



EDITOR:

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VALENTINE'S DAY PARTY

"Love is in the Air"... Oh what a beautiful song that is and such was the case at the Buenos Aires Community Center during our Valentine's Day Celebration. It was a sight to see as everyone was dressed in red, smiles on their faces as they enjoyed the company of their friends



and anxiously awaited for the start of their party. While waiting good use of the time by

playing their favorite game of loteria. Little by little the partici-



pants started arriving. Once everyone was in attendance, we were ready for the fun to begin. The center raffled many gifts, among them single long stem red roses. Many were winners but the luckiest of them all were Mr. Chapa and Mr. Sanchez who gave their winning roses to their beloved wives. As they handed the roses to them, they sealed it with a kiss as everyone cheered "Beso, beso,

beso!" After everyone settled down, lunch was served. Delicious fingers sandwiches, veggies, chips and a soft drink was enjoyed. Afterwards everyone enjoyed a delicious cake. Be-



fore leaving everyone received a baggie full of Valentine's Day candy. Thanks to everyone who made this event possible. Seeing the smiles on the faces of the elderly reminds us why we do what we do.

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SPECIAL POINTS OF INTEREST:

- Valentine's Day Fun
- U.S. President's Playing Loteria
- Daylight Savings Tips

PRESIDENT'S DAY LOTERIA

A fun twist was added to the daily Elderly Loteria. In com-



memoration of President's Day February 16, 2009, Texas A & M Colonias Program Vistas and Buenos Aires Community Center staff organized a new way of playing loteria. The cards which were made by the staff featured all U.S. Presidents; starting with our founding father George Washington, Abe Lincoln and

George W. Bush, just to name a few. This activity not only served for having fun but it was a learning experience for a lot of the elderly. Prizes were raffled off to the loteria winners and delicious nachos were served. Many thanks to everyone who made this exciting event possible.

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Quote of the month:

"LOST TIME IS NEVER FOUND AGAIN"

Benjamin Franklin 1743

We're on the Web!

www.webbcountytx.gov/buenosaires.html

HEALTHY TIPS FEATURES: DAYLIGHT SAVINGS TIPS

Even though daylight-saving time is only a one-hour time adjustment, it wreaks havoc for thousands of us who have trouble embracing change. Follow these simple steps, and this time around you might get to work on time.

- Reset all clocks in the house, including your wristwatch, microwave, computer if necessary, and especially your alarm clock. Reset the clock

in your car as well.

- Avoid looking at the clock and thinking that it's really an hour earlier. Act as if this is the new time. Plan your day accordingly.
- Get up at your normal time. Set the alarm. Avoid sleeping an hour later.
- Stay awake all day even if you are sleepy. Avoid taking a nap.
- Go to bed at your nor-

mal bedtime. Drink a glass of milk, take a hot bath or drink a cup of chamomile tea to induce sleep if you're not tired yet.

- Rise at your regular time on Monday. By now you should be well-adjusted to the new time.



Source: http://www.ehow.com/how_4227_adjust-daylight-saving.html