

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

July 17, 2020

Inside the Issue

LATE SUMMER GARDENING



SENIOR PLANET: CHAIR YOGA



SUMMER RECIPE: VEGGIE STIR FRY



WHAT'S NEW?

SCHEDULE OF UPCOMING EVENTS

JULY MEET AND EAT SCHEDULE

Plus information for if you or someone you know needs meal delivery.

5 THINGS TO DO

IN LATE SUMMER FOR A HEALTHY GARDEN

WATER!

During the long, hot days of summer, the heat and sun can really take a toll on your plants. Most plants need a deep watering once a week, around 1 inch. It's best to give the plants more water at once, rather than from several smaller increments because it helps the plants to develop a deeper, stronger root system.



HOLD THE FERTILIZER

Late summer is not a great time to fertilize. Most plants are already suffering from heat stress or drought conditions so and fertilizer won't help all that much. In fact, applying fertilizer to plants may weaken them and could burn the roots or foliage.

TIDY UP

If your perennials have brown or wilting sections, it's time to so prune.. After pruning, give them extra water to encourage new growth. But don't get discouraged if your plant doesn't bounce back right away. Pruning your plants in late summer or fall will pay off next spring!

For your more flower-y plants, you can "deadhead" them to tidy up the look of your yard or garden. Deadheading is removing dead or wilting blooms from the plant. Keep in mind, deadheading your plants could discourage birds, bees and butterflies from visiting your yard.

MORE MULCH

It is a good time of year to inspect the mulch around your plants and in your walkways. You want at least a couple of inches of mulch for the layer to be effective for protecting against erosion and heat. If your mulch layer has dwindled, now is a good time to replenish it.

WEED IT OUT

If your garden is starting to look a bit crowded, you could probably benefit from a good weeding session. Removing weeds improves the look of your garden, and can also benefit your perennials,





Senior Planet

CHAIR YOGA

JULY 21 10:30-12:30

www.seniorplanet.org

Yoga is a great form of exercise that helps with strength, balance, and flexibility. It has been documented to:

- Improve core strength and balance
- Increase flexibility
- Promote mobility
- Improve mental health and positive feelings
- Increase oxygen intake
- Promote better breathing techniques
- Help reduce stress and the emotional response to stress
- Control weight

Join Senior Planet for a chair yoga class featuring poses and breath awareness. Verbal cues offered during class will help you develop better alignment and mind-body connection. Some movements will be done standing.

Visit www.seniorplanet.org for more information and to join the class!

VEGGIE STIR FRY



INGREDIENTS:

For the Stir Fry:

- 1 tablespoon vegetable oil
- 1/2 cup carrots peeled and sliced
- 1 cup mushrooms sliced
- 1 cup broccoli florets
- 3/4 cup bell peppers sliced, I used red and yellow
- 1 cup snow peas trimmed
- 1/2 cup water chestnuts drained and sliced
- 3/4 cup baby corn drained and sliced
- 2 teaspoons garlic minced
- 1 teaspoon ginger minced
- salt and pepper to taste

For the sauce:

- 1/4 cup vegetable broth can also use chicken broth or water
- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 teaspoons cornstarch

DIRECTIONS:

1. Heat the oil in a large pan over medium high heat. Add the carrots and mushrooms and cook for 4-6 minutes or until tender.
2. Add the broccoli, bell peppers, snow peas, water chestnuts, baby corn and 2 tablespoons of water to the pan.
3. Cook for an additional 3-5 minutes or until vegetables are tender and water has mostly cooked off.
4. Add the garlic and ginger and cook for 30 seconds. Season the vegetables with salt and pepper to taste.
5. In a bowl, whisk together the vegetable broth, soy sauce and honey.
6. Pour the soy sauce mixture over the vegetables and cook for 30 seconds.
7. In a small bowl mix the cornstarch with a tablespoon of cold water.
8. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.
9. Serve immediately, over rice if desired.

NUTRITION:

Calories:
191 cal Carbs: 36g
Protein: 6g| Fat: 4g
Saturated Fat: 2g
Sodium: 894mg

WHAT'S NEW?



Kid's Day Camp

Community and Enrichment Center
Thursday, July 23, 2020
9am-12:30pm

**OPEN TO THE FIRST 24 PEOPLE
AGES 6-10 YEARS OLD**

Sign up by July 15th
*Bring your own snack and water bottle
Contact Lonnie at the Community and Enrichment Center
970-848-0407 or email communitycenter@yumacolo.org



ZUMBA

**TUESDAYS @ 10AM
THURSDAYS @ 5:30PM**

FREE TO THE FIRST 24 PEOPLE

SIGN UP TODAY!

communitycenter@yumacolo.org
or call 970-848-0407



**YUMA COMMUNITY AND
ENRICHMENT CENTER**

421 E 2ND AVE.



MEET AND EAT JULY 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for July 2020. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

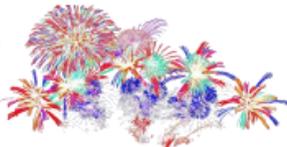
Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

JULY 2020 YUMA MEET & EAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>BEEF STROGANOFF/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg</p>		
<p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>	<p>CHICKEN SALAD MARINATED VEGETABLE SALAD WW ROLL PEAR SLICES CARROT CAKE</p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 669 Carb: 89.8g Fiber: 9.5g Protein: 33.9g Fat: 21.9g Sod: 900mg</p>	<p>SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES</p> <p>Calories: 702 Carb: 84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg</p>		<p>HAMBURGER STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLLS FRUIT SALAD</p> <p>Calories: 747 Carb: 92.9g Fiber: 12.4g Protein: 44.4g Fat: 24.1g Sod: 813mg</p>
	<p>SCALLOPED POTATOES & HAM BROCCOLI WW ROLL CINNAMON APPLE SLICES</p> <p>Calories: 612 Carb: 87.8g Fiber: 10.9g Protein: 30.5g Fat: 18.2g Sod: 891mg</p>	<p>BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 705 Carb: 84.6g Fiber: 12.0g Protein: 43.3g Fat: 23.3g Sod: 877mg</p>		<p>LASAGNA TOSSED SALAD ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 643 Carb: 86.7g Fiber: 10.5g Protein: 33.6g Fat: 20.8g Sod: 591mg</p>
	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/PORK SPANISH RICE TOSSED GREEN SALAD STRAWBERRIES & BANANAS COOKIES W/RAISINS</p> <p>Calories: 753 Carb: 94.3g Fiber: 10.1g Protein: 28.6g Fat: 31.1g Sod: 764mg</p>	<p>BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MANDARIN ORANGES CINNAMON CRISPIES</p> <p>Calories: 735 Carb: 104.6g Fiber: 10.4g Protein: 32.0g Fat: 23.1g Sod: 989mg</p>		<p>CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET PARSLIED POTATOES MIXED VEGETABLES ORANGE MUFFINS OREGON BERRY COMPOTE</p> <p>Calories: 623 Carb: 93.7g Fiber: 11.1g Protein: 31.0g Fat: 15.8g Sod: 790mg</p>
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>HOT TURKEY SANDWICH JEANNIE'S SALAD GREEN BEANS BANANA SPLIT FRUIT CUP COOKIE W/CHOCOLATE CHIPS</p> <p>Calories: 745 Carb: 102.3g Fiber: 10.4g Protein: 30.3g Fat: 26.7g Sod: 1027mg</p>	<p>PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL</p> <p>Calories: 622 Carb: 94.1g Fiber: 10.8g Protein: 36.0g Fat: 14.2g Sod: 594mg</p>		<p>CHOICE: CHICKEN CROISSANT POTATO SOUP SUPREME CRACKERS TUNA CROISSANT BEAN MEDLEY SALAD TROPICAL FRUIT CUP COOKIES W/ CHOCOLATE CHIPS</p> <p>Calories: 778 Carb: 105.1g Fiber: 10.0g Protein: 35.5g Fat: 25.3g Sod: 746mg</p>