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.

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

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<td>Parmesan Crusted Chicken&lt;br&gt;Shepherd’s Pie&lt;br&gt;<strong>Lima Beans</strong>&lt;br&gt;<strong>Italian Vegetable</strong>&lt;br&gt;Salad&lt;br&gt;Wheat Roll&lt;br&gt; SF Jello with Peas or Cookie</td>
<td>Chicken and Dumplings&lt;br&gt;Stuffed Pepper&lt;br&gt;<strong>Corn</strong>&lt;br&gt;<strong>California Vegetables</strong>&lt;br&gt;Salad&lt;br&gt;Wheat Roll&lt;br&gt;Pineapple or Poppysseed Cake</td>
<td>Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</td>
<td>Chicken Enchilada&lt;br&gt;Beef and Bean Burrito&lt;br&gt;<strong>Pinto Beans</strong>&lt;br&gt;<strong>Stewed Tomatoes</strong>&lt;br&gt;Salad&lt;br&gt;Rye Roll&lt;br&gt;Fruit or Cowboy Cookie</td>
<td>Fried Fish&lt;br&gt;Spaghetti and Meat Sauce&lt;br&gt;<strong>Roasted Sweet Potatoes</strong>&lt;br&gt;<strong>California Vegetables</strong>&lt;br&gt;Cole Slaw&lt;br&gt;Rye Roll&lt;br&gt;Oranges or Cook’s Feature</td>
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| Chili<br>Sausage Gravy/Biscuit<br>**Baked Potato**<br>**Broccoli**<br>Salad<br>Crackers/Biscuit<br>Oranges or M&M Cookies | Sausage Egg Waffle<br>Sweet and Sour Chicken/Rice<br>**Whipped Sweet Potatoes**<br>**Normandy Vegetables**<br>Salad<br>Rye Roll<br>Applesauce or Starburst Cake | Pepper Steak<br>Sweet and Sour Chicken<br>**Mashed Potatoes/Gravy**<br>**Broccoli**<br>Salad<br>Rye Roll<br>Fruit or Cowboy Cookie | Chicken Enchilada<br>Beef and Bean Burrito<br>**Pinto Beans**<br>**Stewed Tomatoes**<br>Salad<br>Tortilla<br>Sliced Peaches or Cake | Fried Fish<br>Beef and Noodles<br>**Carrots**<br>**Peas**<br>Cole Slaw<br>Wheat Roll | March 1<br>Fried Fish<br>March 2<br>March 3<br>March 4<br>March 5<br>March 6<br>March 7<br>March 8<br>March 9<br>March 10<br>March 11<br>March 12<br>March 13<br>March 14<br>March 15<br>March 16<br>March 17<br>March 18<br>March 19<br>March 20<br>March 21<br>March 22<br>March 23<br>March 24<br>March 25<br>March 26<br>March 27<br>March 28<br>March 29<br>Good Friday | St. Patrick’s Day<br>Corned Beef and Cabbage<br>Dublin Coddle<br>**Carrots**<br>**Boiled Potatoes**<br>Salad<br>Wheat Roll<br>Applesauce or Chocolate Mint Pudding | Lemon Pepper Chicken<br>Ground Beef Stew<br>**Lima Beans**<br>**Stewed Tomatoes**<br>Salad<br>White Bread<br>Blushed Pears or Banana Cake | Ham and Beans<br>Country Fried Steak<br>**Spinach**<br>**Normandy Vegetables**<br>Mashed Potatoes/Gravy<br>Cornbread<br>Apples or Cinnamon Rolls | Lasagna<br>Cashew Chicken/Rice<br>**Creamed Peas**<br>**Cauliflower**<br>Salad<br>Garlic Roll<br>Pears or Oatmeal Cookie | Fried Fish<br>Ham Mac and Cheese<br>**Broccoli**<br>**Corn**<br>Cole Slaw<br>Wheat Roll<br>Mixed Fruit or Cook’s Feature | March 1<br>Fried Fish<br>March 2<br>March 3<br>March 4<br>March 5<br>March 6<br>March 7<br>March 8<br>March 9<br>March 10<br>March 11<br>March 12<br>March 13<br>March 14<br>March 15<br>March 16<br>March 17<br>March 18<br>March 19<br>March 20<br>March 21<br>March 22<br>March 23<br>March 24<br>March 25<br>March 26<br>March 27<br>March 28<br>March 29<br>Good Friday | Breakfast Casserole<br>Beef Enchilada<br>**Black Eyed Peas**<br>**Spinach**<br>Salad<br>Biscuit/Tortilla<br>Applesauce or Dessert | Meatloaf<br>Salmon Patty/Cream Sauce<br>**Mashed Potatoes/Gravy**<br>**Broccoli**<br>Salad<br>Rye Roll<br>Pears or Chocolate Chip Cookie | Seasoned Chicken Legs<br>Patty Melt<br>**Peas**<br>**Carrots**<br>Salad<br>Wheat Roll/Rye Bread<br>Apples or Carrot Cake | Chicken Noodles<br>Loose Meat Sandwich<br>**Zucchini and Tomato**<br>**Roasted Brussel Sprouts**<br>Salad<br>White Roll<br>Fruit or Peanut Butter Cookie | Fried Fish<br>Vegetable Lasagna<br>**Roasted Sweet Potatoes**<br>**California Vegetables**<br>Cole Slaw<br>Wheat Roll | March 1<br>Fried Fish |}

*Menu subject to change according to availability*
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**ACTIVITY CALENDAR**

**11:00 – 1:00 *A Taste of Italy***

**Sunday Dinner Fundraiser**

**Deadline to sign up for Paint with Sherri**

**2:00 pm Paint with Sherri Whimsical Chickens**

**5:00 Dirty Bingo and Baked Potato Bar**
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!

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.

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!

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!

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.
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 scrubs   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
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.

New Business:

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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:

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.

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.

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. 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. We had an inquiry about whether we can do something for someone who is a poor elderly man. 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.