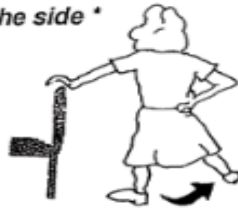


St. Patty's Day is Saturday March 17

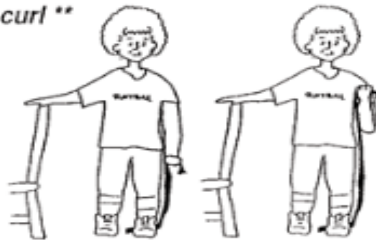
1. Hip to the side *



3. Lift leg backwards *



5. Arm curl **



7. Ankle Pumps **



2. Foot Circles *



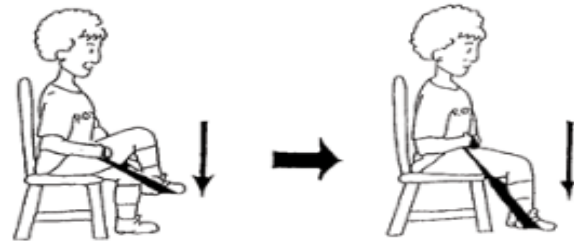
4. Shoulder blade exercises **



6. Knees in and out **



8. Hip extension **



Thank you to Stay on Your Feet* and Roybal - Boston University** for allowing us to use your diagrams

EVENTS – WE HOPE TO SEE YOU!!

March 10, you will find us at the Ramada in Galena, IL. for the Business Expo. 9-1 p.m.

March 22, we will be at Windsor Park in Dubuque, IA for a fun game of Who wants to be a Millionaire! Fun

Exercise Class Starting

February 6 @ 9:00 am | Recurring Event (See all)



How are we doing? Give us a shout out on Facebook!

Balance, stretching, and coordination classes will be starting on Tuesday, Jan. 2, at 9 a.m. and every Tuesday and Thursday until April in the small gym at the Hanover Township Park District building. The gym is across the hall from the Jo Daviess Senior Resource Center office. The free classes are led by Ken Mulholland.

This simple cake is one of my very favorite recipes year round. I serve it for dessert with fresh fruit or a whiskey sauce, have leftovers for breakfast with fruit and tea, and take it to potlucks with a variety of toppings. You will never go wrong serving this.

Irish Tea Cake

- 1/2 cup butter, softened
- 1 cup white sugar
- 2 eggs
- 1 1/2 teaspoons vanilla extract
- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/4 cup confectioners' sugar for dusting (I use a sifter to distribute the powder evenly)



Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch round pan.
 In a medium bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs, one at a time then stir in the vanilla. Combine the flour, baking powder and salt; stir into the batter alternately with the milk. If the batter is too stiff, a tablespoon or two of milk may be added. Spread the batter evenly into the prepared pan.
 Bake for 30 to 35 minutes in the preheated oven, until a toothpick inserted into the center comes out clean. Cool in pan on a wire rack, then turn out onto a serving plate. Dust with confectioners' sugar right before serving.

A Message to Our Clients....

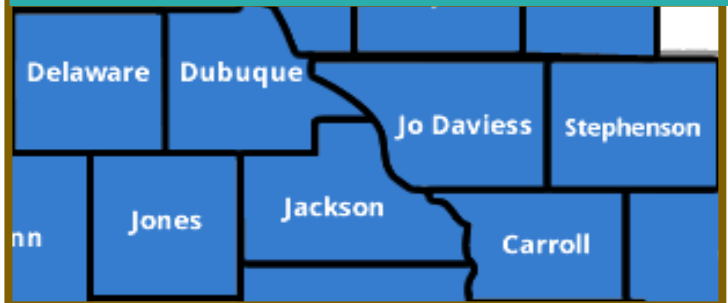
We would like to remind all of our clients and families that our after hours answering service is for immediate scheduling issues and emergencies only, please.

Also, it is important to have a back up plan in case staff are unable to make it to an appointment. We will contact you as soon as possible to let you know if staff will be late or are unable to get to their visit.

Thank you! Agency Administrator,
 Emmy Hinton



We are now serving Jackson, Jones, and Delaware counties in IOWA!



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Household Hints

Don't throw away that used aluminum foil - Use it, along with salt, to scrub your dirty cast iron skillet.

