# COMMUNITY AND ENRICHMENT CENTER

## WEEKLY NEWSLETTER

DECEMBER 18, 2020

Inside the Issue

RECIPE: QUICHE LORRAINE

PEPPERMINT SUGAR SCRUB

YOU'LL LOVE WHAT WE HAVEP LANNED FOR WINTER BREAK 2020

BEST FOODS FOR HIGH BLOOD PRESSURE

## MEET AND EAT

December Meet and Eat Schedule.

## NEED A SPACE?

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

# Quiche Lorraine

*This is an quick and easy recipe, perfect for Christmas morning!*

## Ingredients

- 6 slices bacon (diced)
- 1 1/2 cups onion (diced)
- 1 1/2 cups Gruyere cheese, shredded (about 4oz)
- 2 cups whipping cream
- 6 large eggs
- Salt and pepper (to taste)

## Directions

1. Preheat oven to 375F.
2. Make the pastry: Mix the flour, salt and shortening until it resembles coarse meal. Using a fork, mix in water, one Tablespoon at a time, until dough form and cleans easily from the bowl. Gather it into a ball, wrap with plastic wrap and refrigerate for 30 minutes.
3. Flour a work surface and roll dough into circle about 2-inches larger than your pie or tart pan. Dough should be about 1/8" thick. Lightly grease the pie plate, then flip the dough onto rolling pin and transfer to pie plate(s). Refrigerate while you make the filling.
4. Make the filling: In a skillet over medium heat, cook bacon for 3-4 minutes or starting to brown. Add the diced onion and cook together with the bacon, stirring regularly, until bacon is just crispy and onions are browned. Remove from heat. Drain bacon fat and discard. Combine bacon/onion mixture into a bowl to cooled to room temperature.
5. Prepare custard by combining cream and eggs together until well combined with a whisk. Season with salt and pepper.
6. When bacon/onion mixture is cooled, scatter over bottom of pie/tart shell (dividing between the two if making two regular pies). Top with shredded cheese The custard may only come about 1/2-2/3 up the pastry side. Don't worry, it will puff up as it bakes.
7. Bake in preheated oven for about 40-45 minutes, or until set and quite golden in spots. Remove from oven and let stand 5-10 minutes, before slicing and serving.

# PEPPERMINT SUGAR SCRUB

This simple recipe for Rosemary and Peppermint Foot Scrub is a great way to treat yourself this season. It also makes a perfect DIY gift your friends and family are sure to love! It is quick, easy and inexpensive to make. In fact, you probably already have all the ingredients you will need at home.

## INGREDIENTS

- 2 cups Epsom Salt
- 1 cup Coconut Oil
- 10 drops Peppermint Essential Oil
- About 1 Tablespoon Chopped Fresh Rosemary

## DIRECTIONS AND USE

1. Gently melt coconut oil. Once cooled, add essential oil, salt and rosemary.
2. Use as an exfoliating foot scrub by massaging thoroughly onto feet. Wash of with warm water. Store in glass jar.

# BEST FOODS FOR HIGH BLOOD PRESSURE

*According to healthline.com hypertension, or high blood pressure, is the most common preventable risk factor for heart disease. Over 1 billion people around the world have high blood pressure, which is defined as systolic blood pressure (SBP) values (the top number) of 130 mm Hg or more, diastolic blood pressure (DBP, the bottom number) of more than 80 mm Hg, or both. Medications, including angiotensin-converting enzyme (ACE) inhibitors, are commonly used to reduce blood pressure levels. However, lifestyle changes, including dietary modifications, can help lower blood pressure levels to optimal ranges and reduce your risk of heart disease. Following a nutritious, heart-healthy diet is suggested for all people with high blood pressure, including those on blood-pressure-lowering medications (1Trusted Source).A healthy diet is essential for lowering blood pressure and maintaining optimal levels, and research has shown that including certain foods in your diet, especially those high in specific nutrients like potassium and magnesium, reduces your blood pressure levels. Visit www.healthline.com for more information.*

## CITRUS FRUITS

## GREEK YOGURT

## SALMON

## BERRIES

## BROCCOLI

## PISTASHIOS

## PUMPKIN AND FLAX SEEDS

## BEETS

## TOMATOES

COMMUNITY AND ENRICHMENT CENTER

# 2020 WINTER BREAK ACTIVITIES

## DECEMBER 28TH-31ST

### MONDAY, DECEMBER 28TH

45 MINUTE WORKOUT CHALLENGE

10 AND UNDER @ 10AM
11 AND OVER @ 11AM

### MONDAY, DECEMBER 28TH

TACKLING MENTAL HEALTH

GROUP AND/OR INDIVIDUAL SESSIONS WILL BE AVAILABLE. PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION
WWW.YUMACOLO.ORG

### TUESDAY, DECEMBER 29TH

CANVAS PAINTING

PART 1 OF 2 WITH THURSDAY'S MURAL PAINTING CLASS
10AM-12PM
5-8 YEARS OLD

### TUESDAY, DECEMBER 29TH

CANVAS PAINTING

PART 1 OF 2 WITH THURSDAY'S MURAL PAINTING CLASS 10AM-12PM
9+ YEARS OLD

### WEDNESDAY, DECEMBER 30TH

ARTS AND CRAFTS: VARIETY

10-11AM
5-8 YEARS OLD

### WEDNESDAY, DECEMBER 30TH

ARTS AND CRAFTS: BOOK FOLDING

1-3PM
9+ YEARS OLD

### THURSDAY, DECEMBER 31ST

MURAL PAINTING

HELP US PAINT A MURAL IN THE MAIN COORIDOR OF THE COMMUNITY AND ENRICHMENT CENTER! THIS IS PART 2 OF TUESDAY'S CANVAS PAINTING

BY APPOINTMENT ONLY 9AM-11AM

### THURSDAY, DECEMBER 31ST

"NOON" YEARS EVE PARTY

HELP US RING IN 2021 AS WE COUNT DOWN TO NOON ON NEW YEARS EVE
11:15AM - 12:30 PM
ALL AGES WELCOME!

**OPEN TO THE FIRST 50 PARTICIPANTS**
**TO REGISTER CALL 970-848-0407 OR**
**EMAIL COMMUNITYCENTER@YUMACOLO.ORG**
**RSVP BY DECEMBER 24TH**
***MASKS REQUIRED**
**FOR MORE INFORMATION VISIT WWW.YUMACOLO.ORG**

# MONDAY, DECEMBER 28TH

## TACKLING MENTAL HEALTH

An in-person and virtual group mental health awareness session will be available on Monday, December 28th from 1-2pm.

We will also provide a mental health specialist available on Monday, December 28 through Thursday, December, from 8:30am-3:30pm to speak with students or any community members that need to talk or have questions.

Mental Health Specialist, Kara Bellendir, will also be available via Zoom each day from 9-10am and 1-2pm to talk with anyone who would prefer to meet virtually; the Zoom ID is 377 571 4634. Please note, you will be admitted to a virtual waiting room before you will be connected for security and confidentiality purposes.

For more information please email communitycenter@yumacolo.org or call 970-848-0407.

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# What's Happening?

## Group Fitness

**Join us for Zumba every Tuesday and Thursday at 5:15m.**
**Our Mid-Day Mix up is every Wednesday from 12:15-1:15pm**

**Space is Limited, call 970-848-0407 to reserve your spot.**

## Gym Open!

**Our gym is equipped with weight machines, cardio equipment and more! Open and FREE to use by appointment only.**

**Call 970-848-0407 to make an appointment.**

## Need a Space?

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