

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

AUGUST 14, 2020

Inside the Issue

**RECIPE:
CLASSIC LEMON BARS**



**CLEAN YOUR HOUSE IN
JUST 20 MINUTES A DAY**



**HOW TO IMPROVE YOUR
GUT HEALTH**



NEED A MEETING SPACE?

Reserve one of our meeting rooms for your next meeting!



**AUGUST MEET AND
EAT SCHEDULE**



Information if you or someone you know needs meal delivery.



**Every Tuesday at 10am
and
Thursday at 5:30pm**

Classic Lemon Bars

Ingredients

Shortbread Crust

- 1-3/4 cup all-purpose flour, spooned into measuring cup and leveled-off
- 1/4 cup cornstarch
- 1 teaspoon salt
- 1 cup powdered sugar, plus more to decorate finished bars
- 2 sticks (1 cup) cold unsalted butter, cut into 1/2-inch pieces

Lemon Topping

- 6 large eggs
- 3 cups granulated sugar
- 2 tablespoons lemon zest (be sure to zest the lemons before juicing)
- 2/3 cup freshly squeezed lemon juice, from 5 to 6 lemons
- 2/3 cup all-purpose flour

Directions

Shortbread Crust

- Adjust an oven rack to the middle position and preheat the oven to 350°F.
- Cover a 9x13-in metal baking pan with heavy-duty aluminum foil. Push the foil neatly into the corners and up the sides of the pan. Spray the foiled pan with nonstick cooking spray.
- Place the flour, corn starch, salt and powdered sugar in the bowl of a food processor fitted with the blade attachment and mix for a few seconds. Add the butter and mix to blend until the mixture resembles coarse meal. Sprinkle the mixture into the prepared pan to make an even layer, with a 3/4-inch edge around the sides. Refrigerate for 30 minutes or freeze for 15 minutes.
- Bake the crust until lightly golden, 15 to 20 minutes.

Lemon Topping

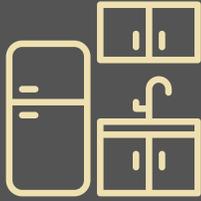
- In a large bowl, whisk together the eggs, sugar, lemon juice, lemon zest, and flour. Be sure no lumps of flour remain.
- Pour over top of prepared shortbread crust and return the pan to the oven and bake another 30 to 35 minutes, or until the topping is set and firm. Let the bars cool on a rack to room temperature.
- Carefully loosen the foil from the edges of the crust, using a knife if necessary. Cut into squares or triangles. Dust the squares with powdered sugar. Store in a covered container in the refrigerator for up to 4 days. Serve chilled or room temperature.

CLEAN YOUR HOUSE

CLEAN YOUR HOUSE IN JUST 20 MINUTES A DAY



MONDAY



KITCHEN

Wipe down/polish all kitchen appliances and kitchen sink.

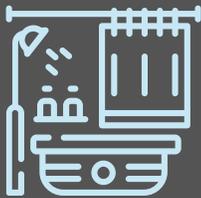
TUESDAY



BATHROOM

Clean and sanitize toilets, sinks and faucets. Mop and clean floors.

WEDNESDAY



BATHROOM

Spray down shower with tile cleaner and wipe down tub/shower faucet.

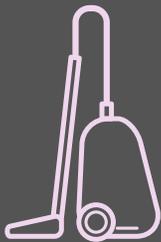
THURSDAY



DUST

Dust flat surfaces, be sure to include ceiling fans and light fixtures.

FRIDAY



VACUUM

Vaccum carpets and rugs...don't forget the stairs!

SATURDAY



FLOORS

Sweep and mop wood/tile flooring. Don't forget to do bathrooms...again.



How to Improve Your Gut Health

An incredibly important component of our overall bodily functions and health is our gut. It can affect how we look, feel and handle the stressors of everyday life. There are around 40 trillion bacteria in your body, most of which are in your intestines. The food that you eat greatly affects the types of bacteria that live inside you. Here are ways to improve your gut bacteria and bring balance back to your belly.

*Source: Healthline.com

EAT A DIVERSE RANGE OF FOODS

There are hundreds of species of bacteria in your intestines and each one plays a different role in your health and requires different nutrients for growth. A diet consisting of different food types can lead to diversity of bacteria which greatly improves your overall health.

EAT LOTS OF FRUIT, VEGGIES AND LEGUMES

Fruits and veggies are, by far, the best sources of nutrients that help promote healthy gut bacteria. High fiber foods like fruit, vegetables and legumes or beans can stimulate bacterial growth. High fiber foods include, raspberries, apples, broccoli, chickpeas, lentils, beans and whole grains.

EAT FERMENTED FOODS

Fermented foods like yogurt, kimchi, sauerkraut and kefir are full of healthy bacteria. People who eat fermented foods tend to have more healthy bacteria which can be associated with decreased inflammation and chronic disease.

EAT WHOLE GRAINS

It is well known that whole grains contain a lot of fiber and are complex carbohydrates. This translates to decreased absorption of sugars into the small intestine. When these carbohydrates are broken down in the large intestine, the micro-bacteria can help promote the growth of beneficial bacteria.

EAT A DIET HIGH IN POLYPHENOLS

Polyphenols are found in plant-based foods and have great health benefits like reduced inflammation, decreased blood pressure and reduced cholesterol levels. Polyphenols can't be digested by human cells but are digested by gut bacteria which stimulates more bacterial growth. Some foods high in polyphenols include dark chocolate, red wine, green tea and blueberries.

INCLUDE A PROBIOTIC SUPPLEMENT

Probiotics are live microorganisms that can benefit your health by changing the overall composition of the gut bacterial and can support your metabolism. Some people claim that probiotics can restore gut bacteria to a healthy state and improve overall health and a feeling of wellbeing.

WHAT'S NEW?



JOIN US FOR ZUMBA

**EVERY TUESDAY AT 10AM
AND THURSDAY AT 5:30PM**

**NEED A MEETING
SPACE?**

**RESERVE ONE OF OUR
ROOMS FOR FREE TODAY!**

970-848-0407
communitycenter@yumacolo.org

MEET AND EAT AUGUST 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for August 2020. **Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.**

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

AUGUST 2020 YUMA MEET & EAT

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	<p>SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE CINNAMON CRISPIE</p> <p>BIRTHDAY RECOGNITION Calories: 675 Carb: 106.0g Fib: 10.3g Protein: 31.4g Fat: 17.4g Sod: 847mg</p>	4 <p>SOFT SHELL TACO SALSA REFRIED BEANS MEXICALI CORN FRUIT CUP</p> <p>Calories: 676 Carb: 99.6g Fib: 12.1g Protein: 38.1g Fat: 16.8g Sod: 885mg</p>	5	6 <p>HAM MASHED POTATOES & GRAVY GREEN BEANS OATMEAL ROLL PEAR ORANGE FRUIT CUP COOKIE W/ CHOCOLATE CHIPS</p> <p>Calories: 639 Carb: 94.0g Fib: 9.8g Protein: 28.1g Fat: 19.2g Sod: 1425mg</p>
10	<p>CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE</p> <p>Calories: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg</p>	11 <p>CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI WW ROLL CINNAMON APPLE SLICES</p> <p>Calories: 622 Carb: 84.5g Fib: 10.6g Protein: 34.2g Fat: 19.1g Sod: 555mg</p>	12	13 <p>WHITE CHILI w/ CHICKEN SPINACH SALAD ROLL CANTALOUPE CUBES CARROT CAKE</p> <p>Calories: 608 Carb: 89.5g Fib: 11.8g Protein: 31.1g Fat: 15.8g Sod: 588mg</p>
17	<p>BARBEQUE PORK CHOPS SCALLOPED POTATOES CABBAGE WW ROLL PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS</p> <p>Calories: 831 Carb: 106.4g Fib: 10.3g Protein: 39.9g Fat: 30.0g Sod: 923mg</p>	18 <p>SLOPPY JOE SANDWICH POTATO SALAD BB & DILL BRUSSEL SPROUTS FRESH FRUIT CUP</p> <p>Calories: 622 Carb: 87.8g Fib: 10.9g Protein: 33.6g Fat: 18.8g Sod: 870mg</p>	19	20 <p>CHICKEN CACCIATORE MASHED POTATOES GREEN BEANS WHOLE WHEAT ROLL TROPICAL FRUIT CUP COOKIE w/ CHOCOLATE CHIPS</p> <p>Calories: 756 Carb: 80.9g Fib: 9.5g Protein: 43.9g Fat: 30.0g Sod: 1255mg</p>
24	<p>ROAST TURKEY W/ GRAVY SPINACH/STRAWBERRY SALAD YAM APPLE BAKE BRAN MUFFIN MANDARIN ORANGES</p> <p>Calories: 651 Carb: 96.7g Fib: 10.4g Protein: 25.8g Fat: 20.6g Sod: 826mg</p>	25 <p>SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLL SLICED BANANAS</p> <p>Calories: 725 Carb: 90.5g Fib: 11.0g Protein: 41.5g Fat: 23.5g Sod: 433mg</p>	26	27 <p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD STRAWBERRIES & BANANAS COOKIE w/ RAISINS</p> <p>Calories: 753 Carb: 94.3g Fib: 10.1g Protein: 28.6g Fat: 31.1g Sod: 764mg</p>
31	<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>		<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>	<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p>