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**City of Apopka
Recreation Department**
11 North Forest Avenue, Apopka, FL 32703
Phone: 407-703-1741 Fax: 407-703-1741



Feb./Mar. 2016

Senior Sampler

City of Apopka

11 North Forest Avenue, Apopka, FL 32703 407-703-1642

Happy Valentine's Day!
Happy St. Patrick's Day!

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The next two months are filled with fun. In February our free movie is, "The Age of Adeline," starring Harrison Ford and Blake Lively. After an accident in 1937 miraculously causes Adeline to remain young, she never allows herself to get close to anyone who might learn her secret. However, when a chance encounter with a young man and his parents threatens to expose her, she makes a decision that will change her life forever. On February 15th, we will visit the famous Flea & Farmers' Market at Webster—so wear your walking shoes and bring your wallet as bargains abound! In March, our free movie is, "War Room" This film

follows the Jordans, a couple with great jobs, a beautiful daughter and a dream house. They seem to have it all, but appearances can be deceiving, Mark your calendar to attend our 10th annual Fun & Fitness Fair on March 17th. This event will be filled with free health screenings and lots of give-aways, you won't want to miss it! Our trip in March will be to the Ice House Theater in Mount Dora to see the musical, "Gypsy." Remember, February's potluck will be on Friday, February 27th and the potluck lunch for March will be a week early, on Friday, March 18th, due to a scheduling conflict with our children's Spring Break camp.



Happy Birthday, February & March!

Senior Recipe Corner

Morning Glory Muffins

- | | |
|-------------------------------|----------------------------------|
| 1 1/2 cups all-purpose flour | 1/2 cup whole wheat flour |
| 1 1/4 cups white sugar | 1 tablespoon ground cinnamon |
| 2 teaspoons baking powder | 1/2 teaspoon baking soda |
| 1/2 teaspoon salt | 2 cups grated carrots |
| 1 apple - peeled, & chopped | 1 cup raisins |
| 1 egg & 2 egg whites | 1/2 cup apple butter |
| 1/4 cup vegetable oil | 1 tablespoon vanilla extract |
| 2 tablespoons chopped walnuts | 2 tablespoons toasted wheat germ |

Preheat oven to 375 degrees F. Lightly oil 18 muffin cups, or coat with non-stick cooking spray. In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla. In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full. In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops. Bake at 375 degrees F for 15 to 20 minutes.



Health Fair March 17th

Mark your calendar and join us for the 10th annual Apopka Fun & Fitness Fair! Representatives from several local health organizations will be on site to share information and answer questions. There will also be lots of free health screenings, guest speakers, refreshments, exercise demos and more, as well as some fantastic door prizes. So be sure to join us for the FUN!

REMEMBER

Should you need to cancel your trip reservation, please call 407-703-1784. This will allow us to accommodate someone on our waiting list. *Thanks!*

Gypsy! March 31st

We will be visiting the Ice House Theater in Mount Dora to see the musical "Gypsy" on Thursday, March 31st. Featuring the songs *You Gotta Have a Gimmick, Together, Whenever We Go and Let Me Entertain You*; this is sure to be a memorable evening. Please be sure to sign up and pay by the March 4th deadline.

Membership Fees

- City Residents: \$ 9.00 Single
\$13.50 Family
- Non-City: \$13.50 Single
\$20.25 Family
- Membership Renewals for this year were due in January
- A current membership is necessary to participate in Senior events and activities.
- Questions or comments?
Call Lorena or Glendine
@ 407-703-1642

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	Free 4 Movie	5	6
7	8	9	10	11	Outdoor 12 Festival	Outdoor 13 Festival
14 Outdoor Festival	Webster 15 Flea Market	16	17	18	19	20
21	22	23	24	25	Potluck 26 Lunch	27

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	1	2	Free 3 Movie	4	5
6	7	8	9	10	11 Apopka Fair	12 Apopka Fair
13 Apopka Fair	14	15	16	Health 17 Fair	Potluck 18 Lunch	19
20	21	22	23	24	25	26
 SPRING BREAK CAMP						
27	28	29	30	Ice House 31 Theater		

Activities at a Glance

Date	Trip/Event	Depart	Return	Cost	Payment
Feb. 4	Free Movie "The Age of Adeline"	10:30 AM	12:00 PM	FREE	N/A
Feb. 15	Webster Flea & Farmers' Market	8:00 AM	2:00 PM	\$6	Feb. 15
Feb. 26	Senior Pot Luck Lunch	11:30 AM	1:00 PM	\$1 plus dish	Feb. 26
March 3	Free Movie "War Room"	10:30 AM	12:00 PM	FREE	N/A
March 17	Fun & Fitness Fair	9:00 AM	12:00 PM	FREE	N/A
March 31st	Ice House Theater "Gypsy"	5:00 PM	10:30 PM	\$23 PRE- PAY plus dinner	PREPAY March 4th
March 18	Senior Pot Luck Lunch	11:30 AM	1 PM	\$1 plus dish	March 18



Classes & Clubs

Monday	8:00 am 6:00 pm	Seniors Zumba Jazzco Fitness	Fran Carlton Center Fran Carlton Center
Tuesday	9:00 am 9:00 am 1:00 pm	Watercolor Painting Class Chair Exercise Fall Prevention Class	Fran Carlton Center Fran Carlton Center Fran Carlton Center
Wednesday	8:00 am 9:30 am 9:30 am 6:00 pm	Seniors Zumba Crafts & Chatter Cards & Bridge Jazzco Fitness	Fran Carlton Center Fran Carlton Center Fran Carlton Center Fran Carlton Center
Thursday	9:00 am	Chair Exercise	Fran Carlton Center