

December 2011




Happy Holidays

DID YOU KNOW ?




Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Peppers with 3 bumps on the bottom are sweeter and better for eating.  Peppers with 4 bumps on the bottom are firmer and better for cooking.



Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size and you get to frost more cake/cupcakes with the same amount.  You will also consume less sugar & calories per serving.

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient & see how easily it comes right out.



With 60 in the rearview mirror, we have 'know-how' and 'know-not' in our hip pocket, & the time is right for a few adjustments...

What Not to Wear:

Miniskirts.
T-shirts that say 'Sexy Grandma.'
Super-tight skinny jeans...even if you are both.

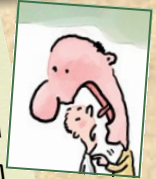


People to No Longer Tolerate:

Gossips.
Arrogant doctors.
Space invaders-those who stand too close, consuming space, energy, oxygen & time.

Things to Do At Least Once:

Stand up for what you believe, and do so with dignity.
Start telling the truth... every day.



Refer a friend to Franklin Park-Lewisville & receive \$1000 off your next month's rent ! Your referral must mention your name upon their first visit with Marilynn or Natasha



CARDS: Texas Hold-Em
Poker
Bridge
42
Canasta

BINGO:
CANDY BINGO;
BUZZWORD:

WORSHIP SERVICE:
CATHOLIC SERVICE:
BIBLE STUDY:

TOM THUMB/WALMART:
MAIN ST. WALMART:
KROGER/WALMART:
MAIN ST. WALMART:
DOCTOR APPTS:

MOVIES:
HAPPY HOUR:
SPECIAL EVENTS:
MONTHLY DANCES:
BOOK CLUB:

EXERCISE:
TAI CHI:
WATER AEROBICS:

NURSE:
BEAUTY SALON:

MEN'S NIGHT OUT:
LADIES LUNCHEON:
RED HATTER'S LUNCH:
DINNER CLUB:

BLDG. 1 SOCIAL:
BLDG. 3 POTLUCK:
BRUNCH:
LUNCH:

THE GAMES WE PLAY

Sundays, Mondays & Fridays 1:00pm
Tuesdays & Thursdays 3:00pm, Saturdays 3:00pm
Mondays & Thursdays 1:00pm
Mondays 6:30pm
Wednesdays 5:00pm
Tuesdays & Fridays 5:30pm
Wednesdays 1:30pm, Saturdays 12:30pm
2nd Tuesdays 10:00am

SPIRITUAL GROWTH

Sundays 2:00pm (*Non-denominational*)
2nd & 4th Tuesdays 10:00am
Thursdays 7:00pm

ABOUT TOWN

Mondays 10:00am (*Main St. Wal-Mart*)
Mondays 1:30pm
Fridays 10:00am (*Neighborhood Wal-Mart*)
Fridays 1:30pm
Tuesdays & Wednesdays 9:00am - 3:00pm

LET US ENTERTAIN YOU

Sundays 3:00pm, Wednesdays 7:00pm, Saturdays 7:00pm
Fridays 4:00pm (*unless a special event is scheduled*)
Check your calendar for specific dates & times
Check your calendar for specific dates and times
1st Mondays 1:00pm

KEEPING FIT

Mondays, Wednesdays & Fridays 10:00am
Fridays 2:00pm
Tuesdays & Thursdays 9:30am (*will resume in the Spring*)

HEALTH & BEAUTY

Tuesdays, Thursdays & Fridays 9:00am - 11:00am
Tuesdays & Thursdays 9:00am - 1:30pm, by appointment and
Fridays & Saturdays 10:00am - 4:00pm, by appointment

DINING OUT

4th Thursdays 4:00pm
2nd Thursdays 11:00am
4th Thursdays 11:00am
2nd Saturdays 4:00pm

SOCIAL GATHERINGS

3rd Wednesdays 5:00pm
3rd Wednesdays 5:00pm
Saturdays & Sundays 10:30am
Mondays thru Fridays 11:30am



NEW THIS MONTH!

We are excited to

announce that

Brenda Lawson is

back to teach

CHAIR YOGA

WEDNESDAYS

EXERCISE ROOM

Check your

calendar for times




***Dates and times are subject to change**

*Happy
Birthday*

Mariel Johnston
Harry Springfield
Laverne Lawrence
Morgan Millican
Jeanette Rolison
Ron Roszowski
Pearl Jimerson
Olivia Crowell
Marie Griffin
Frank Swatske
Radar Thomas



Carol Kelly
Patsy Cobb
John Harbo
Laura Pounds
Patsy Warner




FRANKLIN
Park
AT LEWISVILLE

Embracing Family, Freedom and Friends