information will be presented along with a new cooking demo. Again, you will receive handy kitchen tools, and have more confidence to cook healthy meals. The session will be held in the Young at Heart dining area. For more information, please see Eva or visit the Young at Heart reception area.
**National Old Stuff Day**

Join us for lunch on Monday, March 2 and test your “old stuff” I.Q. Please remember to order your meal.

**National Pound Cake Day**

Come join us as we celebrate National Pound Cake Day on Wednesday, March 4. Dine with your café friends enjoy a decadent slice of pound cake. Please remember to sign up by Monday, March 2.

**National Dress in Blue Day/ National Oreo Cookie Day**

Wear blue and join us for lunch on Friday, March 6 as we observe National Dress in Blue Day to raise awareness of Colon Cancer. Also, observe National Oreo Cookie Day with a sweet treat. Please order your meal by Wednesday, March 4.

**Welcome Spring**

The birds are back and flowers are blooming, so come on out and join us as say goodbye to “Old man Winter” and hello to Spring. Enjoy a free cup of coffee and a springtime treat. Please sign up by Monday, March 16.

**Lunch and Learn**

Come join us for lunch on Friday, March 13 and plan to do a good deed for someone. Dine with us and surprise a café friend by performing a random act of kindness. Please order your meal by Wednesday, March 11.

**St. Patrick’s Day Celebration**

Wear green and dine with us on Monday, March 16 as we observe St. Patrick’s Day. Learn a wee bit of history and enjoy a hot meal with friends. There will be treats for all. Please sign up by Wednesday, March 11.

**Monthly Birthday Celebration**

Come celebrate our March birthdays with us in our monthly Birthday Celebration on Friday, March 20. Please sign up by Wednesday, March 18.

**Bingo Extravaganza**

Come join us for lunch on Monday, March 23 and let’s play bingo. It’s our monthly Bingo Extravaganza where we play for fun prizes. Please sign up for this event by Wednesday, March 18.

**National Ag Day**

Come join us for lunch on Wednesday, March 25 as we celebrate National Ag Day. Bring your questions and learn a few tips for your Spring Gardening. Please sign up by Monday, March 23.

**Café Reminders**

To participate in any 60+Café activities, you must reserve your meal at least two business days in advance by calling Geneva Gentry at (281) 885-4619 or just stop by the Young at Heart reception desk.
We love our NAM volunteers! In fact, it would be impossible for us to help as many of our neighbors as we do without the aid of fantastic volunteers like our featured volunteer of the month.

Meet Isabel Toala.

Isabel is the oldest volunteer in the Young at Heart Senior Center and she has been volunteering at NAM more than 9 years.

Isabel adds to the diverse makeup of the center as she hails from Ecuador. She migrated to America with her husband 65 years ago. Initially she lived in Washington, DC, but later moved here to Texas. Isabel is the proud mother of one son, two daughters, and two grandchildren.

Though Isabel is our eldest volunteer, she does not let a little thing like age stop her from showing up most Tuesdays to work with the Helping Hands team in creating unique craft items. Isabel loves to do her part by crocheting and quilting.

Thank you Isabel for your time and commitment in making the Young at Heart Senior Center a fantastic place to spend time!

Did You Know?

1. Broccoli is actually a flower.
2. Tulip bulbs were more valuable than gold in Holland in the 1600s.
3. Almost 60 percent of fresh-cut flowers grown in the U.S. come from California.
4. Sunflowers move throughout the day in response to the movement of the sun from east to west.
5. The cornstarch-like powder known as arrowroot is derived from the plant, Marantha arundinacea, and is native to India. It was used by indigenous people to draw out the toxins from a poisoned arrow wound. Today, it is used to thicken pies and jellies.
Daily Fee

Don’t forget to stop by our reception desk prior to participating in any Young at Heart activities. This includes luncheons, seminars and day trips. The $1 daily fee is a small amount that helps support the center’s daily operations.

Café Reminders

Don’t forget to RSVP if you plan to have lunch with us at the 60+ Café. We would love to have you join us, but we need to know that you are coming so that we can pre-order your meal. The café is open to anyone who is age 60 or older and who lives in Harris County. You must fill out a short form in order to register and then order your meal 2 business days in advance. It’s that easy! Also, don’t forget that the café and the bus accept donations.

Yoga

Come join us for Yoga on Thursday mornings at 11:00 a.m. This class is specifically for seniors, so even if you have never tried yoga before, this class would be right for you. For more information, please stop by the Y@H reception desk.

Intermediate Line Dancing

Come join us on Thursday afternoons at 1:00 p.m. for our Intermediate Line Dance Class. Some experience is required for this class. For more information, please stop by the Y@H reception desk.

March Birthdays

Cindy Adams – 3/15
Mary M. Aperauch – 3/10
Carol Apffel – 3/22
Debi Bates -- 3/1
Maureen Burns – 3/6
Sally Cheung – 3/19
Gloria Cooper– 3/16
John Cunningham – 3/25
Norma Dencker – 3/13
Claude Dyer – 3/16
Collene Edwards – 3/17
Grethel Flowers – 3/22
Janice Forde – 3/12
Barbara Frisbee – 3/14
Lise Gelines – 3/6
James Gilkison – 3/24
Eleanor Graham – 3/9
Linda Graham – 3/12
Richard Graham – 3/29

Ken Hyman – 3/10
Mary Haydel – 3/10
Taiwen Huang – 3/12
Charles Irvin – 3/4
Gwendolyn Jennings – 3/1
Merilyn Jerome – 3/25
Willie Johnson – 3/12
James Krupp – 3/26
Herma Lathon – 3/8
Rong Liu – 3/15
Larry Lyles – 3/25
William Marshall – 3/11
Katherine Moore – 3/2
Eva Moquete – 3/20
Judith Murany – 3/23
Alice Oliver – 3/10
Judith O’Shea – 3/23
Rob Parker – 3/19
Lil Paull – 3/2

Judith Payne – 3/25
Josie Rivera – 3/19
Yolanda Rivera – 3/28
Lidia Rojas – 3/29
Jean Rubin – 3/5
Randee Saber – 3/1
Dianne Shearer – 3/4
Allen Shook – 3/10
Janice Southern – 3/9
Marie Tirone – 3/1
Charlotte Trimble – 3/23
Carol Watson – 3/18
William White – 3/19
Judy Williams – 3/10
Nellie Woods – 3/4
Eugenie Zoch – 3/7
Lupe Zook – 3/17

For more information on all activities, please stop by the Y@H reception desk.
Our grandpuppies, Lepta and Irene, visited recently for one week. These six-year-old canines derive from the Italian greyhound, a small breed, and from the Beagle. Each is blondish, with soulful eyes - a pair of a drama queens. Puppies traveled from Temple, Texas with my son, Greg, a former recon Marine. Having jumped from helicopters into sundry oceans, performing God knows what for our country, I’m thrilled to have him nearby. The sisters are unofficial therapy dogs. They rouse Jim from a sleepy daze; perk us up on dreary mornings; bring comic relief to our struggling situation. Each has her own dining area and, like good siblings, respects the other. Out back, barking levels encourage input from neighboring canines and resident squirrels relocate to the front while puppies patrol.

Greg and apprentice puppies work a prescribed number of hours on a 100 or so acre ranch, the owners being supportive of our veterans. (I see him as a Rowdy Yates sort, from the long-ago series, Rawhide, and equally as handsome.) They live on the property in Greg’s modest RV and have use of a roomy old barn. There, Greg pursues woodworking, an interest that developed several years ago. A purist, he uses joinery to create – an ideal focus when one suffers with PTSD.

More extended family - my granddaughter Emily’s four chickens: appropriately named Snowy, Midnight, (and comically) Chubs and Stripes (also known as Dora the Explorer). I visit these personalities from time to time in Emily’s back yard. They have five-star quarters, among jungle-like gardens, and visiting is a hoot.

FYI: You might remember Emily from the episode of empty toilet tissue binoculars and paper towel spy glass. She’s now nine-years-old, in third grade and, letting her hair grow. One hands-on school project introduced Emily to chickens and their egg-laying propensities. Interest peaked, bargaining began. Soon, Emily and family became proud owners of a single chicken. Building its coop ensued and all waited. And waited. One day the “chicken” announced cock-a-doodle-do. Accordingly, it became known as Jack-Jack and after tearful intervals, found a new home.

Thus, Snowy, Midnight, Chubs and Stripes took up residence in the luxurious coop; this Grand’Mere benefiting from fresh eggs. The yolks are deeper yellow, almost orange. Delicious!

It’s satisfying to have Greg nearby, to hear of mended fences, repaired machinery, stray cattle and resident chickens. But I especially love that he’s creating!

I’ve also an affinity for Emily’s four hens. Washing the bits of creative residue from shells makes one feel positively earthy.
With a growing number of older adults living independently, it’s increasingly important to make sure that you are safe at all times. Think about it. In an emergency, would you be able to remember phone numbers in a stressful situation? Make a list of the following emergency numbers and keep them near your landline phone, or in several places in your home if you only use a cell phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Poison Control – 1-800-222-1222
- Family member or friend to call in case of an emergency
- Your healthcare provider’s office

*Here is an additional tip that we would like to share this month: In case of an emergency such as a fall, an attempted burglary, or a kitchen accident have your phone pre-programmed, accordingly. If you reside in an assisted living community, be sure you understand how the emergency response system works. Just like when you were living in a neighborhood, look out for others and know who to go to for help.*
Recipe of the Month

Lemonade Spritzer

It’s Spring and a great time to serve a mildly sweet refresher, so here’s an easy lemonade that’s sure to please everyone.

INGREDIENTS:

- Frozen lemonade concentrate, thawed (12 oz)
- Frozen orange juice concentrate, thawed (6 oz)
- 2 cups cranberry juice cocktail
- 2 cups water
- ¼ cup sugar
- 2 liters chilled diet ginger ale
- Ice

DIRECTIONS:

1. In a medium bowl or small pitcher, combine lemonade concentrate, orange juice concentrate, cranberry juice cocktail, water, and sugar. Stir together, then cover, and refrigerate one to two hours.

2. When ready to serve, pour mixture into a punch bowl or large pitcher. Add 2 liters chilled diet ginger ale and ice. Garnish with sliced grapefruit, oranges, limes and (if you’d like) frozen cranberries. Makes about 1 gallon.

If you would like to share your favorite recipe with our Joy Journal readers, please submit your recipe to Eva at egalloway@namonline.org or drop it off at NAM 50+
Everyday Health & Nutrition

Jump Over the Junk Food

Processed junk food is extremely unhealthy to consume. These foods have been created in such a way that they trigger the pleasure center in your brain causing you to overeat. These foods are usually low in fiber, protein and micronutrients, but high in unhealthy ingredients, such as added sugar, salt, and refined grains. This makes them mostly empty calories.

Don't Burn Dinner

Meat can be a nutritious and healthy part of your diet. It’s very high in protein and contains various important nutrients. However, problems occur when meat is overcooked or burnt. This can lead to the formation of harmful compounds that raise your risk of cancer. When you cook meat, make sure not to overcook or burn it.

Clean Towels

After use, approximately 49 percent of kitchen towels harbor illness-causing germs like staph and E-coli. You can keep your kitchen towels clean and germ-free by daily replacing them with clean fresh ones. Launder them using hot water, detergent, and bleach, or use a detergent with peroxide.
Volunteer Bus Drivers
The senior center is still in need of a volunteer driver for Wednesdays and a substitute volunteer to drive our 14 passenger bus to pick up members and transport them to NAM from 7:45 a.m. to 9:30 a.m. on Monday, Wednesday, and Friday. No special license is required.

Zumba Fitness Substitute Teacher
We are in need of a volunteer to occasionally lead our Zumba Fitness Class. If you have a passion to help seniors become/remain physically fit, please contact Eva.

Ballroom Dance Teacher
The senior center is looking for a volunteer who is willing and able to teach the Ballroom Dance Class. Please see Eva if you are interested in helping.
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<td>10am Ballroom Dancing</td>
<td>10am Zumba Gold/Fitness</td>
<td>1 pm Intermediate Line Dancing</td>
<td>10:30am Wii Bowling</td>
</tr>
<tr>
<td>10:30am Literature, Etc.</td>
<td></td>
<td>11:30 am 60+ Cafe/Nat'l Old Stuff Day</td>
<td></td>
<td>10:30am Computer Class</td>
</tr>
<tr>
<td>10:30am Crochet Class</td>
<td></td>
<td>11:30 am 60+ Cafe/Nat'l Pound Cake Day</td>
<td></td>
<td>10:45am Tap Dancing</td>
</tr>
<tr>
<td>11:30am 60+ Cafe/Nat’l Old Stuff Day</td>
<td></td>
<td></td>
<td></td>
<td>11:30am 60+ Cafe/Nat’l Dress in Blue Day &amp; Nat’l Orco Cookie Day</td>
</tr>
<tr>
<td>12 pm Duplicate Bridge</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27: 9:30am Exercise Class</td>
<td>9:30am French Class</td>
<td>9 am Advanced Line Dancing</td>
<td>10am Helping Hands II</td>
<td>9:30am Exercise Class</td>
</tr>
<tr>
<td>10 am Bingo</td>
<td>10am Helping Hands</td>
<td>10am Bingo</td>
<td>11am Beginners Yoga</td>
<td>10am Bingo</td>
</tr>
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