

◆ APPLE CORE ◆

409-892-4455 | 409-722-7782

NUTRITION & SERVICES FOR SENIORS

June 2019



WE ♥ DAD

“My father used to say that it’s never too late to do anything you wanted to do. And he said, ‘You never know what you can accomplish until you try.’”

Michael Jordan

“It is a wise father that knows his own child.”

William Shakespeare

“A good father believes that he does wisely to encourage enterprise, productive skill, prudent self-denial, and judicious expenditure on the part of his son.”

William Graham Sumner

“To be as good as our fathers we must be better, imitation is not discipleship.”

Wendell Phillips

“The heart of a father is the masterpiece of nature.”

Antoine Francois Prevost

Any man can be a father but it takes someone special to be a Dad.

“Every great achiever is inspired by a great mentor.”

Lailah Gifty Akita



Celebrate Father’s Day this June

Did you know? There are more than 70 million fathers in the United States.

The nation’s first Father’s Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972 - 58 years after President Woodrow Wilson made Mother’s Day official - that the day honoring fathers became a nationwide holiday in the United States. Today, economists estimate that Americans spend more than \$1 billion each year on Father’s Day gifts.

5 Tips for Healthy Summer Eating



Work more veggies into your diet.



Pick a lot of different veggies and lean proteins for salads.



Try to avoid overdoing it at summer BBQs.



Cook at home.



Don’t forget the fruit.

FATHER’S DAY JUMBLE

Unscramble these words that famously describe Dear Old Dad. As a bonus puzzle, unscramble the underlined letters.

NGRSTO

NYFUN

TARSM

EHNOTS

DKIN

OREH

DTEVODE

BLREIAEL

YDANH

YALLO



BONUS PUZZLE:

The Dad Jokes You've Been Waiting For



Did you know the first French fries weren't actually cooked in France? **They were cooked in Greece!!**

What do you call someone with no body and no nose?
Nobody knows.

If you see a robbery at an Apple Store does that make you an iWitness?

Did you hear the news? Fed-Ex and UPS are merging. They're going to go by the name Fed-Up from now on.

Server: Sorry bout your wait.
Dad: Are you saying I'm fat?

Why couldn't the bike stand up by itself? **It was two tired.**

What's Forrest Gump's password? **1forrest1**

DISTRIBUTED BY:

Nutrition & Services for Seniors
4590 Concord Road
Beaumont, TX 77703
www.seniormeals.org
409-892-4455 ♦ 409-722-7782

BACON CHEDDAR STUFFED BURGERS

INGREDIENTS:

- 2 lbs. ground beef
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. garlic powder
- 1/4 cup onion, minced fine
- 9-10 slices bacon
- 8 oz. cheddar cheese, shredded
- 6 hamburger buns



DIRECTIONS:

1. Fry bacon until crisp; crumble.
2. Combine beef, salt, pepper, garlic powder and onion and shape into 12 large, thin patties.
3. Top six patties with 1 TBSP bacon and 1 TBSP cheese.
4. Place remaining 6 patties on top of cheese/bacon topped patties and press edges to seal.
5. Grill or broil for 3-4 minutes per side until done. The last 2 minutes of cooking top patties with remaining bacon and cheese. Serve on buns with desired toppings.

7 LIFE HACKS THAT MAKE EVERYDAY TASKS EASIER

1. Reach items in the back of the refrigerator more easily by adding a lazy susan (turntable) on top of a shelf so it can be rotated to bring what you need to the front.
2. Add raised dot stickers to key phone and remote control buttons to make them easier to find.
3. Add stick-on corner guards or moldable putty that dries into rubber to counters, coffee tables, or nightstands with sharp corners to prevent injuries.
4. Wrap rubber bands around cups and mugs to make them easier to grip.
5. Keep your straws in place by taping it to a clothespin and clipping it to the glass.
6. To keep soap from slipping onto the shower floor, get a pair of old pantyhose and cut it in half so you have one leg. Put the bar of soap into the foot and tie the top end to the shower head or a handy grab bar.
7. Organize medications with a simple calendar stuck to the refrigerator. Pill organizers make sure the pills are taken at the right times of day and inexpensive plastic bins or shoe boxes keep medicine bottles organized.

TRIO

These four words can be completed using the same three-letter sequence.
Can you find it?

H _ _ _ O
S H _ _ _
C _ _ _ A R
_ _ _ I P S E

Can You Solve This Viral IQ Test?

- 9 = 72
- 8 = 56
- 7 = 42
- 6 = 30
- 5 = 20
- 3 = ?

