

FEBRUARY NEWSLETTER



Events & Trips

- 2/1:** Bingo w/Avalon
- 2/7:** ABC Grant Class: Scrapbooking 1-2:30pm (must be signed up)
- 2/8:** Walmart & Valley Forge Auction w/ Steve 9:30am Cost: \$5
- 2/10:** Superbowl Party 11am
- 2/13-2/17:** Celebration of Love Week
- 2/14:** Valentine's Day Banquet 11am & Valentine's Bingo
- 2/15:** Loveable Ladies' Valentines Tea 1-2pm (must sign up)
- 2/15:** Coffee & Conversation: Alzheimer's Caregivers Support Group 2:30-3:30pm (first meeting!)
- 2/21:** ABC Grant Class: Scrapbooking 1-2:30pm (must be signed up)
- 2/28:** ABC Grant Class: Scrapbooking 1-2:30pm (must be signed up)

Kathy's Recommendation:

Panera Bread's Broccoli Cheese Soup (copycat)

Ingredients:

- 1/3 cup butter**
- 1/2 medium onion, chopped**
- 1/4 cup flour**
- 2 cups half and half**
- 2 cups chicken broth**
- 1/2 pound fresh broccoli, finely chopped**
- 1 cup peeled and shredded carrots**
- Salt and pepper (to taste)**
- 8 ounces grated sharp cheddar cheese**
- 1/4 tsp of nutmeg**

Melt butter in a large saucepan over medium heat. Add the onion and cook, stirring frequently.

Sprinkle the flour over the butter and onion. Cook and stir 3-5 minutes.

Slowly add the half and half. Whisk until smooth.

Stir in the chicken broth and bring soup to simmer for 20 minutes.

Add the broccoli and carrots. Cook for 20 minutes or until vegetables are tender and soup has thickened. Season with salt and pepper.

If needed, add soup to blender and process until smooth.

Over low heat, add the grated cheese, stirring until cheese melts.

Sprinkle nutmeg over soup then serve.



Welcome February

Despite the extravagant Valentine's Day celebrations, February is a relatively quiet time of year. It shadows January, the month of new beginnings, and subtly overtakes March, the month which heralds the coming spring.

Cradled between such prominent months, February calls us to pause, to reevaluate our priorities or the direction of our lives, to restore our minds and bodies with good things, and to rekindle genuine love in our hearts.

Genuine love has little to do with chocolate hearts, love poems, and soft teddy bears. It is, in its purest form, sacrificial. Genuine love prioritizes others over yourself. It energizes us, heals us, encourages us, and enables us to forgive the wrongs of others. After all, it was an act of unconditional love that drew humanity out of the "muck and mire" and enabled us to stand on a firm foundation in Christ.

In what ways can we express genuine love this month? Is there someone who hurt you whom you can't quite forgive? What about a neighbor who is in desperate need of encouragement or a friend who simply needs a shoulder to rest on?

This month let us all search for ways to genuinely love our family, friends, neighbors, and community.

REMINDER:

The Senior Center will be **CLOSED** when there is inclement weather.

Remember, if Johnson County Schools are closed so are we!

Veteran of the Month

Ted Trivett

Volunteering with the Senior Center's Meals on Wheels program since 2016, Ted served in the U.S. Army for 25 years. He and his wife Mary have been married for 52 years. In the past, Ted delivered letters as a mail carrier. Today he delivers meals for homebound seniors. His time in the service and volunteer work with the Center is much appreciated!



Volunteer of the Month

Harold Mastranunzio

A member of the Senior Center since July 2020, Harold volunteers regularly with Meals on Wheels and MyRide Johnson County. Serving in the U.S. Marines during the Vietnam War, Harold has a strong desire to help people in his community.

"I have always loved people," Harold said. "The Senior Center gave me the option to give back in an organized, well-managed fashion. I have built a whole additional family and friends here."



Updated Staff Information:

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Johnson County Senior Center
www.johnsoncountyseniorcenter.com

Book of the Month

Summer Island by Kristin Hannah

Join the book discussion Monday,
February 27th at noon.



Thanks to Dr. Walter Boutwell, books will
be available at the Senior Center!