

Community And Enrichment Center

Weekly Newsletter
March 26, 2021

SPRING CLEANING CHECKLIST

*A room-by-room
guide to spring
cleaning your home.*

RECIPE: ORECCHIETTE WITH PEAS AND ASPARAGUS

*A light fresh spring-
time pasta dish that
won't disappoint.*

FLOWERS TO PLANT FOR A BRIGHT SPRING GARDEN

*Spring-flowering
annuals, perennials,
and shrubs can be
planted in March,
April, and even May.*

WHAT'S HAPPENING AROUND THE CITY

*Find out what's
happening at The
Community and
Enrichment Center.*

Spring Cleaning

CHECKLIST

BEDROOMS

- Declutter closets
- Wash ALL bedding
- Dust and clean blinds
- Wash curtains
- Wipe curtain rods
- Wipe down walls / doors
- Wipe down furniture
- Wipe ceiling fans
- Rotate Mattress

LIVING ROOM

- Wipe down furniture
- Clean under furniture
- Clean under couch cushions
- Dust and clean blinds

DINING ROOM

- Wipe down furniture
- Clean chair cushions
- Organize sideboard
- Clean tableware and linens

LAUNDRY ROOM

- Wipe down washer / dryer
- Disinfect knobs and handles
- Run washer on sanitize cycle
- Clean lint trap
- Wipe shelves / cabinets
- Sort laundry bins
- Put away clean clothes

BATHROOMS

- Organize linen closets
- Purge old towels / washcloths
- Wipe down counters
- Clean sinks / showers / tubs
- Clean and disinfect faucets
- Deep clean toilets
- Wipe down cabinets
- Organize cabinets / drawers
- Wipe down walls / doors
- Wash shower curtains
- Wash bath mats

ENTIRE HOUSE

- Pick up items from floors
- Dust decorative items
- Dust and clean picture frames
- Polish wood surfaces
- Clean mirrors
- Clean TV / computer screens
- Clean and disinfect doorknobs
- Clean light switch plates
- Wipe baseboards / trim
- Clean windows inside / outside
- Clean window sills
- Sweep / Vacuum / Scrub floors
- Shampoo rugs
- Launder throw rugs
- Wipe ceiling vent covers
- Remove cobwebs
- Donate unused items
- Restock cleaning supplies
- Decorate for Spring

KITCHEN

- Declutter / Organize pantry
- Wipe down cabinets
- Organize cabinets / drawers
- Clean counter tops
- Wipe down / clean appliances
- Clean fridge - inside and out
- Deep clean oven
- Clean behind fridge / stove
- Sanitize dishwasher
- Clean / Sanitize sink
- Sanitize garbage disposal

Cleaning Supplies

- Bucket / Mop / Broom
- Rubber gloves
- Sponges / Scrub pads
- Grout brush / Toothbrush
- Microfiber cloths
- Disinfecting Wipes
- Disinfectant Spray
- All-Purpose Cleaner
- Bleach
- Powder Cleanser
- Stainless steel cleaner
- Wood polish
- Surface cleaner
- Glass cleaner
- Stove top cleaner
- Oven cleaner
- Dish detergent
- Laundry detergent
- Fabric softener / sheets



ORECCHIETTE WITH PEAS AND ASPARAGUS



Ingredients

- 1 teaspoon kosher salt, plus more for the pasta water
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 4 cloves garlic, thinly sliced
- 1 large bunch medium-thick asparagus (about 1 pound), peeled and cut into 1-inch pieces
- 1 pound orecchiette pasta
- One 10-ounce box frozen peas, thawed, or fresh shelled peas
- 1 bunch scallions, white and green parts, chopped (about 1 cup)
- 1/4 cup chopped fresh Italian parsley
- 1 cup grated parmesan cheese

Directions

1. Bring a large pot of salted water to boil for the pasta. Add the olive oil to a large skillet over medium heat. When the oil is hot, add the garlic and let it sizzle a minute. Add the asparagus and toss to coat in the oil. Cook and toss until the asparagus just begins to soften, about 5 minutes (add a splash of pasta water if the garlic is in danger of burning). Cover with a lid.
2. Uncover the asparagus, and at the same time add the orecchiette to the pasta water. Add the peas to the asparagus and season with the salt. Toss to combine and cook 2 to 3 minutes. Add the scallions, stir, and add 1 1/2 cups of pasta water. Bring to a boil and cook until reduced by about half, 3 to 4 minutes.
3. When the pasta is al dente, remove with a slotted spoon directly to the sauce. Add the parsley, drizzle with some olive oil, and toss to coat the pasta in the sauce, adding a little pasta water if it seems dry. Remove the skillet from the heat, sprinkle with the grated cheese, toss, and serve.

SPRING FLOWERS FOR A COLORFUL SPRING GARDEN

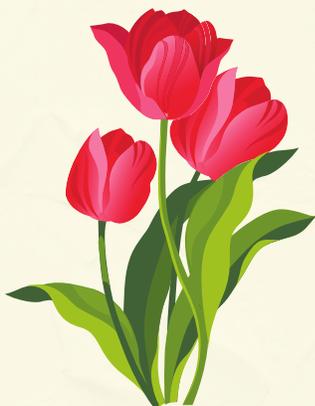
Pansy

Pansies are some of the earliest annuals you can plant in spring—so as soon as you can dig in with a garden trowel, plant pansies.



Tulip

The queen of the springtime garden, tulips come in many colors and shapes, including single form, multiple flowers on a stem, and doubles, which resemble peonies.



Primrose

These sweet little flowers are some of the first perennials to bloom in spring. For such a delicate-looking flower, they're tough as nails.



Daffodil

With their trumpet-shaped cups and sunny yellow color, daffodils remind you that spring really is here! They come in an array of sizes from 6 inches to 2 feet tall; different varieties bloom from early to late spring.



Lilac

The sweet scent of lilacs with their purple, pink, or white blooms and heart-shaped leaves may remind you of your grandma's garden because this plant is an old-fashioned favorite.



WHAT'S HAPPENING?



NEED A SPACE?

Reserve one of our meeting rooms for your next meeting.

For reservations, call 970-848-0407

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT

MARCH 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for March 2021. 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

 MARCH 2021 YUMA MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M. 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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.	HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD MANDARIN ORANGES W/ BANANAS COOKIES W/ RAISINS BIRTHDAY RECOGNITION Calories: 698 Carb: 98.0g Fiber: 9.6g Protein: 29.8g Fat: 23.3g Sodium: 1089mg	BEEF O'LE MEXICALI CORN REFRIED BEANS FRUIT CUP SENIOR MEETING Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sodium: 551mg		PENNE & CHEESE PEAS CONFETTI COLESLAW BLUEBERRY MUFFIN PLUMS Calories: 763 Carb: 104.3g Fiber: 12.4g Protein: 34.0g Fat: 26.7g Sodium: 799mg
8	9	10	11	12
IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE	MEATLOAF MASHED POTATOES TOMATO GRAVY CAROLINA SALAD ROLLS FRUIT CUP Calories: 655 Carb: 101.6g Fiber: 10.0g Protein: 34.2g Fat: 15.2g Sodium: 1008mg	BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD W/ DRESSING OREGON BERY COMPOTE COOKIES W/ RAISINS Calories: 786 Carb: 101.2g Fiber: 11.8g Protein: 28.6g Fat: 30.7g Sodium: 763mg		CHOICE: CHICKEN CROISSANT TUNA CROISSANT POTATO SOUP SUPREME PEAR ORANGE FRUIT CUP CARROT CAKE Calories: 894 Carb: 138.7g Fiber: 11.8g Protein: 39.3g Fat: 23.1g Sodium: 1083mg
15	16	17	18	19
	HAM & BEANS CONFETTI COLESLAW CORN BREAD WINTER FRUIT CUP Calories: 623 Carb: 102.1g Fiber: 13.6g Protein: 28.5g Fat: 13.5g Sodium: 928mg	MULLIGAN STEW TOSSED SALAD W/ DRESSING IRISH SODA BREAD GELATIN CELTIC APPLE CRUMBLE BLOOD PRESSURE Calories: 618 Carb: 83.9g Fiber: 8.9g Protein: 31.8g Fat: 19.1g Sodium: 555mg		CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI ROLL PINEAPPLE TIDBITS COOKIE W/ CHOCOLATE CHIPS Calories: 739 Carb: 94.2g Fiber: 10.2g Protein: 37.5g Fat: 26.5g Sodium: 560mg
22	23	24	25	26
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.00	POT ROAST POT ROAST VEGETABLES ANNA'S DILLY BREAD PINEAPPLE MANDARIN ORANGE COMPOTE NATURE COOKIE Calories: 678 Carb: 107.5g Fiber: 9.7g Protein: 34.0g Fat: 14.9g Sodium: 407mg	SHEPHERD'S PIE CONFETTI COLESLAW ONION ROLL APPLESAUCE CINNAMON CRISPIES Calories: 657 Carb: 102.7g Fiber: 9.8g Protein: 30.3g Fat: 17.4g Sodium: 806mg		CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CARROT COINS ANNA'S DILLY BREAD WINTER FRUIT CUP Calories: 570 Carb: 90.9g Fiber: 10.1g Protein: 29.0g Fat: 12.0g Sodium: 760mg
29	30	31		1
Menu may change due to availability of food items or conditions that cause the kitchen to close.	PORK CHOP SUEY BROWN RICE CARROT COINS PINEAPPLE TIDBITS WW ROLL Calories: 641 Carb: 94.5g Fiber: 9.5g Protein: 31.4g Fat: 16.9g Sodium: 492mg	BEEF & NOODLES CREAMY COLESLAW PARSLIED CARROTS ROLL APRICOT HALVES CINNAMON CRISPIES Calories: 688 Carb: 100.6g Fiber: 11.6g Protein: 32.0g Fat: 19.8g Sodium: 649mg		

MEET AND EAT

APRIL 2021

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APRIL 2021 WRAY MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 332-4735 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>	<p>For Reservations Call 332-4735 by 8:00 a.m. the day you want the meal</p> <p>If you must cancel your meal, please do so by 8:30 a.m. the day of the meal.</p>	<p>SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES BRAN MUFFIN MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 745 Carb: 96.6g Fiber: 12.5g Protein: 41.8g Fat: 24.0g Sodium: 566mg</p>	<p>CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES COOKIE w/ RAISINS</p> <p>Calories: 716 Carb: 90.5g Fiber: 10.6g Protein: 37.4g Fat: 25.7g Sodium: 590mg</p>
<p>SALISBURY STEAK MASHED POTATOES CALIFORNIA VEGETABLES OATMEAL ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 683 Carb: 82.3g Fiber: 9.2g Protein: 42.3g Fat: 22.2g Sodium: 674mg</p>	<p>SMOTHERED PORK CHOPS SCALLOPED POTATOES STIR FRY VEGETABLES CARAWAY ROLL PINEAPPLE MANDARIN ORANGE COMPOTE COOKIE w/ RAISINS</p> <p>Calories: 820 Carb: 98.2g Fiber: 9.8g Protein: 42.3g Fat: 30.3g Sodium: 679mg</p>	<p>SAVORY BAKED CHICKEN BAKED SWEET POTATO WINTER MIX VEGETABLES APPLE MUFFIN PEACH SLICES</p> <p>Calories: 653 Carb: 84.1g Fiber: 10.8g Protein: 41.2g Fat: 18.9g Sodium: 799mg</p>	<p>SLOPPY JOE SANDWICH POTATO SALAD BRUSSEL SPROUTS FRUIT COCKTAIL CINNAMON CRISPIES</p> <p>Calories: 686 Carb: 107.7g Fiber: 11.7g Protein: 34.1g Fat: 16.8g Sodium: 901mg</p>	<p>CHOICE: HAMBURGER ON A BUN SEAFOOD BURGER ON A BUN ROTINI PASTA SALAD ORANGE JUICE/BANANA GELATIN SALAD</p> <p>Calories: 644 Carb: 85.4g Fiber: 10.1g Protein: 35.0g Fat: 20.0g Sodium: 689mg</p>
<p>CHICKEN AND SPINACH LASAGNA TOSSED SALAD GREEN BEANS FRENCH BREAD FRUIT SALAD</p> <p>Calories: 700 Carb: 81.2g Fiber: 10.0g Protein: 48.4g Fat: 22.6g Sodium: 810mg</p>	<p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CARROT RAISIN SALAD COUNTRY MIX VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 681 Carb: 117.7g Fiber: 12.5g Protein: 28.7g Fat: 14.4g Sodium: 1026mg</p>	<p>CHILI w/ BEANS JEANNIE'S SALAD CINNAMON ROLL PINEAPPLE TIDBITS</p> <p>Calories: 608 Carb: 92.9g Fiber: 13.5g Protein: 28.3g Fat: 16.3g Sodium: 565mg</p>	<p>BEEF STEW COTTAGE CHEESE PEACH SALAD CORN BREAD FRUIT CUP</p> <p>Calories: 626 Carb: 97.7g Fiber: 10.8g Protein: 33.5g Fat: 13.8g Sodium: 611mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI w/ PORK SPANISH RICE TOSSED SALAD PEAR ORANGE FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 783 Carb: 102.4g Fiber: 10.8g Protein: 28.5g Fat: 30.9g Sodium: 769mg</p>
<p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD COUNTRY MIX VEGETABLES ROLL FRUIT SALAD</p> <p>Calories: 652 Carb: 82.2g Fiber: 10.8g Protein: 36.9g Fat: 21.7g Sodium: 574mg</p>	<p>BEEF STROGANOFF FRITO SALAD BRUSSEL SPROUTS SUPREME ONION ROLL FRUIT COCKTAIL</p> <p>Calories: 686 Carb: 93.6g Fiber: 10.8g Protein: 36.9g Fat: 19.9g Sodium: 721mg</p>	<p>LASAGNA ROTINI CASSEROLE TOSSED SALAD GREEN BEANS FRENCH BREAD PEACH POLKA DOT SALAD</p> <p>Calories: 635 Carb: 85.4g Fiber: 10.4g Protein: 37.3g Fat: 19.3g Sodium: 766mg</p>	<p>TAHITIAN CHICKEN BROWN RICE STIR FRY VEGETABLES RAISIN ROLL APRICOT HALVES COOKIE w/ CHOCOLATE CHIPS</p> <p>Calories: 795 Carb: 90.8g Fiber: 9.5g Protein: 43.9g Fat: 29.6g Sodium: 412mg</p>	<p>PORK CHOP SUEY BROWN RICE CARROT COINS WW ROLL PINEAPPLE TIDBITS GRAPE JUICE</p> <p>Calories: 709 Carb: 111.2g Fiber: 9.8g Protein: 31.8g Fat: 17.0g Sodium: 499mg</p>
<p>PORCUPINE MEATBALLS BOILED POTATOES CARROT RAISIN SALAD ONION ROLL CINNAMON APPLE SLICES</p> <p>Calories: 672 Carb: 112.9g Fiber: 12.0g Protein: 30.5g Fat: 14.6g Sodium: 558mg</p>	<p>CHOICE: CHICKEN PASTA SALAD TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW CHERRY BANANA SURPRISE NATURE COOKIE</p> <p>Calories: 732 Carb: 110.9g Fiber: 10.4g Protein: 32.1g Fat: 22.4g Sodium: 914mg</p>	<p>CHICKEN NOODLE SOUP PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE</p> <p>Calories: 694 Carb: 96.2g Fiber: 11.3g Protein: 39.9g Fat: 18.0g Sodium: 581mg</p>	<p>BARBECUE PORK CHOPS SCALLOPED POTATOES CABBAGE CARAWAY ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 859 Carb: 107.3g Fiber: 9.7g Protein: 42.2g Fat: 31.2g Sodium: 1001mg</p>	<p>HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF w/ CRANBERRY SAUCE NATURE COOKIE</p> <p>Calories: 683 Carb: 100.4g Fiber: 10.1g Protein: 34.2g Fat: 18.7g Sodium: 718mg</p>