

TRS CLUB ANNOUNCEMENTS

PLEASE NOTE TRS NEW MAILING ADDRESS:

P.O. Box 13062, Albany, NY 12212

- ◇ Next meeting is on April 10th at 10AM in the usual meeting room.
- ◇ Keep watching your email & trseniors.org for any news & updates.
- ◇ Important info re: Club Phone # - If you call the Club number you **MUST** leave a message so you can receive a call-back.

SENIOR DISCOUNTS ACCORDING TO AARP (membership NOT needed)

Sooo, getting older does have its perks!!

KOHL'S - On Wednesdays, shoppers 60+ can get a 15% discount in-store

Michaels - Rewards members 55+ get 10% off purchases, including sale items, in-store & online. You can still get the 10% discount on in-store purchases without the Rewards membership but may need to a valid ID as proof of age.

Walgreens - on the first Tuesday of the month, seniors 55+ who are members of the myWalgreens rewards program get 20% off in-store on regular price items. Excludes Prescriptions & clinical services & can't use coupons on top of discount. The 20% is also available online with code SENIOR20, but you must be logged into your Walgreens.com account. (AARP members are eligible for additional savings at).

Goodwill - One day a week, typically Tuesday or Wednesday, shoppers age 55+ or 65+ (depends on store) get 15 to 25% off their purchases. The deal is valid in-store and may not be offered at every store.

Pep Boys - Customers 55+ with a valid ID get a 10% discount on any in-store purchase

Welcome to our **New Members**

We are glad that you have joined our club & know you will enjoy all we have to offer



2024 Trips Schedule

**Chairperson: Jackie Mendini
Nancy Copeman, Esther Cioffi**

May 20 - Norman Rockwell Museum \$75/\$85

June 19 - Friesians of Majesty Horse Show

July - Lake George Dinner Theater - planning

**Possible Overnight in September to The Big E
(Eastern States Expo) in Springfield Mass**

In Memory Of

John Hulse

2/1948 3/2024

HAPPY BIRTHDAY

April "Babies"

Flower– Diamond

Birthstones– Sweet Pea

Zodiac Signs - Aries/Taurus



SUNSHINE COMMITTEE

Alida Van Dyke, Chairperson
518-505-5231 or avnoahsoma6@gmail.com

If you know of any Member who is sick, shut-in or may need to know we are thinking of them, Please let me know...or call Club at 518-314-9385.

HELP—If you have any extra cards bring them to Natalie at the Center. Thank you.

Easy Pea & Spinach Carbonara



Ingredients

- 1 ½ tablespoons extra-virgin olive oil
- ½ cup panko breadcrumbs, preferably whole-wheat
- 1 small clove garlic, minced
- 8 tablespoons grated Parmesan cheese, divided
- 3 tablespoons finely chopped fresh parsley
- 3 large egg yolks
- 1 large egg
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 (9 ounce) package fresh linguine
- 8 cups baby spinach
- 1 cup peas (fresh or frozen)

Directions

1. Put 10 cups of water in a large pot and bring to a boil.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add breadcrumbs and garlic; cook, stirring frequently, until toasted, about 2 minutes. Transfer to a small bowl and stir in 2 tablespoons Parmesan and parsley. Set aside.
3. Whisk the remaining 6 tablespoons Parmesan, egg yolks, egg, pepper and salt in a medium bowl.
4. Cook pasta in the boiling water, stirring occasionally, for 1 minute. Add spinach and peas and cook until the pasta is tender, about 1 minute more. Reserve 1/4 cup of the cooking water. Drain and place in a large bowl.
5. Slowly whisk the reserved cooking water into the egg mixture. Gradually add the mixture to the pasta, tossing with tongs to combine. Serve topped with the reserved breadcrumb mixture.

Bill thinks these are funny...

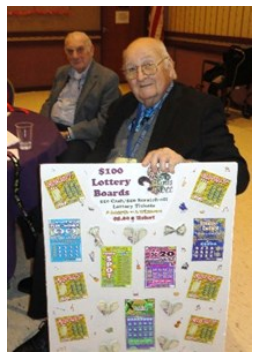


How does the moon cut his hair?
Eclipse it.

How do you keep a bagel from getting away?
Put lox on it.

What's the most famous painting of an eclipse? *The Moona Lisa!*

How do you organize a solar eclipse party?
You planet!



GOINGS ON AT THE HBK SENIOR CENTER 518-869-7172

Hours Mon-Fri 8:30am-2:30 pm

NO SCHEDULED CLOSINGS IN APRIL

- ⇒ Unless noted, Lunches are \$6 Eat In and \$7 Pickup. Pickup is available from 12:15 to 12:30pm.
- ⇒ \$7 Delivery is available to Village Resident shut-ins. Lunches MUST be ordered week before.
- ⇒ Menu on line, colonienvillage.org/seniorcitizens OR trseniors.org or call the Center 518-869-7172.
- ⇒ Transportation to the Center is available for VILLAGE residents over age 55. Call the Center.

REMEMBER: When there is an emergency check Channels 6, 10 or 13 for info. If South Colonie Schools are closed or have a two hour delay the Senior Center will be closed.