

FOOTSTEPS FOR FITNESS

WEDNESDAYS AT 9AM – WALKING AND EERCISES IN THE PCC GYM
THURSDAYS AT 9AM – WALKING THE GYM / OUTSIDE TRAILS / MALL
FOR MORE INFORMATION, CALL YOUNG MCWHINNIE AT 753-9700



EASY LEMON COOKIES

1 – 18.25 oz. package lemon cake mix

2eggs

1 teaspoon lemon extract

1/3 cup vegetable oil

1/3 cup confectioner's sugar/decoration

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pour cake mix into a large bowl. Stir in eggs, oil, and lemon extract until well blended. Drop teaspoonfuls of dough into a bowl of confectioners' sugar. Roll them around until they're lightly covered. Once sugared, put them on an ungreased cookie sheet.
3. Bake for 6 to 9 minutes. The bottoms will be light brown, and the insides chewy.



Penacook Community Center

Senior Program Director

PO Box 6008

76 Community Drive

Penacook, NH 03303

www.penacookcommunitycenter.org



Spring

G F S Q O I I S L S U R
E D U R Y G N D M B K V
B T A P T I Q E K D I F
S K N F A G H E H P B C
P T D R F B W S Q P R J
I S R E W O L F D T L S
L F H Z F G D S A N U M
U X U U F R R I D J T Z
T H C U Z A J A L U T V
U M B R E L L A S S B M
B N S M G N I R P S M K
R A I N B O W D J A C P

BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA