



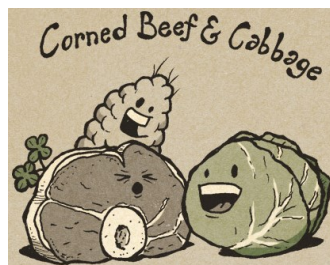
**March 15th @11:30 a.m.** Come join us for a Saint Patrick's Day lunch of corned beef and cabbage for \$5!

**March 24th @1 p.m.** Come join us for a presentation on indoor gardening in the Activity Room.

## MEMBERS ARE ENCOURAGED

Membership sign up sheets are located in bins just outside the Activity Room. Please sign up for each activity or event you want to attend to give planners ample time to provide enough space, food, tables, chairs, etc.

### HEALTH BENEFITS OF...



#### Corned Beef

Protein and B-vitamins.

#### Cabbage

Vitamin C and antioxidants. It may also reduce constipation, arthritis, and Alzheimer's disease.

#### Potatoes

Powerhouse of fiber, protein and calcium, along with iron, potassium, zinc and vitamin C.

#### Onions

Vitamin C and flavonoids which may help reduce the risk of Parkinson's disease, cardiovascular disease and stroke.

#### Carrots

Vitamin A is good for heart and digestive health.

#### White Turnips

Glucosinolates may help protect against cancer.

For more information: <https://spearehospital.com/>



### LENTIL & SAUSAGE SOUP

Eating a heart-healthy diet is simple when you focus on whole, minimally processed foods from a variety of food groups. This delicious and easy lentil sausage soup recipe is packed with fiber and flavorful ingredients.

#### INGREDIENTS:

- 1 pound Italian sausage
- 1 onion, chopped
- 1 large carrot, chopped
- 2 stalks celery, chopped
- 2 cloves of garlic, chopped or minced
- 1 cup of lentils
- 4 cups chicken or vegetable broth
- 14.5 ounce can diced tomatoes
- Salt and pepper to taste

INSTRUCTIONS: 1. In a large soup pot, cook the sausage until cooked through. 2. Add the chopped onion, carrot, celery, and garlic. 3. Cover the pot and let cook for 10 minutes, stirring occasionally. 4. Add lentils and mix. 5. Add the broth, tomatoes, salt and pepper and mix. 6. Bring to a boil with lid off. 7. Let boil for one minute and then turn down to a simmer for 30 minutes and enjoy!



#### COMING IN APRIL...

- ♥ Fraud in the 406
- ♥ Earth Day Potluck



### Fun Facts About Pinochle

- The word "pinochle" may come from the French word binocle, which means "two eyes."
- Pinochle is thought to have traveled to America via German immigrants through their game Binokel which was mispronounced as Pinochle.
- Pinochle is originally thought to be derived from the French card game bezique; pictured above is an oil painting from 1880 called "Game of Bezique" by French Impressionist artist Gustave Caillebotte.

Come play Pinochle with us on Fridays at 12:45 in the Activity Room!

### Montana Elderly Homeowner/Renter Credit



Above: We were excited to get a visit from our Governor Greg Gianforte who came to speak about the new credit!

If you are a Montana homeowner/renter over the age of 62 years, you may qualify for this credit (up to \$1,150) even if you do not have to file an income tax return.

You must have lived in Montana at least 9 months, rented or owned a home in Montana for at least 6 months, and have a total household income less than \$45,000.

The amount of your credit is calculated by a formula based on household income, rent and/or property tax. For more information, call Agency on Aging at 758-5730.

## Art room events



OPEN ART—Bring any project you want to work on, we provide the space! Thursdays from 9 a.m. to 4 p.m.



March 10th @1 p.m. Instructor Chelsea Dwello will be teaching a sand art class in the Art Room!



### Mardi Gras Gala

The Flathead Food Bank is hosting a Mardi Gras Gala! Enjoy an evening of entertainment featuring a Dixieland jazz band and captivating street performers. Try your luck with fun games for a chance to win prizes, and don't forget to stop by the photo booth to capture the memories of the night.

Every dollar raised will go towards helping those in our community. The event will be held at the Red Lion on **March 22nd @ 5 p.m.**

For more information:

<https://flatheadfoodbank.org/events/>