

Wisdom People



St. Daniel's Senior Citizen's Group

February 2019 Issue

"Where there is love, there is life!"



Valentine's Day Blessings

For God so loved the world, that he gave
his only begotten Son, that whosoever
believeth in him should not perish, but
have everlasting life.

John 3: 16 KJV

"May Your Day be full of love!"

The next Wisdom People meeting will be **Friday, March 1, 2019** following the 12:10 Mass. Please call Hospitality Chairperson, **Angela Murphy** at 315-455-5042 for reservations by Friday, February 22nd. The entertainment will be **Eileen Kalfass**, on fiddle, **Harvey** on guitar and banjo. **Vera House**, dedicated to ending domestic and sexual violence, will be our guest. See table set up for information.

Please Note: No one will be allowed in the building until 12:00 noon.

2019 Wisdom People Slate of Officers:

President: *John L. Denega*

Vice-President: *Michael Del Vecchio, Jr.*

Secretary: *Antoinette Perotto*

Treasurer: *Larry Colenzo*

Sunshine Chairperson: *Helen Lynch*

Hospitality Chairpersons: *Angela Murphy*

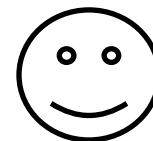
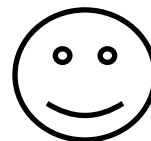
Membership Chairpersons:

Louise Esposito and Sue Slack



New Members

Mary Carello, Bonnie Fisher, Mary Ann LaRose, Lorraine Lynch, Elizabeth Prpyi, Ann Ricciardiello, Michael Ricciardiello, Sam Russo, Carol Spetrino, Jonell Vivenzio, Rita White and Rosemary Whitney.



Thank you to the **Hearth on James** and **Florence Felts**, **Alexis Colton** and **Skip Collins** for being our sponsor for February's luncheon and also for their donation of \$300.00 to the Wisdom People Senior Group. We had a wonderful time wearing red for heart month and National Wear Red Day. We look forward to seeing the ***Hearth on James*** next year!

John

Wisdom People Contacts



Hospitality chairperson is *Angela Murphy*. Please call Angela at 315-455-5042 for reservations. The next meeting will be on *Friday, March 1, 2019*. Please call by *Friday, February 22, 2019*.

Our Sunshine Chairperson is *Helen Lynch*. If any member is sick, in the hospital or nursing home, please call the rectory at 315-454-4946 and message will be given to her.



Membership Chairpersons are *Louise Epolito* and *Sue Slack*. Please note: Membership dues for 2019 are due now.

If you would like to make any suggestions to discuss anything or to cancel reservations, please call *John L. Denega* at 315-432-1005.





for February

Mercedes Bilotti, Susan Burton, Mary Cantello, Clara Delledera, Laura DelVecchio, Joyce Harrington, Pat Holliday, Marie Klotz, Helen Kowalczyk, Mary Ann Kuberski, Jerry Laffer, Theresa Leader, Margie Mevec, Phyllis Minieri, Karen Nicotra, Helen Oram, Genevieve Rector, Bea Reed, Sue Slack, Nancy Storto, Marilyn Trendell, Anne Marie Vito, Pam Worlock.

Let Us Pray

In Loving Memory

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



Elinor "Ellie" Venditti

October 28, 2018



Hatsue "Penny" Zella

December 29, 2018

Wisdom People Memorial Mass will be **Friday, March 1, 2019.**



“You will be secure because there is hope; you will look about you and take your next rest in safety.
Job 11:18

- Feb. 2 Groundhog Day
- Feb. 2 St. Margaret's Parish Annual Pasta Dinner
- Feb. 3 The Feast of St. Blaise (Blessing of the throats at the 12:10 Mass)
- Feb. 3 Super Bowl LIII Sunday, Atlanta, GA (6:30 p.m. kickoff)
- Feb. 5 Chinese New Year
- Feb. 7-10 Syracuse Auto Expo
- Feb. 8 Boy Scouts of America founded in 1910
- Feb. 12 Abraham Lincoln's birthday, 1809
- Feb. 14 St. Valentine's Day
- Feb. 14 24th Annual Syracuse Winter Festival
- Feb. 15 Susan B. Anthony Day
- Feb. 18 President's Day
- Feb. 20 John Glen, first man to orbit the Earth in 1962
- Feb. 22 George Washington's birthday, 1732
- March 3 Transfiguration Parish Mardis Gras Day Polish Dinner
- March 5 Mardis Gras Day
- March 6 Ash Wednesday
- March 23 Nutrition and Health Expo for Seniors -
National Nutrition Month March 2019





Upcoming Trips

Bella Tours and Travel, Inc.
305 Vine Street, Suite 9
Liverpool, NY 1308
Phone: 315-652-0121

Feb. 19 (Tues.) Point Place Casino - Cost is \$15.00 (\$10 free play, \$5 food). Leave St. Joseph the Workers Parish at 9:00 a.m. and return at 3:00 p.m. For reservations and more information, call Maureen at 315-451-0068. Flyers on the information table.

March 2-3 (Sat./Sun.) Philadelphia Flower Show

March 15-22 (Fri.-Fri.) Canyon Country (Arizona, Utah and Las Vegas)

April 25 (Thurs.) Journey to Corning Museum of Glass and Corning Ware Factory Outlet Store

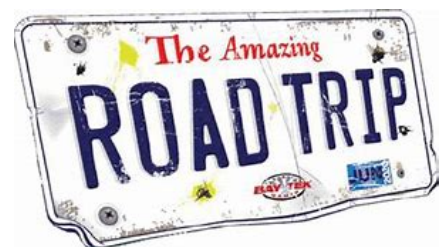
Join the Scarsciotti's as they travel to:

1. Del Lago Casino, Sunday, February 10, 2019
2. Two Trees Inn at Foxwoods Casino, Mon., April 8—Tues. April 9
3. The National Shrine Basilica of our Lady of Fatima, Mon., May 13, 2019
4. The Divine Mercy Shrine in Stockbridge, MA, Mon., June 3, 2019

Information flyers for the above trips are on the information table!

To reserve your spot contact:

Mary Scarsciotti at 315-437-2360.





1. St. Margaret's Parish Annual Pasta Bar Dinner Sat., Feb. 2nd at 5:30pm. Many different sauces, sausage, meatballs, salad, bread, beverage and dessert will be served. BYOB - we can open your wine bottle for you. Tickets available at the door - Adult \$10, Senior \$9, Children (4 - 12) \$7. St. Margaret Church 203 Roxboro Rd. Mattydale.
2. Sunday, Feb. 3rd Superbowl LIII (New England Patriots vs. Los Angeles Rams)
3. The SU Orange Men's Basketball team games at The Carrier Dome:

Tues., Feb. 5	SU vs Florida State	8:00 p.m.	
Sat., Feb. 9	SU vs Boston College	2:00 p.m.	
Wed., Feb. 20	SU vs Louisville	7:00 p.m.	
Sat., Feb. 23	SU vs Duke	8:00 p.m.	SOLD OUT!!!
Mon., March 4	SU vs Virginia	7:00 p.m.	
4. Syracuse Auto Expo at Onondaga Co. Civic Center - Ticket price for Seniors is \$7.00

Thurs./Fri., Feb. 7-8	4:00-9:00 pm
Sat., Feb. 9	12:00 noon - 9:00 p.m.
Sun., Feb. 10	12:00 noon - 5:00 p.m.
5. Annual Syracuse Winterfest - Feb. 14-24, 2019
 The events are spread out and there is something for everyone with both indoor and outdoor events. Enjoy games, music and cook-offs!
6. Sun., March 3rd Transfiguration Mardis Gras Polish Dinner
 Transfiguration Parish Church Hall, 740 Teall Ave, Syracuse. Serving pierogis, golabki, kielbasa, vegetable, rye bread, jelly doughnuts & refreshments. Live music, drawings and breads! Cost for this happy pre-Lenten Festival is \$13/adults, \$5/children 6-12.
7. Ash Wednesday, March 6 - Masses at St. Daniel: 6:50 a.m., 12:10 p.m., 5:15 p.m. and 7:00 p.m. Ashes at all Masses.

(events continued on pg. 8)



(continued from pg. 7)



8. Nutrition and Health Expo for Seniors - see flyer on page 9)
9. Spring Concert sponsored by The Wisdom People on Thursday, June 13th at 6:30 p.m. at the Gingerbread House auditorium. Featured performers are the Lyncourt Community Band and The Harmony Katz Barbershop Chorus.



JOKES

New Taxi Driver

A passenger in a taxi leaned over to ask the driver a question and tapped him on the shoulder. The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb, and for a few moments everything was silent in the cab, and then the still shaking driver said: "I'm sorry but you scared the daylights out of me!"

The frightened passenger, apologized to the driver, and said he didn't realize a mere tap on the shoulder could frighten him so much. The driver replied: "No, no, I'm sorry it's entirely my fault. Today is my first day driving a cab. I've been driving a hearse for the last 23 years!"



"My wife made me come. She has the silly notion that my glasses need changing."

ONONDAGA COUNTY OFFICE FOR AGING

Nutrition & Health Expo for Seniors

Saturday, March 23, 2019
10am - Noon

CNY Regional Market "F" Shed
2100 Park St. Syracuse, NY 13208

Call **Allison Lawson** at 315-435-2362
Ext. 4987 or email:
AllisonLawson@ongov.net by 3/15/19
to **register** and for special
accommodations

- Community Resources
- Health Screenings
- Exercise Classes
- Healthy Cooking Demos
- Massages
- Light Breakfast

 Academy of Nutrition
and Dietetics

**NATIONAL
NUTRITION MONTH®**
MARCH 2019

www.eatright.org

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

Recipes for February = "Comfort Food"

Italian Wedding Soup

Prep: 30 minutes • Cook: 30 minutes • Serves: 8

- 2 chicken breasts, on the bone, skin intact
 - 1 teaspoon salt, divided
 - ¼ teaspoon ground pepper, divided
 - 2 small carrots, peeled, chopped (about 1 cup)
 - 2 ribs celery, chopped
 - 2 small onions, peeled, chopped
 - 1 cup of gluten-free pasta
 - 1 quart low-sodium chicken broth
 - 1 quart water
 - ½ pound lean ground turkey
 - ½ cup grated Parmesan cheese, divided
 - ½ cup gluten free cracker crumbs
 - ¼ cup non-fat, skim milk
 - 2 cloves minced garlic
 - 3 eggs, divided
 - 2 cups fresh baby spinach
1. Sprinkle the chicken with half of the salt and half of the pepper. Place the chicken in a stockpot along with the carrots, celery, onion and pasta and cover with broth and 1 quart of water, bringing to a boil. Reduce heat to a simmer for 20 minutes until chicken is cooked through and no longer pink at the bone.
 2. While the chicken is cooking, prepare the meatballs. Combine the turkey, half the Parmesan, cracker crumbs, milk, garlic and one of the eggs. Season with the remaining salt and pepper and mix well. Form meat into small meatballs about the size of a grape. Set aside.
 3. Remove chicken from soup broth. When chicken is cool enough to handle, remove from skin and bones and cut into small chunks. Discard the skin and bones. Set aside.
 4. Place the soup over medium heat. Once the soup is at a steady simmer, drop in the meatballs and gently stir. Cook 2 to 3 minutes. In a small bowl, combine the remaining eggs with the Parmesan to create a drizzle egg mixture. Return the soup to a slow boil. Pour the drizzle egg mixture through a colander slowly into the soup. Add the spinach and the reserved chicken meat. Serve immediately.

Turkey Meatballs

Prep: 15 Minutes • Cook: 30 Minutes • Serves: 4

- 1 egg, beaten
 - ¼ cup grated sweet red bell pepper
 - 1 cup whole-wheat breadcrumbs or gluten-free breadcrumbs
 - ¼ cup grated Parmesan cheese
 - ¼ teaspoon salt
 - ½ teaspoon freshly ground black pepper
 - 1 pound of ground turkey, dark meat preferably
 - 2 cloves of garlic, minced
 - 1 tablespoon olive oil
 - 2 cans (28 ounces each) of chopped tomatoes
 - Sprig of fresh basil, leaves torn
 - 8 ounces whole-wheat pasta or gluten free pasta, cooked according to the package instructions
1. Mix egg and red bell pepper in a large mixing bowl.
 2. Soak breadcrumbs in egg and red pepper, breaking up the mixture with your fingers until smooth. Add Parmesan, salt and pepper, mixing until well combined.
 3. Add meat and garlic. Combine with bread mixture until the bread is well incorporated. Form 2-inch meatballs and place on a sheet of aluminum paper.
 4. Heat a large skillet on high heat and add olive oil. When the oil is hot, add the meatballs and cook 4 to 5 minutes, turning occasionally until the meatballs are golden brown on all sides.
 5. Add tomatoes and basil. Reduce to a simmer. Cook 10 to 15 minutes, covered, until the sauce thickens and the meatballs are cooked throughout. Serve immediately with pasta.

