

◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

November 2019

THANKSGIVING WORD SCRAMBLE

Unscramble the Thanksgiving words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

HNLUTAKF

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TAGEFRLU

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MFLAIY

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IUPMKPN

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MIRPLGI

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AHVERTS

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TFINFSUG

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OENMREVB

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What **key** won't open any doors?

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Why do pilgrims' pants always fall down?
Because they wear their belt buckles on their hats!

What did the turkey say to the turkey hunter on Thanksgiving?
"Quack! Quack!"



Gratitude Challenge

Celebrate Thanksgiving by completing our 'Gratitude Challenge' during the month of November - or maybe even continue it throughout the year!

- Send a quick text to a family member letting them know how thankful you are for them.
- Call a friend and catch up.
- If you had a really positive experience at a local business, write a kind review.
- Send a note to someone in the mail telling them why you're thankful to have them in your life.
- Think about the material comforts you are thankful for. Make a list as long as possible.

TIPS FOR HEALTHY EYES

Good vision helps you perform well - at home, at work, or behind the wheel. That's why it's important to take a few simple steps to make sure you help keep your eyesight at it's best. A regular eye exam is the best way to protect your eyesight - and an easy precaution to take. Here are some tips to help maintain eye health as you age.

Limit Digital Devices & Blue Light

Get A Good Night's Sleep

Wash Your Hands

Wear Sunglasses

Don't Smoke

Exercise



Spinach Florentine Omelet

With so many appetizer, lunch, dinner and dessert options this holiday season, don't forget breakfast!



Ingredients:

- 1/4 cup plus 2 TBSP Egg Beaters
(or similar substitute)
- 1 TBSP shredded cheddar cheese
- 1/4 cup low-fat cottage cheese
- 1 tsp. Parmesan cheese, grated
- 1/4 cup spinach, chopped
- 1/4 cup tomato, diced

Directions: Apply cooking spray to a sauté pan and set over medium heat. Cook the tomatoes for 2-3 minutes, then add the spinach. Stir the vegetables until the spinach is wilted. Spoon the vegetables onto a plate and set aside. Spray the pan again, return to the heat and pour the eggs evenly over the bottom. Shake the pan periodically, and when the egg starts to slide freely, the bottom side is done. If the omelet looks like it is cooking but not sliding from the pan, use a spatula to loosen the bottom as needed. As the top begins to become firm, place cheese in the center and allow to melt. Then add the vegetables over the cheese and fold the egg over to form the omelet. Slide the omelet from the pan onto a serving plate.

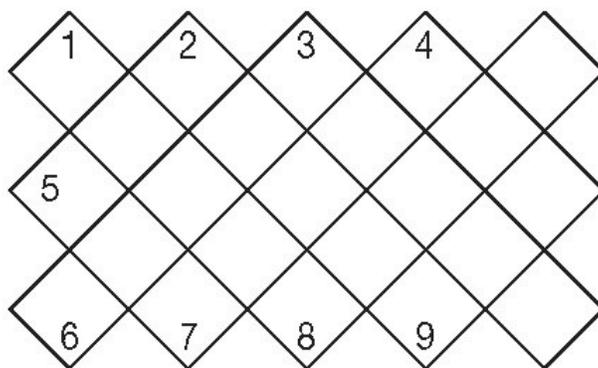
Holiday Shopping Safety Tips for Senior Citizens

With the holiday season fast approaching, you may find yourself out shopping more than usual. While you are enjoying the spirit of the season, you must still remain aware of your surroundings. Police nationwide report an increase in crime around the holidays, particularly in retail areas. Senior citizens are often targeted as the victims of crime, due to the perception that they will be easier to distract or slower to react to what is happening. Therefore, before you head out to the mall this holiday season, please read the safety tips below and keep them in mind.

- **Always keep your vehicle locked.** If you are storing shopping bags or other packages in your vehicle as you move between shops, place them in your trunk, where they will be out of sight. If this is not possible, bring a blanket to cover the bags. A thief will be less likely to break into your vehicle if they can't see what is inside it.
- **Shop during daylight hours when you can.** If you must shop at night, make sure to park in a location where there is adequate lighting both on your vehicle and on your path from it to the store you are visiting. The closer you can park to the door of the shop, the better.
- **At all times, be keen to your surroundings and always walk purposefully and with confidence.** Have your keys in hand before you exit a building to move toward your car. If you have to stop and fumble for your keys when you reach your car, you are making yourself vulnerable for attackers. You should also avoid carrying too many packages at once, so as not to be caught off balance.
- **Make sure your purses and wallets are secure, and be aware of them at all times.** Keep the number of credit cards you are carrying at a given time to a minimum, and know exactly which ones you have on hand. Additionally, you should keep a record of all of your credit card numbers in a safe place at home, in the event your credit card is lost or stolen. If you must carry cash, separate it into different pockets or locations on your person.
- The general rule about safety in number applies to holiday shopping as well. When possible, **bring a friend or relative with you to the store.**

What did the turkey say to the computer?
"Google, Google, Google"

Solve this unusual crossword, writing all answers diagonally up or down from left to right.



Down

- 1 - Museum piece
- 2 - Striped beast
- 3 - Informal speech
- 4 - Conclusion
- 5 - Tiny lie

Up

- 5 - Moroccan hat
- 6 - Manicure tools
- 7 - The Good Book
- 8 - Grouch
- 9 - &



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