Do you want to live longer?

New research notes that Senior citizens seem to benefit most from walking

Going for a good walk just may extend your life, according to the latest research; and, the protective effects of walking pace were also found to be more pronounced in older age groups. In the study, Seniors 60 and over experienced a 46 percent reduction in risk of death from cardiovascular causes, and fast pace walkers a 53 percent reduction. A good indicator of your pace, depending on your fitness level, is whether you get slightly out of breath or sweaty. According to Professor Stamatakis of Cambridge University, worth noting was that both genders as well as those of varying fitness levels benefited from walking. Further, “...analyses suggest(s) that increasing walking pace may be a straightforward way for people to improve heart health and risk for premature mortality. In situations when walking more isn’t possible due to time pressures or a less walking-friendly environment, what may be key according to Dr. Stamatakis is “Walking faster as a good option to get the heart rate up and one that most people can easily incorporate into their lives.”
The Harmonica is the world's best selling music instrument.

On this day... Alexander Graham Bell made the first ever phone call.

A collective noun for a group of baboons is a Congress.
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<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
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<td><strong>Chili &amp; Cornbread</strong>&lt;br&gt;Salad Bar&lt;br&gt;Ice Cream Sundaes</td>
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<td><strong>Ham &amp; Cheese Sandwich</strong>&lt;br&gt;Potato Chips&lt;br&gt;Cucumber Salad&lt;br&gt;Salad Bar&lt;br&gt;Peanut Butter Cookie</td>
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<td><strong>Mac &amp; Cheese</strong>&lt;br&gt;Zucchini &amp; Tomato&lt;br&gt;Ragu&lt;br&gt;Salad Bar&lt;br&gt;Cinnamon Roll</td>
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<td><strong>Chicken Breast Sandwich</strong>&lt;br&gt;Pasta Salad&lt;br&gt;Salad Bar&lt;br&gt;Gingered Pear Jell-O</td>
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<td><strong>Meatloaf</strong>&lt;br&gt;Cheesy Potatoes&lt;br&gt;Seasoned Green Beans&lt;br&gt;Salad Bar&lt;br&gt;Applesauce</td>
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<td><strong>Corned Beef &amp; Cabbage</strong>&lt;br&gt;Salad Bar&lt;br&gt;Wheat Roll&lt;br&gt;Poke Cake&lt;br&gt;*Served on Tuesday—17th</td>
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<td>23</td>
<td><strong>Hamburger Goulash</strong>&lt;br&gt;Winter Mix Vegetables&lt;br&gt;Red Jell-O&lt;br&gt;Salad Bar&lt;br&gt;Wheat Roll&lt;br&gt;Sherbet</td>
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<td><strong>BBQ Meatballs</strong>&lt;br&gt;Mashed Potatoes&lt;br&gt;Cole Slaw&lt;br&gt;Salad Bar&lt;br&gt;Wheat Roll&lt;br&gt;Lemon Bar</td>
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<td><strong>Spaghetti w/meat sauce</strong>&lt;br&gt;Spinach&lt;br&gt;Bread Stick&lt;br&gt;Salad Bar&lt;br&gt;Coconut Cake</td>
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**Served on Tuesday—17th**

Salad Bar served at 11:30 and Meals are served at 12:00.

We do ask for a $4.00 Meal Donation for Seniors and its $8.00 for Non-Seniors.

**RSVP** by 2 PM the day before.

Phone # 564-2776
ANNEX & SENIOR CENTER ACTIVITIES

Matter of Balance, Jan Senhenna
Tuesday & Thursday 8-9:00am, Annex

Tai Chi, Donna Hicks
Tuesday & Thursday from 1:00-2:00pm, Annex

Computer Class, Farrell Greenly,
Wednesday 10:00-Noon, Annex

Blood Pressure Checks
Fridays 11:30—12:00, in the Senior Center

Southwest Artist League
Tuesday, 10:00-12:00, in the Senior Center

Golden Age Dancing
Thursday Evening from 7:00-9:00pm, Senior Center

Flourless Peanut Butter Muffins
Ingredients
2 MEDIUM SIZED BANANAS—1 CUP NATURAL PEANUT BUTTER—6 MEDJOOL DATES (PITS REMOVED)
SEA SALT (OPTIONAL)

Instructions
PREHEAT OVEN TO 350.—IN A FOOD PROCESSOR, MIX ALL THREE INGREDIENTS UNTIL EVERYTHING IS BLENDED WELL.—SPOON BATTER INTO STANDARD SIZED MUFFIN PANS. THE MUFFIN PANS NEED TO BE GREASED OR LINED. BAKE FOR 15-20 MINUTES

LET THEM COOL COMPLETELY BEFORE REMOVING FROM THE PANS ....

ENJOY!!!

Food at no Cost
SENIOR BOXES: 4TH TUESDAY OF EVERY MONTH. CONTACT LORI THOMPSON 564-2775
COMMODITIES FEB 1, LORI THOMPSON 564-2775
TOWAOC FOOD PROGRAM: 3RD TUESDAY EACH MONTH. HARVEY FROST (970) 565-3751.
GOOD SAMARITAN FOOD BANK: 30 N.BEECH ST., CALL (970) 565-6424
Word Search

P M G P N E E T N E V E S M G
S H F R Q F P M F O U R L O F
A W C O E D L Q F O W D L W D
I E S R E E O W K I E D I E S
I W A R A N E C R A R A R A
T O Z D T M D R O D K C U L Z
J B X J Y X J T R J Y X J Y X
G N C L O V E R M G U C G K
U I V U I F U R A U T V U C V
I A H I A N I I H I O N I O N
E R D E P D E R S E P R E P D
W L L W L W M W P D W T M W L M
S H S I R I S L Y A D I L O H
X J P X J P V K P X J P X J P
Z H L E P R E C H A U N Z H L

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

1. HOLIDAY
2. SAINT
3. PATRICK
4. IRISH
5. GREEN
6. SHAMROCK
7. FOUR
8. LEAF
9. CLOVER
10. LUCK
11. POT
12. GOLD
13. LEPRECHAUN
14. RAINBOW
15. MARCH
16. SEVENTEEN

St. Patrick's Day Crossword

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Across
3. Colorful Arc
7. Where can you find a leprechaun?
9. Good___
10. Little Green Elf

Down
1. Four-leaf Clover
2. In what do leprechaun's store their gold?
4. People from Ireland
5. St. Patrick's Day Color
6. Expensive Shiny Metal
8. How many colors are there in a rainbow?
Your Medicare Part D Questions Answered

Part 1: How Medicare Part D Works
Before deciding whether to sign up for Medicare drug coverage, you need to understand how the program works as a whole.

Part 2: 'Extra Help' Paying for Prescriptions
If you have a limited income you may qualify for Medicare's "Extra Help" coverage.

Part 3: Moving In and Out of the Doughnut Hole
Medicare Part D provides coverage up to a certain level each year. After that, there's a gap known as the "doughnut hole."

Part 4: Do You Need Medicare Part D?
Don’t dismiss Medicare drug benefits out of hand — even if you have good coverage or don’t take any prescription drugs.

Part 5: Choosing a Part D Drug Plan
Compare what's available to find the plan that's best for you.

Part 6: Signing Up for a Part D Drug Plan
Once you’ve chosen a Part D plan, it’s easy to sign up. But make sure the plan you're buying really is the plan you want.
Valentines Day Fun