

# The Prime Time Tribune



6735 SW Country Club Dr. Suite #103 Corvallis, OR 97333 [www.fitnessover50.info](http://www.fitnessover50.info)

Email: [fof@peak.org](mailto:fof@peak.org)

Phone: (541)-929-5555

The Official Exercise Training and Wellness Newsletter

FITNESS OVER FIFTY

## HOW TO STAY YOUNG FOR THE FIRST 100 YEARS

Join Dr. Loren S. Hanna IV, D.C. | Wednesday March.  
13th 12pm-1pm | Location: Potters House Church  
next door to FOF

### What will be discussed:

- Age with less pain and more energy
- Learn all the benefits that chiropractic care can do for your body
- Learn how chiropractic care can guide you back to what means the most to you



For more information contact Mike Waters  
541-207-4368 | [waters808@gmail.com](mailto:waters808@gmail.com)



## QUOTE of the MONTH

“Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you can imagine.”

- Roy T. Bennett

## Join us for a NEW Health Life Review Program:

A one-on-one interview that lets you talk about your journey with health!

A big part of being healthy is to process and reflect on your life's experiences. Telling your story about your journey with health helps you plan for your future health.

To sign up for an appointment, or get more information on this program contact Mike Waters, MA.

**Email:** [watersm808@gmail.com](mailto:watersm808@gmail.com)

**Phone:** (541)-207-4368



## FREE Hydromassage Sessions

Did you know FOF has a hydro massage bed available for member use? It's easy and feels great. Whether you need a post-workout treat, are experiencing stress, have a sore back, or just need to warm yourself up and relax this is for you. *Newcomers* to this experience can try it out for free. Just ask a staff member for an orientation and we'll get you set up.



Check out our Facebook page  
(Fitness Over 50, inc) and our  
NEW website!

[www.fitnessover50.info](http://www.fitnessover50.info)



## Corny Joke of the Month:

"The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me."



# Meal of the Month

- 1 cup uncooked rice
- 1 cup salsa, homemade or store-bought
- 3 cups chopped Romaine lettuce
- 1 (15.25-ounce) can whole kernel corn, drained
- 1 (15-ounce) black beans, drained and rinsed
- 2 Roma tomatoes, diced
- 1 avocado, halved, seeded, peeled and diced
- 2 tablespoons chopped fresh cilantro leaves

## FOR THE CHIPOTLE CREAM SAUCE

- 1 cup sour cream
- 1 tablespoon chipotle paste\*
- 1 clove garlic, pressed
- Juice of 1 lime
- 1/4 teaspoon salt, or more, to taste

## DIRECTIONS

1. To make the chipotle cream sauce, whisk together sour cream, chipotle paste, garlic, lime juice and salt; set aside.
2. In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; let cool and stir in salsa; set aside.
3. To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado and cilantro.
4. Serve immediately, drizzled with chipotle cream sauce.