Community And Enrichment Center

Weekly Newsletter
February 12, 2021

VALENTINE'S DAY PANCAKES

Easy, whole wheat heart shaped pancakes are the perfect pancakes for Valentine's Day or any day!

ART THERAPY TO HELP REDUCE ANXIETY

For many years art therapy has helped people address a range of mental health symptoms.

THINGS YOU FORGET TO CLEAN IN YOUR HOUSE

From the tv to baseboards we'll remind of what you might be forgetting to clean when you're tidying up the house.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at Yuma Public Library!

Valentine's Day PANCAKES

Ingredients

- 1 1/2 cups white whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon brown sugar
- 1 cup milk
- 1/2 cup plain or vanilla Greek yogurt
- 2 large eggs
- 2 tablespoons pure maple syrup
- 1 tablespoon melted butter
- 1 teaspoon vanilla extract
- Optional toppings- strawberries, butter, and maple syrup

Directions

1. In a large bowl, whisk together the flour, baking powder, salt, and brown sugar.
2. In a medium bowl, combine milk, yogurt, eggs, maple syrup, melted butter, and vanilla extract. Whisk until combined.
3. Pour wet ingredients over dry ingredients and stir until combined.
4. Heat a griddle or pan to medium low heat. Coat with cooking spray. Spray the inside of a heart shaped cookie cutter with cooking spray. Place the cookie cutter on the griddle or pan and fill with about ¼ cup of pancake batter. Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes. Remove cookie cutter and flip carefully with a spatula. Cook until browned on the underside, 1 to 2 minutes more. Continue making pancakes until the batter is gone.
5. Serve pancakes warm with strawberries, butter, and maple syrup, if desired.
6. Note-If you don't have a heart shaped cookie cutter, you can pour or pipe the pancake batter into heart shapes. It's ok if they aren't perfect. These pancakes freeze well. Let them cool completely and then wrap in plastic wrap and put in a freezer bag. When ready to eat, remove from freezer and reheat in microwave or the toaster.

Art Therapy To Reduce Anxiety

ACCORDING TO HEALTHLINE, SINCE ITS INTRODUCTION IN THE MID-1900S, ART THERAPY HAS HELPED PEOPLE ADDRESS A RANGE OF MENTAL HEALTH SYMPTOMS.

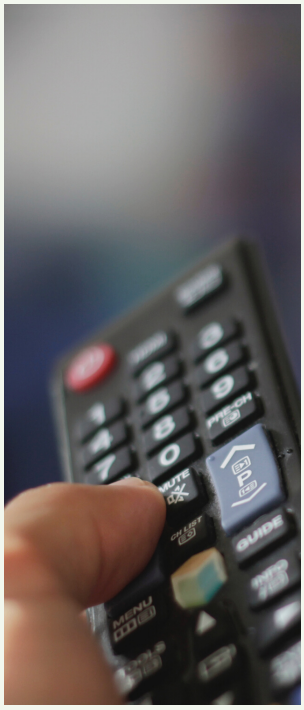
IT CAN HELP REDUCE STRESS, BOOST MINDFULLNESS, INTERRUP RUMINATION AND CAN HELP YOU FIND YOUR FLOW.

TRY DOODLING, DRAWING OR SKETCHING OR JUST COLORING .

STAYING IN THE MOMENT IS KEY AND BREAKING FREE OF ANY DISTRACTIONS WILL HELP KEEP YOUR FOCUS. SPEND 20-30 MINUTES DRAWING OR COLORING. PLAY RELAXING MUSIC TO HELP CALM YOUR MIND. PAY ATTENTION TO HOW THE PENCIL OR CRAYON FEELS IN YOUR HANDS - THIS CAN ENHANCE MINDFUL AWARENESS.

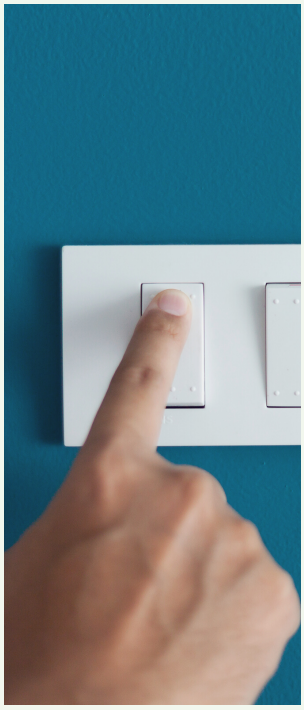
AS YOU DRAW, TRY TO AVOID ERASING, WONDERING WHETHER YOUR DRAWING IS GOOD OR BAD OR GETTING STUCK ON MAKING YOUR ART REALISTIC OR ACCURATE. THIS IS ART, THERE ARE NO MISTAKES. MOST IMPORTATNLY, HAVE FUN!

5 PLACES YOU FORGET TO CLEAN IN YOUR HOUSE



THE REMOTE

RESEARCHERS FOUND THAT HALF OF THE REMOTE CONTROLS TESTED WERE POSITIVE FOR COLD VIRUSES. A SPRITZ OF DISINFECTANT, LIKE LYSOL, CAN DO WONDERS HERE, AS CAN A QUICK SCRUB BETWEEN AND OVER THE BUTTONS WITH A BLEACH WIPE.



SWITCHES

THE DIRTIEST SPOT IN YOUR HOME ISN'T YOUR TOILET SEAT. IT'S LIKELY THE LIGHT SWITCHES IN THE KITCHEN, BATHROOMS, AND COMMON SPACES. HEALTHLINE RECOMMENDS WIPING DOWN ALL LIGHT SWITCHES WITH A DISINFECTING CLOTH ONCE A WEEK.

COMBS

A BRUSH PROPERLY CARED FOR CAN LAST BETWEEN ONE TO THREE YEARS. REMOVE HAIR MANUALLY AFTER EVERY USE, WASH BY HAND WITH SHAMPOO AND LEAVING IT OVERNIGHT TO DRY ONCE A MONTH. CUT OUT ANY EXTRA JAMMED-IN-THERE HAIRS WITH SCISSORS.

SPONGES

MICROWAVE YOUR SPONGES IN THE TO KILL BACTERIA AND KEEP THEM CLEANER FOR LONGER. DISH SPONGES AND DISH RAGS ARE USUALLY THE ABSOLUTE "GERMIEST" ITEMS IN THE HOME. ALSO, CHANGE DISH BRUSHES OR REPLACE THEM REGULARLY.

PET TOYS

WASH CLOTH OR STUFFED TOYS IN A GARMENT BAG IN YOUR WASHING MACHINE. FOR PLASTIC OR RUBBER TOYS, YOU SHOULD COVER THE HOLES WITH TAPE AND SOAK AND SCRUB IN A MIXTURE OF WHITE VINEGAR AND WATER, OR PUT THEM IN THE DISHWASHER.

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	