

# Community And Enrichment Center

Weekly Newsletter  
January 8, 2021



## CREATIVE WAYS TO DECLUTTER

*Learning how to declutter your home doesn't need to be as painful as some make it out to be.*

## SLOW COOKER CHICKEN TERIYAKI

*Boneless skinless chicken breasts and homemade teriyaki sauce served over rice or quinoa make this crock pot teriyaki chicken a perfect weeknight meal.*

## 30 DAY HEALTH CHALLENGE

*This 30-Day health challenge explores minor daily changes to create positive steps towards a healthy way of life.*



# Get Organized

*If you're struggling and need guidance on how to declutter, you'll need to get creative with your plans. Here are several interesting decluttering tips to get you started on decluttering your home. source: [www.becomingminimalist.com](http://www.becomingminimalist.com)*

- Start with 5 minutes at a time. If you're new to decluttering, you can slowly build momentum with just five minutes a day.
- Give one item away each day. This would remove 365 items every single year from your home. If you increased this to 2 per day, you would have given away 730 items you no longer needed.
- Fill an entire trash bag. Get a trash bag and fill it as fast as you can with things you can donate.
- Donate clothes you never wear. To identify them, simply hang all your clothes with hangers in the reverse direction. After wearing an item, face the hanger in the correct direction. Discard the clothes you never touched after a few months.
- Create a decluttering checklist. It's a lot easier to declutter when you have a visual representation of where you need to get started.

- Take the 12-12-12 challenge. Locate 12 items to throw away, 12 to donate, and 12 to be returned to their proper home.
- View your home as a first-time visitor. It's easy to "forget" what your home looks like to a new visitor. Enter your home as if you're visiting the home of a friend. Write down your first impression on how clean and organized the home is and make changes.
- Take before and after photos of a small area. Choose one part of your home, like your kitchen counter, and take a photo of a small area. Quickly clean off the items in the photo and take an after photo. Once you see how your home could look, it becomes easier to start decluttering more of your home.
- Get help from a friend. Have a friend or family member go through your home and suggest a handful of big items to throw away or donate. If you defend the item and want to keep it, your friend has to agree with your reason. If they don't agree, it's time to get rid of it.
- Use the Four-Box Method. Get four boxes and label them: trash, give away, keep, or re-locate. Enter any room in your home and place each item into one of the following boxes. Don't skip a single item, no matter how insignificant you may think it is. This may take days, weeks, or months, but it will help you see how many items you really own and you'll know exactly what to do with each item.



# Slow Cooker Chicken Teriyaki

## Ingredients

- 1 1/2 pounds, or about 3 large, boneless skinless chicken breasts
- 1/2 cup soy sauce
- 1/4 cup apple cider vinegar
- 1/4 cup honey
- 1/4 cup brown sugar
- 2 cloves garlic, minced
- 2 tablespoons cornstarch + 1/4 cup water
- rice or quinoa, for serving
- sesame seeds, for garnish
- sliced green onions, for garnish

## Directions

1. Place chicken breasts on bottom of slow cooker.
2. Combine soy sauce, vinegar, honey, brown sugar, and garlic in a measuring cup.
3. Pour over chicken breasts.
4. Cook on high for 3-4 hours or 6-8 hours on low, until chicken breasts are tender.
5. Remove chicken from slow cooker and shred with forks. Set aside.
6. Pour sauce into small saucepan.
7. Combine cornstarch with water, and add to sauce.
8. Over medium heat, bring sauce to a low boil, stirring often, and cook another minute, until sauce has thickened.
9. Pour thickened sauce over shredded chicken.
10. Serve over rice or quinoa, topped with sesame seeds and sliced green onions.



# 30 DAY HEALTH CHALLENGE

*This 30-Day Health Challenge, and explore minor daily changes to create positive steps towards a healthy way of life.*



1. Put Your Fork Down Between Bites
2. Don't Eat Pas 7pm
3. Cook At Home
4. Take The Stairs
5. Eat Veggies At Every Meal
6. Laugh And Smile
7. Focus On Posture
8. Walk To Work
9. Get 8 Hours of Sleep
10. Stretch
11. Avoid Salt
12. Eat What You're Body Wants
13. Drink Water All Day
14. Avoid Processed Foods
15. Eat 6 Small Meals Each Day
16. Take Your Vitamins
17. Don't Weigh Yourself
18. Don't Deprive Yourself
19. Drink Herbal Tea
20. Try A New Exercise
21. Buy A Herb Plant
22. Use Sunscreen
23. Avoid Hidden Sugars
24. Eat Until You're Satisfied
25. Eat Whole Grains
26. Take A Cold Shower
27. Journal
28. EAt Until Satisfied
29. Avoid Trans & Saturated Fats
30. Don't Go Shopping While Hungry

# 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.



## 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 JANUARY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for September 2020. 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

## JANUARY 2021 YUMA MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 848-2038

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT BY <u>ONE</u> DAY BEFORE				
4	5	6	7	8
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.	BBQ BEEF SANDWICH POTATO SALAD BRN BUTTER & DILL BRUSSEL SPROUTS FRUIT CUP  <b>BIRTHDAY RECOGNITION</b> Calories: 658 Carb: 96.8g Fiber: 12.1g Protein: 33.1g Fat: 19.0g Sod: 861mg	BEEF & NOODLES CREAMY COLESLAW PARSLIED CARROTS APRICOT HALVES CINNAMON CRISPIES ROLL  <b>SENIOR MEETING</b> Calories: 688 Carb: 100.6g Fiber: 11.60g Protein: 32.0g Fat: 19.8g Sod: 649mg		BRUNSWICK STEW GREEN BEANS W/ TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE W/ RAISINS  Calories: 663 Carb: 79.3g Fiber: 10.3g Protein: 37.5g Fat: 24.1g Sod: 562mg
11	12	13	14	15
Suggested Donation - \$4.00  Under Age 60 Mandatory Charge - \$12.50	SWISS TEAK BOILED POTATOES ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS  Calories: 741 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 24.1g Sod: 560mg	CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD ONION ROLL PEAR ORANGE FRUIT CUP  Calories: 636 Carb: 79.9g Fiber: 10.2g Protein: 36.1g Fat: 21.2g Sod: 562mg		<b>CHOICE:HAMBURGER STEAK</b> OVEN FRIED LIVER PARSLIED POTATOES STEWED TOMATOES WW ROLL STRAWBERRY APPLESAUCE  Calories: 643 Carb: 100.4g Fiber: 11.0g Protein: 34.2g Fat: 14.1g Sod: 541mg
18	19	20	21	22
	HAMBURGER ON A BUN BAKED BEANS COUNTRY MIX VEGETABLES MANDARIN ORANGES  Calories: 726 Carb: 91.8g Fiber: 12.2g Protein: 45.9g Fat: 22.0g Sod: 958mg	BARBECUE CHICKEN POTATO SALAD STIR FRY VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP  <b>BLOOD PRESSURE</b> Calories: 702 Carb: 91.4g Fiber: 10.1g Protein: 40.1g Fat: 21.4g Sod: 1172mg		SALISBURY STEAK MASHED POTATOES WINTER MIX VEGETABLES ONION ROLL FRUIT CUP  Calories: 670 Carb: 78.1g Fiber: 9.2g Protein: 42.5g Fat: 22.5g Sod: 675mg
25	26	27	28	29
Menu may change due to availability of food items or conditions that cause the kitchen to close.	TERIYAKI BEEF RICE ORIENTAL VEGETABLES WW ROLL PEACH SLICES CINNAMON CRISPIES  Calories: 681 Carb: 107.7g Fiber: 9.8g Protein: 30.5g Fat: 15.4g Sod: 458mg	HAM POTATO OMELET BEAN MEDLEY BRAN MUFFIN CHERRY BANANA SURPRISE  Calories: 629 Carb: 81.7g Fiber: 10.9g Protein: 30.2g Fat: 22.6g Sod: 910mg		CHICKEN & SPINACH LASAGNA GREEN BEANS TOSSED SALAD W/ DRESSING FRENCH BREAD FRUIT COCKTAIL  Calories: 736 Carb: 85.3g Fiber: 10.0g Protein: 49.0g Fat: 24.1g Sod: 653mg