



COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

August 28, 2020

Inside the Issue

**RECIPE:
ZESTY GREEK SALAD**



**HOW TO STAY SAFE ON
THE INTERNET**



**EATING SEASONALLY:
WHAT'S IN SEASON IN
SEPTEMBER?**



**SEPTEMBER MEET
AND EAT SCHEDULE**

Plus information for if you or someone you know needs meal delivery.



**Our Gym is Now Open and
FREE to use!**

**Call to make your
appointment today!**

**NEED A MEETING
SPACE?**

**Reserve one of our
meeting rooms for your
next meeting!**

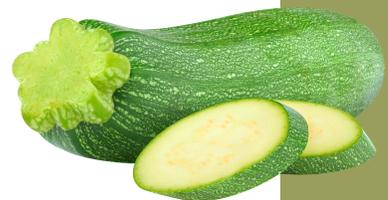
**Every Tuesday and Thursday
5:30pm**



WHAT'S IN SEASON

In September

Knowing what is in season can help you decide what to cook for that week's meals or plan ahead for an upcoming party. As well as staying on budget while grocery shopping. Fresh produce is always cheaper during its peak months.



APPLES
ARUGULA
BEANS
BEETS
CORN
CUCUMBERS
FENNEL
FIGS
GRAPES
MANGOES
PEARS
PEPPERS
PUMPKINS
RASPBERRIES
SUMMER SQUASH
TOMATOES
WINTER SQUASH

HOW TO STAY SAFE ON THE INTERNET

We know to be wary of strangers we meet in public, though it is important to remember that there are just as many, if not more, people with malicious intent on the internet. With more people turning to the internet every day, many criminals have moved away from in-person petty crime and scams and to online fraud and attacks.

source: cyberinsureone.com

Online Safety Basics

1 NEVER ASSUME A STRANGER ONLINE IS TRUSTWORTHY
Unless you have a real-world relationship with the person trying to communicate with you through email, video chat or social media, they're likely looking to take advantage of you.

2 NEVER PROVIDE ANY OF YOUR SENSITIVE INFORMATION ONLINE
While some websites that request private information are trustworthy, there are many scams online designed to trick you into giving the scammer your private information.

3 NEVER ASSUME THAT SOMEONE WHO KNOWS THINGS ABOUT YOU IS SOMEONE WHO CAN BE TRUSTED

It is somewhat easy for scammers to get mailing lists for organizations, church groups, and community service groups. Scammers can purchase these lists illegally, while other lists are public and can be easily legally obtained.

Common Scams

1 REQUEST FOR A SHORT-TERM LOAN.
In a scam like this, the criminal may write an email using a personal message. In it, the scammer asks you to give them a small loan.

2 REQUEST TO VALIDATE YOUR BANKING LOGIN INFORMATION.
Scammers have learned how to create email messages and websites that look surprisingly legitimate. However, a banking representative will NEVER ask you for your banking username or password.

3 YOU'VE WON A PRIZE
This scam operates very similarly to others when a scammer sets up a website that notifies you that you've won a prize. They may inform you that you only have to click the ad and give them some basic information to collect your prize.

There are many places where you can report online scams. If you believe that someone is attempting to use the internet to scam you, it's better to be proactive and cautious than taking the risk.

Find out more information AARP, FBI, USA.gov, eConsumer.gov, IC3 or Justice.gov



Zesty Greek Salad

This zesty salad is a perfect way to incorporate all the seasonal flavors of late summer!

The Ingredients

- ½ red onion, sliced in half rounds
- 1 red pepper, large diced
- 1 cucumber, seeded, chopped in ¼ inch slices
- ½ cup pitted Kalamata olives
- 5 oz. feta cheese, crumbled
- 1 carton cherry tomatoes, halved
- 1 tbsp. fresh lemon juice
- 3 tbsp. chopped fresh parsley
- 2 tsp. minced fresh garlic
- 1 tsp. dried oregano
- 1 tsp. Dijon mustard
- 1 tsp. Kosher salt
- ½ tsp. pepper
- ¼ cup red wine vinegar
- ½ EVOO

The Directions

- Prep the veggies by slicing the onion and cucumber, dicing the peppers and halving the cherry tomatoes.
- Put the vegetables in a large serving bowl and squeeze the lemon juice over them.
- Make the vinaigrette by whisking together in a small glass or ceramic bowl, the garlic, oregano, mustard, salt, pepper and red wine vinegar. Add the olive oil slowly and whisk vigorously.
- Add the diced feta cheese and olives to the vegetables. About 30 minutes before serving, add the dressing.

WHAT'S NEW?



ZUMBA

Join us every Tuesday and Thursday
at 5:30pm.
Space is Limited, call 970-848-0407 to
reserve your spot.

GYM OPEN!

Our gym is open and FREE to use by
appointment only.
Call 970-848-0407 to make an appointment.



NEED A MEETING SPACE?

Reserve one of our meeting rooms
for your next meeting.
For reservations, call 970-848-0407.

MEET AND EAT SEPTEMBER 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for September 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	PORK CHOP SUEY RICE CARROT COINS APPLE JUICE WW ROLL PINEAPPLE TIDBITS BIRTHDAY RECOGNITION Calories: 633 Carb: 107.3g Fib: 9.8g Protein: 31.5g Fat: 17.0g Sod: 496mg	SAVORY BAKED CHICKEN MASHED POTATOES & GRAVY GREEN BEANS w/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE Calories: 782 Carb: 100.3g Fib: 10.2g Protein: 44.1g Fat: 25.0g Sod: 1244mg		SOUTHERN BEEF PIE BEETS JEANNIE'S SALAD APRICOT HALVES COOKIE w/ RAISINS Calories: 684 Carb: 89.1g Fib: 9.5g Protein: 30.1g Fat: 26.3g Sod: 532mg
	TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD & DRESSING FRUIT SALAD Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg	CHOICE: HAMBURGER STEAK OVEN FRIED LIVER PARSLIED POTATOES BRAISED CELERY AND TOMATOES WW ROLL PEAR ORANGE FRUIT CUP Calories: 679 Carb: 100.0g Fib: 12.3g Protein: 34.2g Fat: 17.3g Sod: 526mg		CHICKEN CROISSANT TUSCANY SOUP SPINACH STRAWBERRY SALAD PINEAPPLE TIDBITS NATURE COOKIE Calories: 686 Carb: 96.8g Fib: 9.8g Protein: 36.6g Fat: 19.4g Sod: 743mg
For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	CHOICE: HAMBURGER ON A BUN SEAFOOD BURGER LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES MANDARIN ORANGES w/ BANANAS Calories: 672 Carb: 107.6g Fib: 11.7g Protein: 33.0g Fat: 15.7g Sod: 620mg	BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES Calories: 742 Carb: 108.8g Fib: 14.2g Protein: 37.7g Fat: 20.6g Sod: 585mg		HAM & BEANS CREAMY COLESLAW CORN MUFFIN WINTER FRUIT CUP BROWNIES Calories: 738 Carb: 109.9g Fib: 14.8g Protein: 31.1g Fat: 22.0g Sod: 1131mg
	TAHITIAN CHICKEN RICE ALMOND BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE Calories: 811 Carb: 95.3g Fib: 9.6g Protein: 46.0g Fat: 29.5g Sod: 443mg	SWEDISH MEATBALLS MASHED POTATOES JEANNIE'S SALAD WW ROLL BANANA SPLIT FRUIT CUP Calories: 674 Carb: 96.3g Fib: 9.4g Protein: 33.2g Fat: 20.2g Sod: 644mg		CHOICE: CHICKEN PENNE CASSEROLE TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES w/ BANANAS Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg
Menu may change due to availability of food items or conditions that cause the kitchen to close.	LASAGNA TOSSED SALAD & DRESSING PEAS GARLIC BREAD APPLESAUCE Calories: 611 Carb: 84.7g Fib: 12.3g Protein: 35.1g Fat: 17.3g Sod: 528mg	CHOICE: HAMBURGER STEAK BAKED FISH BROCCOLI RICE CASSEROLE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPIES Calories: 649 Carb: 94.5g Fib: 10.7g Protein: 31.4g Fat: 19.2g Sod: 1052mg	Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.