



2 ~ Groundhog Day

February Holidays



21 ~ President's Day



14 ~ Valentines Day

Thirty days hath September, April, June, and November; All the rest have thirty-one, Save February, with twenty-eight days clear, And twenty-nine each **LEAP YEAR!**

AOA TRIP REGISTRATION POLICY

By registering for a trip, all participants agree to the following:

1. \$10 NON-REFUNDABLE DEPOSIT on all trips.
2. REFUNDS (less the deposit) will only be given on cancellations submitted in writing NO LATER THAN SEVEN DAYS prior to the scheduled trip and only when trip tickets can be resold. (REMEMBER, YOU ARE RESERVING A SEAT ON THE BUS.)
3. The YMCA reserves the right to change the itinerary as needed on trips.

HAPPY FEBRUARY BIRTHDAYS

- 1 - David Bliss
- Deborah Daves
- Rose Sauer
- 2 - Clarence Hancock
- Linda Pitchford
- Ernie VonRaesfeld
- 3 - Ruth Bannister
- Vicki Marsh
- 4 - Larken Safady
- 5 - Lori Davis
- Amelia Johnston
- Doug Oudin
- 7 - Roger Hults
- Joy Kelly
- 8 - Pat Bath
- Anne Dalton
- 9 - Della Bradley
- Pauline Dunn
- Joan Hathaway
- Gary Joham
- 10 - Guillermo Arellano
- Eleanor Elliott
- Dolores Malina
- Beatrice Peters

- 11 - Linda Barr
- Walter Berten
- Lori Hale
- Charlie Weaver
- 12 - Alice Meier
- 13 - Donna Brown
- Ronald Johnson
- Patricia LeVan
- Clifford Pape
- 14 - John Aitchison
- Frank Pagni
- Peggy Rosendahl
- John Woods

- 15 - Jill Crampton
- Thomas Gillett
- Vickie Hancock
- Shirley Laird
- Bob Neumann
- Ralph Phillips
- 16 - Jan Battersby
- Lillie Browne
- 17 - Marlin Collins
- Michelle Van Dyke
- 20 - Rita Carr
- Caroline Gardner
- 21 - Sonya Gale
- Thomas Specht

- 22 - Dallas Bruce
- Kenneth Hannum
- Anne Hiljus
- Michael Pascal
- 23 - Ferne Denney
- Sheron Leigh
- 24 - Lavonne Hardy
- Ronnie Kindrick
- James Knerl
- Charles Seagraves
- 25 - Edith Allende
- Kelly Kerner
- 26 - Orin Makinson
- Helen Saleska
- Carol Whelchel
- Albertha Woodruff
- 27 - Bea Davey
- Gary Gorton
- 28 - James Baker
- Joyce Delphy
- Wes Hamlett
- Annette Roe
- 29 - Ronald Zechello



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS
OF THE GRANTS PASS YMCA

FEBRUARY 2012

ASHLAND SHAKESPEARE PLAY

FEB. 29TH, 11am-6pm

In This Issue:

HEALTHY LIVING 2

1 CORINTHIANS 2
13

RECIPE-7-LAYER 3
CASSEROLE

RECIPE BOOK 3
PROJECT

FEBRUARY 4
BIRTHDAYS

Let's go to lunch and then watch *Animal Crackers*. A mad cap musical vaudeville from the 1920s, *Animal Crackers* involves a quartet of irreverent zanies who descend on a posh country weekend party completely upending everyone's lives. Captain Spaulding is the guest of honor, but he and his secretary Jamison have no interest in manners or social status. Spaulding would much rather poke fun at everything while he tries to convince his wealthy, widowed hostess to marry him. Written for the Marx Brothers, this slapstick madcap musical busts out with zany songs and lavish dance numbers. Released as a film after the 1929 Wall Street



crash and recently adapted, it proves that you can't keep an anarchic comedy full of pungent one-liners down.

Bring money for lunch and snack.

Members: \$65 Non-Members: \$95

Registration deadline is Feb. 7, 2012.

Limited to 17 participants.

Information

YMCA Hours:

Monday - Friday:

5:00 am - 9:00 pm

Saturday:

8:00 am - 5:00 pm

Sunday:

12:00 pm - 5:00 pm

Contact Us:

1000 Redwood Ave

PO Box 5439

Grants Pass, OR 97527

(541) 474-0001

www.grantspassymca.org

HISTORICAL MUSEUMS IN DEL NORTE, MARCH 15TH, 9AM-5PM

Let's go to the coast! We will go to Crescent City and visit the County Historical Museum which features the 1964 Tsunami Fresnel Lens, Furniture, Quilts, Tolowa/Yurok Room, Music Room, 1926 Jail Cells, Early Mills, Railroads, Mining and Ore Samples. We will also see Battery Point Lighthouse. Enjoy a breathtaking view of the surrounding sea stacks and Pacific coastline. If the tide and weather conditions are right, we will be

able to go out to the lighthouse. We will eat lunch at The Chart Room overlooking the Harbor.

Bring money for lunch and pack water and snacks.

Members: \$30

Non-Members: \$40

Registration deadline is
March 9, 2012.

Limited to 17 participants.

~ TO RECEIVE THIS PUBLICATION ELECTRONICALLY, SIGN UP AT THE FRONT COUNTER ~

HEALTHY LIVING ~ MAKING HEALTHY SUBSTITUTIONS FOR BAKING

PUNCH UP THE FLAVOR.....

Fat carries flavor. When fat is reduced or removed, foods can become bland, so it's important to increase flavorings and/or seasonings to compensate for that lost fat.

- * Use grated or shredded lemon, lime, or orange peel, or squeeze fresh juice to heighten flavor.
- * Add high-flavored ingredients like Dijon mustard, balsamic vinegar, garlic, ginger root, chili peppers, capers, sun-dried tomatoes, olives, hoisin sauce, or other full-flavored condiments.
- * Sprinkle or stir in chopped fresh herbs just before serving to enhance flavors.
- * Double or triple the amount of vanilla, and increase spices such as cinnamon and nutmeg when baking.

<http://www.eatbetteramerica.com/diet-nutrition/cooking-techniques/healthy-substitutions.aspx>

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- Edith Sitwell

I Corinthians 13 ~ The LOVE Chapter

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

And now these three remain: faith, hope and love. But the greatest of these is love.

RECIPE ~ 7-LAYER CASSEROLE

Layer the following ingredients in 13x9" pan:

- 1 c. uncooked rice
- 1 can corn, drained
(Salt & pepper)
- 1 (8 oz) can tomato sauce & 1/2 c. water
Chopped onion
Green pepper
- 1 lb. uncooked lean hamburger
(Salt & pepper)
- 1 (8 oz) can tomato sauce & 1/4 c. water
Cover the top with strips of bacon

Cover and bake 1 hour @ 350 degrees. Uncover and bake 1/2 hour longer. Optional...top with shredded cheese for the last 10 minutes.

Will he see his shadow or not? This question will be answered on February 2nd. If he does, 6 more weeks of winter. If he doesn't, warmer days will be here soon.



Recipe Book Project

The YMCA is wanting to put together a recipe book for Mother's Day. Please turn in your recipes at the front desk or email them to Lisa Bergeron at lbergeron@grantspassymca.net. Deadline to turn them in is March 31st.

