



Wisdom People St. Daniel Senior Citizens Group

The next Wisdom People Meeting will be Friday, May 6th, 2016. The May program will be Steven Essig (Jesse Derringer) singing many of your favorite songs. (Please note: no one will be allowed in the building until 12:00 Noon).

Welcome New Members!

Antoinette Campolito, Nora Coglitore, Josephine Fitzpatrick, Kathleen Kelley, Theresa Leader, Mary Morina, and Pauline Mirizio.



Hospitality Chairperson, Angela Murphy. Please call Angela at 455-5042 for reservations. The next meeting will be on May 6th, 2016. Please call by Friday, April 29th. Wisdom People meetings will be posted every week in the church bulletin.

Membership Chairpeople, Louise Epolito and Margie Mevec. Membership dues for 2016 are due.

Sunshine Chairperson, Helen Lynch. Any member sick, in the hospital or nursing home, please call the Rectory at 454-4946 and a message will be given to her.



*On your birthdays and always,
May God's love shower you with
blessings and fill your life with
rainbows.*

Have a Wonderful Birthday

Happy Birthday to our members:

In April: Mary Azzolino, Marylin Benedict, Bernie Dranschak, Josephine Fitzpatrick, Rosemary Gotham, Donald Gwynn, Richard Gwynn, Joanne Isabell, Julia Loperfido, Sally Previtire, Mary Ellen Rabe, Florie Sauter, Lorraine Schadt, Laura Toia, Helen White and Myrtle Zacharek.

"The most beautiful things in the world are not seen nor touched, they are felt with the heart." – Helen Keller



Louis Perioli
February 24, 2016

Let Us Pray

*Eternal rest grant unto him O Lord, and let perpetual
light shine upon him. May the souls of all the faithful
departed, through the mercy of God, rest in peace.
Amen.*

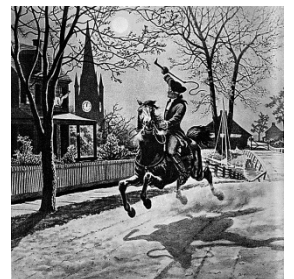
Wisdom People Memorial Mass May 6th, 2016
at 12:10 p.m.



April 1st
April 1st – 3rd
April 3rd
April 4th
April 6th
April 18th



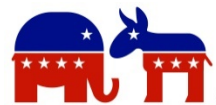
April Fool's Day
Annual Tigris Circus
Divine Mercy Sunday
Annunciation of the Lord
Army Day
Income Tax Day
and Patriot's Day



April 19th
April 22nd
April 27th



Presidential Primary Day
Earth Day
Administrative Professionals Day



April 29th
May 1st
May 5th
May 5th



National Arbor Day
May Day
The Ascension of the Lord
Cinco de Mayo
and National Day of Prayer





EVENTS

Acapella for the Fellas 2016 – Saturday, April 2nd from 7:30 – 10 p.m. in Hendricks Chapel at Syracuse University. \$20 at the door / \$15 seniors. All proceeds benefit The Housing and Homeless Coalition of Syracuse and Onondaga County. Performers will be The Crosbys (SUNY Binghamton), Five to Life (Gospel), NoXcuse (Modern Acapella), Orange Appeal (Syracuse University), and Upstate Blend (Barbershop).

83rd Annual Tigris Shrine Circus

Friday April 1st at 7 p.m., Saturday April 2nd at 10 a.m., 3 p.m., 7 p.m.
Sunday April 3rd at 1 p.m. & 5 p.m. Flyers on Information Table.



Syracuse Chiefs Opening Day:

The Syracuse Chiefs open their 2016

International League season on Thursday, April 7th at 2:05

p.m. when Lehigh Valley visits NBT Bank Stadium.

BINGO in Bridgeport Re-opens April 7th!

Every Thursday at the St. Francis of Assisi Parish Center, Route 298 Bridgeport. Bonus Ball Progressive! 6 on \$5 admission. Thursdays at 7 p.m. Doors open at 5:30 p.m. Pull tabs, food, beverages. 633-9682



Basket Bonanza at Our Lady of Pompei/St. Peter's School Cafeteria on April 16th at 5 p.m. Tickets now available in the parish and school offices. \$10 each – includes 2 basket chances, food, drink, and fun!



Presidential Primary Election will be held on Tuesday, April 19th between the hours of 12 p.m. and 9 p.m. at your local voting site.

Spring Fling Dance sponsored by Moving On Saturday, April 23rd from 7 – 10:30 p.m. at Liverpool Elks Club, 3730 Cold Springs Rd. Baldwinsville.



Music by DJ Paul Gleba. \$5 per person or \$9 per couple. Join us for a fun night of dancing and meeting new friends. Contact Rose Angotti 254-7990 or Diane Knowlton 426-2880 with any questions.

4th Annual Mangia Italiano to benefit Assumption Food Pantry & Soup Kitchen, on Saturday, April 30th from 4 – 7 p.m. at Assumption Church Parish Center. Join us for an evening of Pasta, Raffles and Laughs in support of our efforts to feed the hungry.



KEEP THIS DATE OPEN – SPRING CONCERT

Thursday, June 9th at 6:30 p.m. at St. Daniel School Gym
featuring the Lyncourt Community Band and the Harmony Katz
Barbershop Chorus singing in 4 part harmony. Sponsored by
The Wisdom People. Free Admission.



TRIPS

Flyers for booking and more information are on the Information Table.



Branson Show Extravaganza

Mattydale Hinsdale Seniors presents: Diamond Tours Inc. want you to join them for their trip to Branson, Missouri from September 17th – 25th. Incredible price of \$747 includes motorcoach transportation, 8 nights lodging including 4 consecutive nights in the Branson area, 8 breakfasts & 6 dinners, admission to 7 Fabulous Branson Shows in the mornings and evenings including a spectacular show and three course meal aboard the Showboat Branson Belle. For information and reservations contact Susan Burton at 243-1581. Flyer on Information Table.

* * *

Travel with Mary Scarsciotti To reserve your spot on the 3 trips below, call Mary Scarsciotti at 437-2360 or 416-1184, or John L. Denega at 432-1005.

1. Seneca Niagara on Monday, June 6th, 2016. Cost per person \$40. Trip includes round trip motor coach transportation, current Casino Bonus \$20 free play and \$5 food coupon.
2. The Divine Mercy Shrine in Stockbridge, MA on Monday, June 20th, 2016. Cost per person \$51. Trip includes round trip motor coach transportation.
3. Travel to Sainte-Anne-de-Beaupre, Quebec, Canada July 19th – 21st, 2016 Pricing” Twin \$269, Triple/Quad \$259, Single \$407. Tour includes roundtrip motor coach transportation, hotel accommodations at the Quality Suites Sainte-Anne Quebec, two breakfasts, stop at St. Joseph Oratory, optional tour of Quebec, and gratuities for your motor coach driver.

Turning Stone Trips

1st Wednesday of every month – leave Mattydale Big Lots at 8:30 a.m. Cost \$18.00, receive \$15.00 plus \$5.00 meal card in casino or bingo packet. Mary Heindorf 457-2669.

Saratoga Casino

Holiday Tour Trip to Saratoga Casino and Raceway, Saratoga, NY on Sunday, May 15th. Tour includes: Transportation, \$15.00 free slot play and \$5.00 Food Voucher. Cost \$50.00 per person.

Yellow Brick Road Casino

Mattydale Hinsdale Seniors Trip to Yellow Brick Road Wednesday, April 20th. Cost \$22 – includes \$10 Free play, \$5 Food Voucher.

Lilac Festival

Salina Civic Seniors Presents Lilac Festival Trip on Wednesday, May 11th. Cost per person \$54.00 Transportation, stop at George Eastman Museum, guided city tour of Rochester and guided tour of Highland Park, lunch experience at La Tea Da Tea Room. Depart from Big Lots in Mattydale at 7:45 a.m. and return at approximately 6:15 p.m.



Guess Who?

Virginia “Ginny” Quinn.

Having a wonderful time in Florida.

Will be back soon, with a tan!

Thank you Santangelo's for their donation of a \$25 gift certificate!





meals in minutes

fast and easy meals to get your family to the table on time

Easter leftovers? Try these **EGG-ceptional dishes**

Classic deviled eggs – with a twist

Ingredients

One dozen
hard-boiled eggs,
peeled

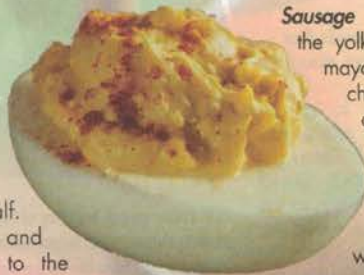
Directions

Cut the eggs
lengthwise in half.
Slip out yolks and
mash according to the
recipe, then spoon into the egg
whites.

Variations

Classic - Mash the yolks with 1/2 cup
mayonnaise, 1 tablespoon relish and 1
to 2 teaspoons Dijon mustard. Season
with salt and pepper. Spoon into the
egg whites; top with paprika.

Classic with bite – add two teaspoons
(or to taste) of prepared horseradish to
the above recipe.



Sausage and cheese - Mash
the yolks with 1/4 cup each
mayonnaise and shredded
cheddar. Season with salt
and hot sauce. Spoon
into whites; top with
browned crumbled
sausage.

Pizza - Mash yolks
with 1/3 cup mayo, 1/3
cup shredded mozzarella,
1/4 cup diced tomatoes and two
tablespoons chopped basil; salt and
pepper to taste. Spoon into whites; top
with sliced pepperoni.

Green Eggs and Ham - With a food
processor, puree yolks with 1/3
cup mayonnaise, 1/4 cup
each chopped parsley
and scallions. Spoon
into whites; top with
strips of ham.

**Put extra hardboiled
eggs to good use once
the holiday is over**

Thai son-in-law eggs

Ingredients

4 shelled hard boiled eggs
2 shredded shallots
Oil
Scallions

Tamarind Sauce:

1/2 tablespoon fish sauce
2 tablespoons sugar
4 tablespoons tamarind juice
1 clove minced garlic
1 teaspoon dried chili flakes
1 tablespoon ground peanuts
1 tablespoon oil

Directions

Deep-fry eggs until the skin
turns brown. Dish out and
slice into halves and put on

a plate. Deep fry
shredded shallots
until golden
brown, remove
and place on
paper towel to
absorb oil. Saute
minced garlic in
oil in a sauce pan
until light brown.
Add chili flakes,
ground peanuts,
tamarind juice, sugar
and fish sauce. Bring
to boil and pour over
the eggs. Top with fried
shallots and scallion. Serve
hot with steamed white rice.

Eggs for dessert? Hard boiled egg chocolate chip cookies

Makes five dozen cookies

Ingredients

1 cup butter, softened	2 finely diced hardboiled eggs
3/4 cup brown sugar	2 1/4 cups all-purpose flour
1/2 cup granulated sugar	1 teaspoon baking soda
3/4 teaspoon salt	1 1/2 cup semisweet Chocolate chips

Directions

Preheat oven to 375 degrees. Cream butter and add sugars; beat
until light and fluffy. Add finely diced eggs and salt and beat until
well mixed. Combine flour and baking soda in a small bowl and
then fold into creamed mixture; then beat until well blended.

Stir in chocolate chips. Drop by rounded tablespoon onto
ungreased cookie sheet. Bake 10 minutes or until
golden brown. Cool five minutes,
then transfer in to cooling rack.



10 WAYS TO LOVE YOUR BRAIN

Alzheimer's is a fatal disease that affects the ability to remember, think and plan.

Worldwide, **47 million individuals** are living with Alzheimer's, and this number is set to rise dramatically unless we do something about it. While we cannot prevent Alzheimer's disease, people can help reduce their risk of cognitive decline.

The Alzheimer's Association offers **10 WAYS TO LOVE YOUR BRAIN**

Break a Sweat

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

Hit the Books

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

Butt Out

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

Follow Your Heart

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

Stump Yourself

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Heads Up!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Buddy Up

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

Take Care of Your Mental Health

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

Catch Some Zzz's

Not getting enough sleep may result in problems with memory and thinking.

Fuel Up Right

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

Start Now.

It's never too late or too early to start incorporating healthy habits.



Protect your identity

Identity theft is a crime where an imposter steals key pieces of personal information, such as your full name or social security number, to commit fraud. Once this information has been obtained it can be used to fraudulently apply for credit, file taxes or get medical services, all of which can damage your credit status and cost you time and money to resolve.

This is why, when it comes to maintaining good financial health, protecting your identity is very important. And it can be as simple as monitoring your financial and online accounts while taking some easy steps to cover your financial track.

Here are some basic steps to take to help protect your identity and make you a much harder target for fraud and cybercrime:

- Review your monthly statements for suspicious activity.
- Check your credit report every few months to spot fraudulently opened accounts under your name.
- Use only secure websites when submitting personal or financial information online. The URL will begin with https on secure sites.
- Be wary of opening suspicious e-mails. If the email looks suspicious don't click on any attachments.

- Change your account passwords a few times a year.
- Make a credit card your primary spending vehicle and only sign for debit card purchases (rather than entering your PIN). This will give you the protection of fraud liability benefits.
- Shred sensitive financial documents such as receipts, credit card offers, account statements and expired credit cards before disposing of them.
- Avoid using your social security number whenever possible, and don't carry it with you in a wallet or purse.
- Do not respond to unsolicited requests for personal information via phone, mail or online.

Following these suggestions will help you protect your identity and ensure that you remain in strong financial health.

If you do become a victim of identity theft, instantly report it and put a fraud alert on your credit report. This notifies lenders and credit agencies to take extra steps to verify your identity during the application process. Also contact your bank and all of your credit card companies and file a police report. If your social security number was compromised, contact the Social Security Administration and Internal Revenue Service. For more information, you can visit the Federal Trade Commission website at www.consumer.ftc.gov.

TWO HORSES

Just up the road from my house is a field, with two horses in it. From a distance, each looks like every other horse. But if you stop your car, or are walking by, you will notice something Quite amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing.

If nearby and listening, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to her halter is a small bell. It lets her blind friend know where she is, so he can follow her.

As you stand and watch these two friends, you'll see how she is always checking on him, and that he will listen for her bell and then slowly walk to where she is, trusting that she will not lead him astray. When she returns to the shelter of the barn each evening, she stops occasionally and looks back, making sure her friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. He watches over us and even brings others into our lives to help us when we are in need. Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others see.

Good friends are like this. You don't always see them, but you know they are always there. *"Be kinder than necessary, for everyone you meet is fighting some kind of battle."*

Humor Me!



LONELY FROG

A lonely frog telephoned the Psychic Hotline and asked what his future holds. His personal psychic advisor tells him: "You are going to meet a beautiful young girl who will want to know everything about you." The frog is thrilled. "This is great! Will I meet her at a party?" he croaks. "No," says the psychic, "in biology class."

NOT SO SWEET

Before I married Nellie dear, I was her pumpkin pie, her precious peach, her honey lamb, the apple of her eye. But after years of married life this thought I pause to utter – those fancy names are gone and now I'm just her bread and butter.



AN AGELESS CUSTOM

At a family gathering, Bill found himself sitting on the sofa beside a schoolboy nephew he had not seen for some time. "How old are you now?" he asked. The lad's eyes peered out through a wigwam of hair. "How do you mean, exactly? When I'm on a bus, when I go to the movies, or in real life?"

Download a copy of this newsletter or past newsletters at www.stdaniel.com/Wisdom-People

Suggestion Box

Suggestions:

1. _____
2. _____
3. _____
4. _____
5. _____

If you would like to make any suggestions by phone or discuss anything or cancel reservations, call John L. Denega at 432-1005.