Community And Enrichment Center

Weekly Newsletter
February 5, 2021

GREEK PASTA SALAD

Cucumbers, cherry tomatoes, red onion, Kalamata olives, fusilli pasta and feta tossed in a zesty Greek dressing.

COMPASSION IN ACTION ONLINE WELLNESS CLASS

Offered through CSU Extension, explore how we might remove these barriers, cultivate compassion for ourselves and others, and apply healthy compassion in widening circles.

SEEDS TO START IN FEBRUARY

Give your summer garden a boost this year, with these seeds to start in February.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at Yuma Public Library!

Greek Pasta Salad

Ingredients

- 2 cups cooked fusilli pasta drained and cooled
- 1 cup cucumber quartered and sliced
- 1/2 pint cherry tomatoes halved
- 1/2 cup Kalamata olives pitted and halved
- 1/2 cup red onion diced

Creamy Greek Dressing

- 1/2 cup olive oil
- 2 tbsp red wine vinegar
- 2 tbsp lemon juice about 1/2 a lemon
- 1 clove garlic minced
- 3 tbsp Greek yogurt
- 3/4 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper

Ingredients

1. In a large bowl, mix together cooked pasta, cucumbers, tomatoes, olives, onion and feta.
2. In a separate, small bowl whisk together olive oil, Greek yogurt, lemon juice, red wine vinegar, garlic, oregano, salt and pepper.
3. Pour the dressing over the pasta and mix well and pasta is evenly coated.
4. Serve mediately or store in fridge for up to 3 days.

FEBRUARY 16TH

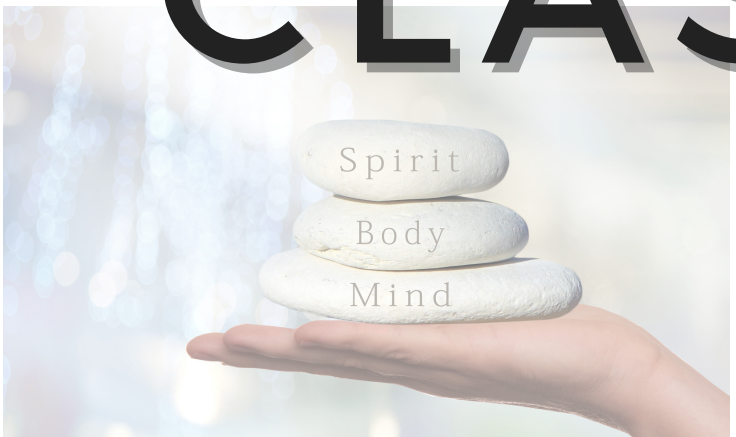
TO REGISTER EMAIL
SDSCHNEIDER@LARIMER.ORG

FREE ONLINE

CSU EXTENSION

COMPASSION IN ACTION

WELLNESS CLASS



CLICK HERE TO REGISTER!

SEEDS TO START IN FEBRUARY

- **TOMATOES** – FAVORITES ARE NICE BIG, RED, JUICY BEEFSTEAK TOMATO. PERFECT FOR BURGERS AND SANDWICHES, OR JUST A LITTLE SALT AND PEPPER
- **PEPPERS** – BELL PEPPER, JALAPENOS, AND A FEW OTHERS. PEPPERS LIKE A LOT OF HEAT DURING THE GROWING SEASON. START THEM EARLY SO YOU CAN GET A GREAT HARVEST.
- **TOMATILLOS** – IF YOU'RE A FAN OF SALSA OR GREEN ENCHILADA SAUCE – YOU HAVE GOT TO PLANT TOMATILLOS.
- **BROCCOLI** -THE DI CICCO VARIETY OF BROCCOLI WAS INTRODUCED IN 1890 IN ITALY, AND IS STILL A POPULAR GARDEN CROP TO GROW. BROCCOLI IS HARDY AND CAN BE GROWN IN ZONES THREE THROUGH TEN, AND CAN WITHSTAND FROST. SINCE WE'RE IN ZONE 6, THIS WILL GROW NICELY FOR US.
- **CABBAGE** – THE COPENHAGEN MARKET CABBAGE WAS PRODUCED IN DENMARK AND BROUGHT TO AMERICA IN 1909. IT IS A HARDY GARDEN CROP THAT CAN BE GROWN IN CLIMATE ZONES THREE THROUGH NINE. THE PLANT PRODUCES MEDIUM SIZED, GREEN HEADS THAT CAN LIVEN UP ANY DISH. THE COPENHAGEN VARIETY IS AN EARLY VARIETY ONLY 70ISH DAYS TO HARVEST.
- **BRUSSEL SPROUTS** – AKA BABY CABBAGES. WE ADORE FRESH BRUSSEL SPROUTS ON THE FARM ONE OF OUR FAVORITES IS GARLIC AND OLIVE OIL ROASTED BRUSSEL SPROUTS. BRUSSELS SPROUTS CAN BE GROWN IN COLDER CLIMATES, AND THE CROP IS VERY TOLERANT OF FROST. WHILE THE SPROUTS CAN TAKE UP TO ONE HUNDRED DAYS TO REACH MATURITY, THEY MAKE GREAT CROPS TO GROW DURING THE WINTER AND COLDER MONTHS OF THE YEAR.
- **EGGPLANT** – THE BLACK BEAUTY EGGPLANTS. VARIETY IS PERFECT FOR EGGPLANT PARMESAN OR STUFFED EGGPLANT DISHES.
- **KALE** – RED RUSSIAN KALE, ALSO KNOWN AS RAGGED JACK, IS A TENDER KALE WITH BRIGHT RED STEMS AND FORKED OAK LEAF SHAPED LEAVES. EXCELLENT AS A BABY GREEN. BIENNIAL TREATED AS AN ANNUAL. GROWS IN ALL ZONES, BUT PREFERS COOLER CLIMATES.
- **KOHLRABI** – IN GERMAN, "KOHL" MEANS CABBAGE, AND "RABI" MEANS TURNIP. PURPLE VIENNA KOHLRABI PRODUCES A BULB WITH BRIGHT PURPLE SKIN AND CRISP WHITE FLESH. A VERY TURNIP LIKE FLAVOR. PREFERS COLDER CLIMATES BUT GROWS IN ZONES 3-11.
- **COLLARDS** – IF YOU'RE FROM THE SOUTH, YOU KNOW THAT COLLARD GREENS ARE FEATURED AT NEARLY EVERY MEAL.
- **ONIONS** – SWEET ONION IS THE WALLA WALLA. SOME SAY THIS IS THE WORLD'S BEST TASTING ONION. A DELICIOUS, MILD, SWEET ONION, MEASURING ABOUT 4 INCHES ACROSS. IN MILD-WINTER AREAS PLANT IN AUGUST FOR HARVEST EARLY NEXT SUMMER.

source

WHAT'S HAPPENING AT

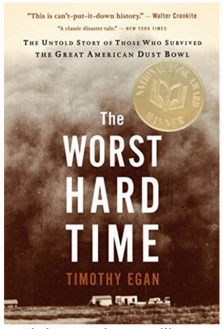
YUMA

PUBLIC LIBRARY

VISIT YUMA.COLIBRARIES.ORG
FOR MORE INFORMATION!

Yuma Public Library's
Featured Book Club Title

Call to borrow a copy today!



Club members will meet
Friday, February 12, 2021
@ 12PM at the library.

970-848-2368 or
email yumalibrary@hotmail.com

2021
Yuma Public Library

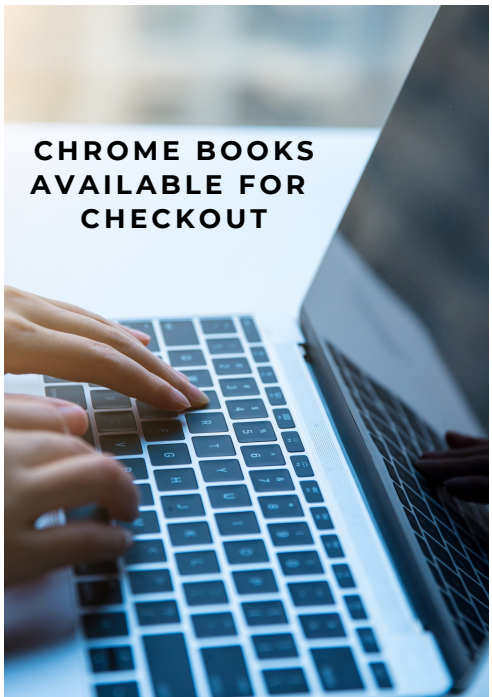
SMALL READING GROUPS

AFTER SCHOOL UNTIL 4:30PM

Kindergarten on Mondays
1st & 2nd Grades on Tuesdays
3rd & 4th Grades on Wednesdays
5th, 6th, & 7th Grades on Thursdays

Each grade will be limited to 10 students. Masks will be required for students 10 years old and above. Social distancing will be recommended.
Registration required.

910 S. Main Street -- 970-848-2368 -- a.lynch@yumacolo.org



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.

OUR GYM IS 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.

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

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
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.	CORN TACO CASSEROLE REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT CUP BIRTHDAY RECOGNITION Calories: 610 Carbs: 85.0g Fib: 12.1g Protein: 35.1g Fat: 16.2g Sod: 728mg	BEEF GOULASH GREEN BEANS & CORN ROLLS CINNAMON APPLE SLICES NATURE COOKIE SENIOR MEETING Calories: 638 Carbs: 110.3g Fib: 13.3g Protein: 32.3g Fat: 18.2g Sod: 816mg		SCALLOPED POTATOES W/ HAM JEANNIE'S SALAD WINTER MIX VEGETABLES WW ROLL APRICOT HALVES Calories: 642 Carbs: 85.5g Fib: 10.2g Protein: 30.3g Fat: 22.3g Sod: 905mg
8	9	10	11	12
Suggested Donation – $4.00 Under Age 60 Mandatory Charge – $12.50	SWEET & SOUR CHICKEN BROWN RICE ORIENTAL VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP Calories: 655 Carbs: 102.3g Fib: 10.3g Protein: 34.3g Fat: 12.3g Sod: 430mg	PORCUPINE MEATBALLS SCALLOPED POTATOES CABBAGE WW ROLL PLUMS NATURE COOKIE Calories: 738 Carbs: 114.4g Fib: 10.7g Protein: 35.0g Fat: 19.1g Sod: 581mg		ROAST BEEF MASHED POTATOES & GRAVY TOSSED SALAD W/ DRESSING COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP Calories: 648 Carbs: 91.1g Fib: 9.3g Protein: 30.7g Fat: 19.6g Sod: 756mg
15	16	17	18	19
	BEEF STROGANOFF w/ NOODLES BEAN MEDLEY BRAN MUFFIN APRICOT HALVES Calories: 560 Carbs: 83.1g Fib: 10.1g Protein: 31.8g Fat: 13.2g Sod: 559mg	VEGETABLE BEEF SOUP COTTAGE CHEESE & PINEAPPLE SALAD CORN MUFFIN FRUIT CUP OATMEAL BANANA RAISIN COOKIE BLOOD PRESSURE Calories: 629 Carbs: 99.6g Fib: 9.5g Protein: 35.1g Fat: 12.0g Sod: 806mg		*CHOICE: HAMBURGER STEAK* BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ROLL WINTER FRUIT CUP NATURE COOKIE Calories: 700 Carbs: 112.6g Fib: 10.9g Protein: 31.6g Fat: 16.7g Sod: 744mg
22	23	24	25	26
IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE	ROAST PORK W/ GRAVY BAKED POTATO PARSLIED CARROTS CARAWAY ROLL STRAWBERRY GELATIN SALAD Calories: 617 Carbs: 80.0g Fib: 9.1g Protein: 32.0g Fat: 19.8g Sod: 574mg	SOUTHERN BEEF PIE BEETS TOSSED SALAD W/ DRESSING FRUIT COCKTAIL COOKIE W/ RAISINS Calories: 635 Carbs: 85.9g Fib: 9.1g Protein: 30.1g Fat: 22.1g Sod: 542mg		*CHOICE: HAMBURGER STEAK* CITRUS PEPPER SALMON FILLET BAKED SWEET POTATO FRIES GREEN BEANS BRAN MUFFIN MANDARIN ORANGES CINNAMON CRISPIES Calories: 647 Carbs: 96.6g Fib: 11.2g Protein: 30.1g Fat: 18.0g Sod: 938mg
Menu may change due to availability of food items or conditions that cause the kitchen to close.			Happy Valentine's Day	