

# Community And Enrichment Center

Weekly Newsletter  
February 19, 2021



## **BLUEBERRY CINNAMON ROLLS**

*Add blueberries to your cinnamon rolls for a healthy spin on a classic! These rolls are extra soft and have the most delicious blueberry filling.*

## **DISCOUNTS AND "SPECIAL BENEFITS" SENIORS FORGET ABOUT**

*According to The Wallet Watcher, many Americans are missing out on these benefits because they don't know these programs exist.*

## **HUMAN FOODS THAT ARE TOXIC TO DOGS**

*For many of us, our pets are family, and that's why knowing which foods they can and can't eat is extremely important.*

## **WHAT'S HAPPENING AROUND THE CITY**

*Find out what's happening at Yuma Public Library!*

# INSTRUCTIONS



## INGREDIENTS

### For the dough:

- 1 cup milk
- 1/4 cup butter, unsalted at room temperature
- 3 1/2 cups flour
- 1 (.25 oz.) active dry yeast
- 1/4 cup sugar
- 1 lg. egg
- 1/2 tsp. salt
- 1/4 cup water

### For the filling:

- 1/3 cup brown sugar
- 2 tsp. cinnamon
- 1 Tbsp. softened butter

### For the glaze:

- 1 cup powdered sugar
- 2 Tbsp. lemon juice
- 1 Tbsp. milk

1. In a small saucepan over medium heat, combine the blueberries, sugar and orange juice. Cook until blueberries begin to break down and then add the corn starch/water mixture. Cook until mixture thickens. Blueberries won't be completely broken down, that's how it should look! Remove from heat and set aside.
2. For the dough, heat the milk in a small saucepan just until it bubbles, then remove from heat and stir in the butter until it melts. Let the milk and butter cool for 5 minutes. (Note: The milk should never get too hot, if it does wait for it to cool to 110°F. If milk being added into yeast gets too hot (120°F or more) it can kill the yeast and your dough won't rise.
3. In a bowl of an electric mixer with the flat beater, combine 2 1/2 cups flour, sugar, yeast and salt. Add in the milk and butter mixture, water and egg. Beat well.
4. Add in the remaining flour (1 cup) 1/2 cup at a time. Dough will be thick. When dough has pulled together, switch out the flat beater for the dough hook and knead dough for 5 minutes.
5. You will know when the dough is ready when it feels tacky but doesn't stick to your fingers. If still sticking, add 1 Tbsp. flour and knead again.
6. Cover dough with plastic wrap or a warm cloth and let rise on the counter for 40-60 minutes. Dough will double in size.
7. Then on a lightly floured surface (I like to use a marble slab) roll out the dough into 12x9 inch rectangle. I like to use the 9x13 inch baking dish as a guide.
8. Use a pastry brush to slather the dough with softened butter (leave a 1/2 inch border) and then combine the cinnamon & brown sugar and generous sprinkle on the dough.
9. Spread about 1/2 cup of the blueberry sauce over the dough. Carefully roll the dough up into a log as tight as possible and pinch the edges to seal. Dough is very soft, work gently and carefully. It's okay if some of the filling oozes out!
10. Trim off the uneven edges and cut clean slices with a sharp knife – you will have about 12 cinnamon rolls from this batch. Place then cut side up in your 9x13 inch baking dish sprayed with non-stick baking spray. Cover loosely with plastic wrap and let rise again for 20-30 minutes. Dough will once again double in size!
11. Bake in the oven at 350° F for 18-20 minutes or until lightly golden. Remove from oven and let cool (If you can wait!). Once cooled, you can whisk together the ingredients for the glaze and drizzle over the top with more of the remaining blueberry sauce.

# DON'T MISS OUT ON THESE SENIOR DISCOUNTS

1. **Save On Medications.** AARP Prescription Discount Card offers discounts at pharmacies. seniors save an average of 61% on the medications that Medicare Part D or your other insurance carrier does not cover. Find out more [here!](#)
2. **Save On Cell Phone Plans.** Cell phone plan discounts for seniors at AT&T, Consumer Cellular, and Metro PCS. The discounts at each vary, but the lowest discount includes an automatic 5% off on usage and fees.
3. **Save When You Travel.** take advantage of the deals offered on airfare from most U.S. carriers, including [Southwest](#). Plus, if you're an AARP member and need to rent a car for any reason, try [Alamo](#). You'll get up to an automatic 25% off savings!
4. **Save On Hotels.** There are a lot of hotels that offer savings to seniors. Some, such as [Wyndham](#), offer a 20% discount with AARP membership. Others, including [Best Western](#), give seniors up to 15% off their room rates.



5. **Save When You Eat Out.** The list of restaurants that offer senior discounts is pretty staggering, so if you've never taken advantage of this, you need to start. Everything from fast food to casual dining to fancier fare is included. Be sure to ask your server for the senior discount in any restaurant where you dine.
6. **Save On Care Insurance.** Car insurance discounts vary by insurer, but they are worth checking into. Call your insurer and ask about a senior discount today.

Source: [voilamoola.com](http://voilamoola.com)

# HUMAN FOODS THAT ARE TOXIC TO DOGS



## CAFFEINE

Causes vomiting, diarrhea. Caffeine is toxic to the heart and nervous system.



## DAIRY

Too much can cause vomiting, diarrhea. .



## ALCOHOL

Causes intoxication, coma and even death.



## FATTY FOODS

Too much can cause pancreatitis.



## RAISINS AND GRAPES

Causes kidney failure. Unknown cause.



## COOKED BONES

Causes stomach lacerations.



## MUSHROOMS

Some varieties can cause kidney failure



## ONION AND GARLIC

Can cause blood cell damage and anemia.

# WHAT'S HAPPENING?



## GROUP FITNESS

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

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

## 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](http://yuma.colibraries.org)

## NEED A SPACE?

Reserve one of our meeting rooms for your next meeting.

For reservations, call 970-848-0407

## 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 FEBRUARY 2021

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



## FEBRUARY 2021 YUMA MEAL SITE

Happy Valentine's Day

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<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><b>CORN TACO CASSEROLE</b> <b>REFRIED BEANS</b> <b>TOSSED SALAD W/ DRESSING</b> <b>FRUIT CUP</b></p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 610 Carbs: 85.0g Fib: 12.1g Protein: 35.1g Fat: 16.2g Sod: 728mg</p>	<p><b>BEEF GOULASH</b> <b>GREEN BEANS &amp; CORN ROLLS</b> <b>CINNAMON APPLE SLICES</b> <b>NATURE COOKIE</b></p> <p><b>SENIOR MEETING</b></p> <p>Calories: 698 Carbs: 110.3g Fib: 13.3g Protein: 32.3g Fat: 18.2g Sod: 816mg</p>		<p><b>SCALLOPED POTATOES W/ HAM</b> <b>JEANNIE'S SALAD</b> <b>WINTER MIX VEGETABLES</b> <b>W/ ROLL</b> <b>APRICOT HALVES</b></p> <p>Calories: 642 Carbs: 85.5g Fib: 10.2g Protein: 30.3g Fat: 22.3g Sod: 905mg</p>
8	9	10	11	12
<p><b>Suggested Donation - \$4.00</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p>	<p><b>SWEET &amp; SOUR CHICKEN</b> <b>BROWN RICE</b> <b>ORIENTAL VEGETABLES</b> <b>W/ ROLL</b> <b>PEAR ORANGE FRUIT CUP</b></p> <p>Calories: 655 Carbs: 102.3g Fib: 10.9g Protein: 34.3g Fat: 12.3g Sod: 490mg</p>	<p><b>PORCUPINE MEATBALLS</b> <b>SCALLOPED POTATOES</b> <b>CABBAGE</b> <b>W/ ROLL</b> <b>PLUMS</b> <b>NATURE COOKIE</b></p> <p>Calories: 738 Carbs: 114.4g Fib: 10.7g Protein: 35.0g Fat: 19.1g Sod: 581mg</p>		<p><b>ROAST BEEF</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>TOSSED SALAD W/ DRESSING</b> <b>COUNTRY MIX VEGETABLES</b> <b>W/ ROLL</b> <b>PEAR ORANGE FRUIT CUP</b></p> <p>Calories: 648 Carbs: 91.1g Fib: 9.9g Protein: 30.7g Fat: 19.6g Sod: 756mg</p>
15	16	17	18	19
	<p><b>BEEF STROGANOFF w/ NOODLES</b> <b>BEAN MEDLEY</b> <b>BRAN MUFFIN</b> <b>APRICOT HALVES</b></p> <p>Calories: 560 Carbs: 83.1g Fib: 10.1g Protein: 31.8g Fat: 13.2g Sod: 559mg</p>	<p><b>VEGETABLE BEEF SOUP</b> <b>COTTAGE CHEESE &amp; PINEAPPLE SALAD</b> <b>CORN MUFFIN</b> <b>FRUIT CUP</b> <b>OATMEAL BANANA RAISIN COOKIE</b></p> <p><b>BLOOD PRESSURE</b></p> <p>Calories: 629 Carbs: 99.6g Fib: 9.5g Protein: 35.1g Fat: 12.0g Sod: 806mg</p>		<p><b>CHOICE: HAMBURGER STEAK</b> <b>BAKED FISH</b> <b>BAKED POTATO</b> <b>CALIFORNIA VEGETABLES</b> <b>ROLL</b> <b>WINTER FRUIT CUP</b> <b>NATURE COOKIE</b></p> <p>Calories: 700 Carbs: 112.6g Fib: 10.3g Protein: 31.6g Fat: 16.7g Sod: 744mg</p>
22	23	24	25	26
<p><b>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</b></p>	<p><b>ROAST PORK W/ GRAYY</b> <b>BAKED POTATO</b> <b>PARSLED CARROTS</b> <b>CARAWAY ROLL</b> <b>STRAWBERRY GELATIN SALAD</b></p> <p>Calories: 617 Carbs: 80.0g Fib: 9.1g Protein: 32.0g Fat: 19.8g Sod: 574mg</p>	<p><b>SOUTHERN BEEF PIE</b> <b>BEETS</b> <b>TOSSED SALAD W/ DRESSING</b> <b>FRUIT COCKTAIL</b> <b>COOKIE W/ RAISINS</b></p> <p>Calories: 635 Carbs: 85.9g Fib: 9.1g Protein: 30.1g Fat: 22.1g Sod: 542mg</p>		<p><b>CHOICE: HAMBURGER STEAK</b> <b>CITRUS PEPPER SALMON FILLET</b> <b>BAKED SWEET POTATO FRIES</b> <b>GREEN BEANS</b> <b>BRAN MUFFIN</b> <b>MANDARIN ORANGES</b> <b>CINNAMON CRISPIES</b></p> <p>Calories: 647 Carbs: 96.6g Fib: 11.2g Protein: 30.1g Fat: 18.0g Sod: 938mg</p>
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>				