



McCarty Center Elder Reader
 Monthly newsletter of the McCarty Senior Center
 19482 Highway 54
 Wheatland, MO 65779
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The Gift of Peace of Mind March 11th 5 to 8:30 p.m.

Join us for a free information session for planning for your elder years. We hope that the knowledge you gain will give you some peace of mind that you have put everything "in order" so your loved ones will not carry this responsibility. A light dinner will be provided for this session.

Annual Spring Fest

Spring is around the corner. Not only does it bring us the beginning of fresh garden beauty, it is also a great time to spruce up after being shut up all winter.

As the windows are opened, welcoming in the gentle spring breeze, it brings us energy and inspires spring cleaning. This makes for a great time to get rid of clutter and unused items lying around the house or the garage.

The date for our Spring Fest is May 11th and we have begun accepting nice auction items. Donating items for our annual spring auction helps support our home delivered meal program.

Broaden Your Horizons

Do you like theater? Were you in drama club in school or college? Maybe your interest has changed and you want to try something new? We are looking for interested persons who would like to take drama/acting classes. If you would like more information on participating in acting classes, please let Donnita know.



Thank you to all who came and supported our Comedy Show and dinner last month. A fun time was had by all!

A special thank you to our sponsors: Mary McCoy, Miller Body Shop, Nemo Quarry, OakStar Bank, Ott Tree Service, Linda Payne, Pelican Inn, Rains Ice, and Stanley Farm for providing funds to pay for the entertainment. Be sure you thank them too!

On **March 10** our Fundraiser will be "A Taste of Italy" Sunday Dinner, which was highly popular last year. We will be accepting your donations as payment for your meal. It will be served buffet style and menu items will include: Both Vegetable and Meat Lasagna, Stromboli, Pasta with Alfredo and Red sauces and other mouthwatering items.

In **April** we will be having our very well liked fundraiser breakfast.

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IT PAYS TO GET A GREEN MEAL TICKET!!

Congratulations to **Don Beel and Hal Geltmacher** are the latest lucky winners in our meal ticket drawing! You too can be a winner! For a \$25 contribution, you get a ticket, which has several benefits:

1. It is good for five meals.
2. You don't have to dig out money every time you come in. Just get your card punched.
3. When your card has five punches, it is put in for a monthly drawing. The prize???? One free ticket!

Meal tickets also make wonderful gifts for friends and family. Tickets are available from the hostess at the front desk.

A Change to a Two-Decade Tradition of Our Fried Chicken Day


The McCarty Senior Center has for more than two decades served our Fried Chicken on the 2nd Thursday each month. Due to unavoidable schedule changes, we will be moving our fried chicken day to the first Thursday each month beginning in April.

The building board meeting is scheduled for March 13th. It will be decided at that time how this will affect the public meeting. The activity report given by Donnita will be suspended until further notice.



McCarty Senior Center

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition	Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.		March 1 <u>Fried Fish</u> Spaghetti and Meat Sauce ♥<u>Roasted Sweet Potatoes</u> ♥<u>California Vegetables</u> Cole Slaw Rye Roll Oranges or Cook's Feature
March 4 <u>Parmesan Crusted Chicken</u> Shepherd's Pie ♥<u>Lima Beans</u> ♥<u>Italian Vegetable</u> Salad Wheat Roll SF Jello with Pears or Cookie	March 5 <u>Chicken and Dumplings</u> Stuffed Pepper ♥<u>Corn</u> ♥<u>California Vegetables</u> Salad Wheat Roll Pineapple or Poppyseed Cake	March 6 <u>Pepper Steak</u> Sweet and Sour Chicken ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Broccoli</u> Salad Rye Roll Fruit or Cowboy Cookie	March 7 <u>Chicken Enchilada</u> Beef and Bean Burrito ♥<u>Pinto Beans</u> ♥<u>Stewed Tomatoes</u> Salad Tortilla Sliced Peaches or Cake	March 8 <u>Fried Fish</u> Beef and Noodles ♥<u>Carrots</u> ♥<u>Peas</u> Cole Slaw Wheat Roll Mixed Fruit or Cook's Feature
March 11 <u>Chili</u> Sausage Gravy/Biscuit ♥<u>Baked Potato</u> ♥<u>Broccoli</u> Salad Crackers/Biscuit Oranges or M&M Cookies	March 12 <u>Sausage Egg Waffle</u> Sweet and Sour Chicken/Rice ♥<u>Whipped Sweet Potatoes</u> ♥<u>Normandy Vegetables</u> Salad Rye Roll Applesauce or Starburst Cake	March 13 <u>Chicken Tenders w/Cream Sauce</u> Garlic and Herb Pork Loin ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Stewed Tomatoes</u> White Roll Pears or Ranger Cookie	March 14 <u>Fried Chicken</u> Goulash ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Salad White Roll Peaches or Chocolate Banana Cake	March 15 <u>Fried Fish</u> Sloppy Joe ♥<u>Roasted Red Potatoes</u> ♥<u>Carrots</u> Cole Slaw Wheat Roll/Bun Pineapple or Cook's Feature
St. Patrick's Day <u>Corned Beef and Cabbage</u> Dublin Coddle ♥<u>Carrots</u> ♥<u>Boiled Potatoes</u> Salad Wheat Roll Applesauce or Chocolate Mint Pudding	March 19 <u>Lemon Pepper Chicken</u> Ground Beef Stew ♥<u>Lima Beans</u> ♥<u>Stewed Tomatoes</u> Salad White Bread Blushed Pears or Banana Cake	March 20 <u>Ham and Beans</u> Country Fried Steak ♥<u>Spinach</u> ♥<u>Normandy Vegetables</u> Mashed Potatoes/Gravy Cornbread Apples or Cinnamon Rolls	March 21 <u>Lasagna</u> Cashew Chicken/Rice ♥<u>Creamed Peas</u> ♥<u>Cauliflower</u> Salad Garlic Roll Pears or Oatmeal Cookie	March 22 <u>Fried Fish</u> Ham Mac and Cheese ♥<u>Broccoli</u> ♥<u>Corn</u> Cole Slaw Wheat Roll Mixed Fruit or Cook's Feature
March 25 <u>Breakfast Casserole</u> Beef Enchilada ♥<u>Black Eyed Peas</u> ♥<u>Spinach</u> Salad Biscuit/Tortilla Applesauce or Dessert	March 26 <u>Meatloaf</u> Salmon Patty/Cream Sauce ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Broccoli</u> Salad Rye Roll Pears or Chocolate Chip Cookie	March 27 <u>Seasoned Chicken Legs</u> Patty Melt ♥<u>Peas</u> ♥<u>Carrots</u> Salad Wheat Roll/Rye Bread Apples or Carrot Cake	March 28 <u>Chicken Noodles</u> Loose Meat Sandwich ♥<u>Zucchini and Tomato</u> ♥<u>Roasted Brussel Sprouts</u> Salad White Roll Fruit or Peanut Butter Cookie	Good Friday March 29 <u>Fried Fish</u> Vegetable Lasagna ♥<u>Roasted Sweet Potatoes</u> ♥<u>California Vegetables</u> Cole Slaw Wheat Roll Oranges or Cook's Feature

***Menu subject to change according to availability**

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive	
3	4	5	6	7	8	9
	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble	8-11 Indoor Walk 1:30 Crafty Friends Lighted Easter Bunny	8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive	
10	11	12	13	14	15	16
11:00 – 1:00 “A Taste of Italy” Sunday Dinner Fundraiser	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble 5-8:30pm Gift of Peace of Mind	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive 6:00 Country Memories Dance	Deadline to sign up for Paint with Sherri
17	18	19	20	21	22	23
	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble	8-11 Indoor Walk Deadline to sign up for April Crafty Friends Class.	8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive	8-11 Indoor Walk 3:00 Movie Matinee	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive	2:00 pm Paint with Sherri Whimsical Chickens
24	25	26	27	28		
	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive 5:00 Dirty Bingo and Baked Potato Bar	8-11 Indoor Walk		



Dirty Bingo and Loaded Potato Dinner Wednesday, March 27 5-7pm.

If you're looking for a fun weekday meal and activity, plan to join us. \$5.00 will get you a loaded baked potato, dessert, a drink, and one bingo card. Additional cards can be bought for \$1.00 each. Add in a little twist to the prizes and you get a whole lot of fun. So, grab a bunch of friends and join us!



Movie Matinee

Come and join us for our free movie matinee on Thursday, March 21 from 3:00 to 5:00 p.m.

We will be serving : Sloppy Joes with chips and a surprise dessert.

Donations for the food are welcome.

It will be fun!



Boutique

Our boutique is open from 9:00 a.m. to 1:00 p.m. Monday through Friday. Shopping and donations

should occur during those hours.

We are so appreciative of both our shoppers and our donors. THANK YOU!

Note: The money collected from the boutique goes to pay the insurance on our building.



Crafty Friends

On March 5 we will be making a lighted Easter bunny. A donation of \$8 toward the cost of the materials would be appreciated. (You can get a sneak peek of the project at the front desk.)

Upcoming craft projects:

April 2: Paper Cutting

May 7: A Mother's Day Silhouette pebble art.

June 3: A Patriotic project

Please join us for a fun afternoon of crafting, and bring a friend! Everyone is welcome.



Paint with Sherri

This month the class will be painting some whimsical chickens. (You can see her sample on the front desk.)

Date: March 23

Time: 2:00 p.m.

Cost: \$35 (cash only please)

You **MUST** sign up to take this class by March 15 as Sherri has some prep work she needs to do before the class. Sign up sheet is next to the sample.

Come join in the fun and bring a friend!

Country Memories

Dance

The Country Memories Dance will be on Friday, March 15 from 6:00 –9:00 p.m. \$5 per person.

Put your dancing shoes on and come two-step to your heart's content!



March 1 is National Pig Day. Find out how much you really do know about the little(?) porkers

1. There are about _____ pigs in the world.
a) 200,000 b) 25 million c) 675 million d) 999,999
2. Pigs can be found on every continent except
a) Argentina b) Antarctica c) Asia d) Africa
3. Female pigs without babies are called:
a) daughters b) sows c) gilts d) aunts
4. Pigs spend how much of their day sleeping:
a) 1/2 b) 1/4 c) 2/3 d) 1/3
5. Full grown pigs weigh between:
a) 100 & 300 lbs. b) 200 & 400 lbs. c) 300 & 700 lbs. d) 400 & 900 lbs.
6. Pigs have excellent sense of smell—about _____ times better than ours:
a) 100 b) 500 c) 3,000 d) 2,000
7. Male pigs are called:
a) boars b) sows c) uncles d) dads
8. Pigs can run up to _____ miles per hour:
a) 44 b) 33 c) 22 d) 11
9. Pigs have poor eyesight.
a) True b) False
10. A pig's snout is very sensitive.
a) True b) False
11. Because of their amazing sense of smell, pigs can be taught to sniff out:
a) Candy b) Landmines c) Skunks d) Grape jelly
12. How many teeth do pigs have?
a) 44 b) 33 c) 22 d) 11
13. A pig's stiff hairs are called bristles. They were once used to make:
a) twine b) hair brushes c) dish scrubbers d) paintbrushes
14. Although they wallow around in mud to keep themselves cool, pigs are actually very clean animals.
a) True b) False
15. Pigs are very smart. They have an IQ equal to a:
a) 1-yr old child b) 2-yr old child c) 3-yr old child d) 4-yr old child
16. Their favorite way to sleep is:
a) tail-to-tail b) by themselves c) nose-to-nose d) with their mates



McCarty Senior Center

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19482 Highway 54



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The McCarty Senior Center is one of 20 centers operated by Care Connection for Aging Services, a non-profit area agency on aging serving 13 counties in West Central Missouri—including Bates, Benton, Carroll, Cedar, Chariton, Henry, Hickory, Johnson, Lafayette, Pettis, Saline, St. Clair, and Vernon. It's mission is to provide opportunities to create positive aging experiences.



What can I do?

All Purpose Flour
Sugar

SUGGESTION BOX RESPONSE

We had an inquiry about when we are going to have someone come in to cut toenails. The answer is that we have been working on it and have our fingers crossed. The wheels are turning slowly but we have every hope that it will come to pass preferably sooner than later.

Center Service Board Report

Call to Order: The meeting was called to order at by Rhonda Hargiss at 1:32 p.m..

Minutes of 1/23/2024 approved as read. Motion made by Richard, Second by Balinda.

Treasure's report- Richard reported that the center ran a \$3,221 deficit in December. The current fund balance is \$57,328.

Staff Reports were made by: Center Coordinator/ Head Cook report: Donnita reviewed the activity statement. Reported that her first coordinator meeting was 2/8/24. All the coordinators met with the new Executive Director Wendy Martin. The purpose of the meeting is to hopefully address the disconnect between centers and central office. Wendy will meet with the center coordinators; the coordinators can then bring that information back to the board.

Executive Board member report: No report
Regional Services Director Report: The budget process is underway. Chris and Wendy are hoping boards will be more involved with the planning of activities and recreation this year as well as the fundraising plan. Board members are welcome to attend the last budget meeting where the budget will be finalized and approved.
Old Business:

Two computers were donated by the building board. They are in the office and are working well.

New Business:

There were 2 open board positions and we had two interested parties inquire about serving. Mark Haynes and Brad Black attended as guest. After expressing their desire to serve on the board, they were both appointed by unanimous decision.

The Friends of the Library have asked to display a quilt that they are raffling off at the center. After discussion, Mark reminded the board that they had already set policy regarding fundraisers by other groups using the center after covid. After reviewing this policy, the board decided that this policy prevents groups from displaying raffle items. Donnita will advise them.

Richard expressed concern over Care Connection scheduling the Center Coordinators meeting on fried chicken day. Chris explained that the decision had to be made based on what was best for most of the centers. The board discussed options such as changing fried chicken day or trying to schedule more volunteers. Donnita will ultimately decide.

Next meeting date will be March 26, at 1:30.

ANSWERS TO PIG PUZZLE

1 c	2 b	3 c	4 d
5 c	6 d	7 a	8 d
9 a	10 a	11 b	12 a
13 d	14 a	15 c	16 c



A rich young woman sat beside a poor elderly man on a plane. She alerted the flight attendant upon taking her seat. The flight attendant answered warmly, when the woman abruptly said, "Please find me another seat immediately." The flight attendant responded, "I'm sorry Ma'am, but the economy cabin is fully booked." The rich woman replied, "But I'm not going to travel beside a worthless bum. Do something." While the elderly man stared in disbelief, the flight attendant responded, "I'll talk to the Captain about this." The flight attendant went to the Captain and asked, "Captain, a woman feels uncomfortable sitting beside a poor elderly man. What should we do?" Surprisingly, the Captain's face changed. He looked amused and said, "This woman is interesting. I've never encountered an issue like this before. I have a plan. Listen.." And the Captain relayed to the flight attendant what he wants to do. The flight attendant was stunned at his plan. In fact, she was amazed. A few minutes later, the flight attendant returned. "The Captain said we could use an open seat in First Class. He also wants to apologize for having to travel with such a terrible person." As the woman rose out of her seat, the flight attendant reached out her arm towards the poor elderly man. "Sir will you please follow me?" To which the plane applauded.

(We are created equal—not one is better than another.)