

ADULTS 50+ NEWSLETTER

April 2024

TOP NEWS OF THE MONTH

FIRST FRIDAY FIELD TRIP
APRIL 5TH:
ANTIQUE SHOPPING & LUNCH
10:00AM -1:30PM

THURSDAY APRIL 18TH:
ART CLASS

DON'T FORGET!!
CHAIR VOLLEYBALL
2ND AND 4TH TUESDAYS- 10:30AM

MONDAY

Evening Line Dance
5:00PM-7:00PM
(not included in 50+ membership)

25 Day Pass: \$50
10 Day Pass: \$25



TUESDAY

Chair Yoga
9:30AM

Chair Volleyball
10:30 (2nd at 4th Tues)

Evening Line Dance
5:00PM-7:00PM
(not included in 50+ membership)

25 Day Pass: \$50

WEDNESDAY

Scrabble
10:00AM



THURSDAY

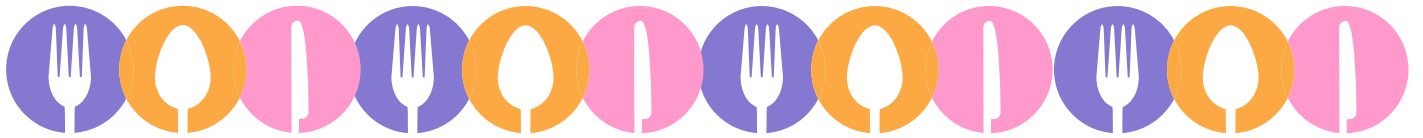
Sit Fit
9:30 AM

Bingo
10:30AM

Silver Liners
2:00PM

Helpful Hints

Teabags have been known to keep pests from damaging and destroying your plants. Simply bury the teabags in your garden and the smell will keep pests and rodents at bay.



Ingredients:

8 ounces cream cheese softened
1 cup sour cream
1/4 cup granulated sugar
1 teaspoon vanilla extract
2 pounds red seedless grapes chilled (about 5 cups)
2 pounds green seedless grapes chilled (about 5 cups)
3/4 cup brown sugar
1 cup walnuts or pecans, toasted and chopped

Spring Grape Salad

Instructions:

In a large bowl, add cream cheese, sour cream, granulated sugar, and vanilla and stir to combine. Carefully fold in the grapes and gently toss until evenly coated. Meanwhile, in a small bowl, mix brown sugar and walnuts.

Sprinkle the brown sugar mixture on top of the grapes. Cover and chill at least 1 hour or overnight.

Serve cold.