# CEC

COMMUNITY AND ENRICHMENT CENTER
WEEKLY NEWSLETTER
JULY16, 2021

## PEACH COBBLER

Made from scratch with fresh ripe peaches and a warm, sweet crust, it's the perfect treat to enjoy fresh from the oven with a scoop of ice cream!

## ONLINE WELLNESS: STRONGER BONES

Activate the joints and muscles to become limber and increase mental focus and concentration during this exercise class.

## PEANUT BUTTER OATMEAL DOG TREATS

These homemade dog treats are filled with peanut butter, mashed banana, and oats!

# PEACH COBBLER

## INGREDIENTS

### PEACH FILLING

10 cups peaches sliced into thin wedges
2 teaspoons lemon juice
¼ cup sugar
¼ cup brown sugar
¼ teaspoon cinnamon
⅛ teaspoon allspice
1 teaspoon vanilla extract
2 teaspoon cornstarch

### CRUST TOPPING

2 cups flour
½ cup sugar
½ cup brown sugar
2 teaspoon baking powder
1 teaspoon salt
12 tablespoons butter chilled and grated on a cheese grater
½ cup hot water

### CINNAMON SUGAR TOPPING

⅓ cup sugar
2 teaspoons cinnamon

## INGREDIENTS

1. Preheat the oven to 425°F. Spray a 9×13 deep-sided baking dish with cooking spray and set aside.
2. In a large bowl combine the peaches, lemon juice, sugar, brown sugar, cinnamon, allspice, vanilla extract, and cornstarch. Stir well to coat all peaches.
3. Pour peach mixture into the bottom of your greased 9×13 baking dish. Place in the oven to bake peaches for about 10 minutes while you make the crust and cinnamon sugar topping.
4. In a separate medium bowl combine flour, sugar, brown sugar, baking powder, salt, and grated butter. Stir to combine. Pour hot water into a bowl and mix until a dough mixture forms.
5. In a separate small bowl combine the sugar and cinnamon, stir well.
6. Remove your peaches from the oven and drop spoonfuls of the crust topping mixture on top of the peaches. Use a spoon or spatula to spread out the crust topping mixture so it's evenly covering the peaches. Sprinkle the cinnamon-sugar topping evenly over the top of the crust topping.
7. Place back in the oven and let cook for 25-30 minutes, or until the crust topping is browned and the peach juices are bubbling up on the sides of the cobbler.
8. Serve warm with vanilla ice cream.

# STRONGER BONES

**Location & Event Details**

*Online*

*Date: Tuesday, July 20 | 7:00am–8:00am MDT*

**Description**

*Activate the joints and muscles to become limber and increase mental focus and concentration during this exercise class. Have your dumbbells, water bottles, soup cans or towels ready to use for resistance. Trainer: Mary Breyette, Executive Director of Cornell Cooperative Extension of Clinton County*

*Click or tap to join this class by Zoom:*
*https://seniorplanet.zoom.us/j/853133798*
*Meeting ID: 853 133 798*

# Oatmeal Peanut Butter Dog Treats

## INGREDIENTS:

- 1 EGG
- 1/3 CUP PEANUT BUTTER*
- 1 CUP ALMOND FLOUR
- 1/2 CUP OLD FASHIONED OATS
- 1 MASHED BANANA (1/2 CUP)
- US CUSTOMARY - METRIC

## DIRECTIONS:

1. PREHEAT OVEN TO 300 DEGREES
2. COMBINE ALL INGREDIENTS IN A LARGE BOWL AND KNEAD UNTIL A DOUGH BALL FORMS. IF IT'S TOO STICKY, ADD A LITTLE MORE FLOUR.
3. ROLL IT OUT ON A LIGHTLY FLOURED SURFACE AND CUT INTO SHAPES WITH COOKIE CUTTERS OR USE THESE CUTE DOG TREAT MOLDS!
4. PLACE THE CUTOUTS ON A BAKING SHEET AND BAKE FOR ABOUT 15-20 MINUTES.

SOURCE: THECOZYCOOK.COM

# What's Happening?

## MEET AND EAT

Meet and Eat is Back! Every Tuesday, Wednesday and Friday at 12 noon.

For reservations, call 970-848-2038

## 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

## 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
# JULY 2021

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

## JULY 2021
## YUMA MEET & EAT
## FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | 1 | 2 |
| For Reservations<br>Call 848-2038 by 8:00 a.m.<br>the day you want the meal.<br><br>If you must cancel your meal,<br>please do so by 8:00 a.m.<br>the day of the meal. | Menu may change due to availability of food items or conditions that cause the kitchen to close. | Suggested Donation - $4.00<br><br>Under Age 60<br>Mandatory Charge - $12.50 | | BEEF GOULASH<br>PARSLIED CARROTS<br>ANNA'S DILLY BREAD<br>STRAWBERRIES & BANANAS<br><br>Calories: 605 Carb: 82.6g Fiber: 13.7<br>Protein: 36.7g Fat: 17.3g Sod: 885mg |
| 5 | 6 | 7 | 8 | 9 |
| | CHICKEN SALAD W/ GREEN GRAPES<br>MARINATED VEGGIE SALAD<br>WW ROLL<br>PEAR ORANGE FRUIT CUP<br>CARROT CAKE<br><br>BIRTHDAY RECOGNITION<br>Calories: 709 Carb: 95.6g Fiber: 10.6g<br>Protein: 34.3g Fat: 23.8g Sod: 931mg | SMOTHERED PORK CHOP<br>SCALLOPED POTATOES<br>BRUSSEL SPROUTS<br>CARAWAY ROLL<br>APRICOT HALVES<br><br>SENIOR MEETING<br>Calories: 702 Carb:84.2g Fiber: 10.5g<br>Protein: 41.8g Fat: 23.9g Sod: 641mg | CORN TACO CASSEROLE<br>SALSA<br>REFRIED BEANS<br>TOSSED SALAD W/ DRESSING<br>CANTALOUPE CUBES<br><br>Calories: 605g Carb: 74.8g Fiber: 10.8g<br>Protein: 34.8g Fat: 19.8g Sod: 762mg | SALISBURY STEAK<br>MASHED POTATOES<br>CONFETTI COLESLAW<br>PEAS<br>ROLL<br>FRUIT SALAD<br><br>Calories: 782 Carb: 98.9g Fiber: 12.9g<br>Protein: 46.1g Fat:24.5g Sod: 903mg |
| 12 | 13 | 14 | 15 | 16 |
| SWEET & SOUR CHICKEN<br>BROWN RICE<br>ORIENTAL VEGETABLES<br>WW ROLL<br>MANDARIN ORANGES w/ BANANAS<br>OATMEAL NUT COOKIES<br><br>Calories: 768 Carb: 115.1g Fiber: 10.0g<br>Protein: 36.5g Fat: 19.5g Sod: 612mg | SCALLOPED POTATOES & HAM<br>BROCCOLI<br>RAISIN ROLL<br>PINEAPPLE TIDBITS<br>OATMEAL CHOCOLATE CHIP COOKIES<br><br>Calories: 744 Carb: 105.2g Fiber: 10.1g<br>Protein: 33.0g Fat: 24.1g Sod: 955mg | BBQ CHICKEN<br>ROTINI PASTA SALAD<br>STIR FRY VEGETABLES<br>BRAN MUFFIN<br>PEACH SLICES<br><br>Calories: 705 Carb: 84.6g Fiber: 12.0g<br>Protein: 43.3g Fat: 23.3g Sod: 877mg | *CHOICE: HAMBURGER STEAK*<br>BAKED FISH<br>BAKED POTATO<br>MIXED VEGETABLES<br>ROLL<br>CHERRY BANANA SURPRISE<br><br>Calories: 609 Carb: 100.9g Fiber: 10.0g<br>Protein: 30.1g Fat: 12.6g Sod: 688mg | LASAGNA<br>TOSSED SALAD W/ DRESSING<br>ITALIAN VEGETABLES<br>GARLIC BREAD<br>FRUIT CUP<br><br>Calories: 643 Carb: 86.79g Fiber: 10.59g<br>Protein: 33.6g Fat:20.8g Sod: 591mg |
| 19 | 20 | 21 | 22 | 23 |
| TERIYAKI BEEF<br>BROWN RICE<br>SPINACH MANDARIN ORANGE SALAD<br>ROLL<br>PEAR SLICES<br><br>OTIS POTLUCK<br>Calories: 633 Carb: 106.7g Fiber: 9.6g<br>Protein: 28.3g Fat: 12.3g Sod: 443mg | BRAISED BEEF<br>MASHED POTATOES<br>FRITO SALAD<br>HARVARD BEETS<br>ROLL<br>MELON CUP<br>CINNAMON CRISPIES<br>Calories: 723 Carb: 101.2g Fiber: 10.3g<br>Protein: 31.9g Fat: 23.3g Sod: 995mg | BACON POTATO BREAKFAST BURRITO<br>GREEN CHILI W/PORK<br>SPANISH RICE<br>TOSSED GREEN SALAD W/ DRESSING<br>FRESH FRUIT CUP<br>APPLE GRANOLA COOKIE<br>BLOOD PRESSURE<br>Calories: 798 Carb: 95.6g Fiber: 9.1g<br>Protein: 28.7g Fat: 35.0g Sod: 778mg | HAM & BEANS<br>WALDORF SALAD<br>CORN BREAD<br>MANDARIN ORANGES W/ BANANAS<br><br>Calories: 659 Carb: 112.4g Fiber: 13.6g<br>Protein: 28.6g Fat: 13.4g Sod: 908mg | *CHOICE: HAMBURGER STEAK*<br>CITRUS PEPPER SALMON FILET<br>PARSLIED POTATOES<br>COUNTRY MIXED VEGETABLES<br>BRAN MUFFINS<br>CANTALOUPE CUBES<br>COOKIES W/ RAISINS<br>Calories: 670 Carb: 95.0g Fiber: 10.7g<br>Protein: 31.4g Fat: 21.3g Sod: 903mg |
| 26 | 27 | 28 | 29 | 30 |
| SPANISH RICE w/ GROUND BEEF<br>PEAS<br>WW ROLL<br>PEACH SLICES<br>OATMEAL CHOCOLATE CHIP COOKIES<br><br>Calories: 677 Carb: 100.8g Fiber: 13.9g<br>Protein: 34.8g Fat: 17.4g Sod: 549mg | HOT TURKEY SANDWICH<br>CABBAGE TOSS<br>GREEN BEANS<br>OATMEAL ROLLS<br>BANANA SPLIT FRUIT CUP<br><br>Calories: 646 Carb: 100.9g Fiber: 10.7g<br>Protein: 30.5g Fat: 15.9g Sod: 1066mg | PORCUPINE MEATBALLS<br>SCALLOPED POTATOES<br>PEAS & CARROTS<br>ANNA'S DILLY BREAD<br>FRUIT COCKTAIL<br><br>Calories: 622 Carb: 94.1g Fiber: 10.8g<br>Protein: 36.0g Fat: 14.2g Sod: 594mg | CHICKEN & SPINACH LASAGNA<br>TOSSAD SALAD W/ DRESSING<br>GREEN BEANS<br>GARLIC BREAD<br>FRESH FRUIT CUP<br><br>Calories: 682 Carb: 80.6g Fiber: 9.4g<br>Protein: 48.8g Fat: 20.8g Sod: 787mg | *CHOICE: CHICKEN CROISSANT*<br>TUNA CROISSANT<br>POTATO SOUP SUPREME W/ CRACKERS<br>BEAN MEDLEY SALAD<br>TROPICAL FRUIT CUP<br><br>Calories: 807 Carb: 114.9g Fiber: 10.2g<br>Protein: 37.4g Fat: 23.4g Sod: 944mg |