COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

July 3, 2020

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YUMA Colorado

FREE CLASSES *with* SENIOR PLANET

MORNING STRETCH

10:00am–10:30am EDT

According to Senior Planet, stretching and breathing exercises have shown to reduce anxiety and stress. This daily class will guide you through 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm. Senior Planet offers many FREE classes like Morning Stretch. To find out more visit their website www.seniorplanet.org

For More click here:
www.seniorplanet.org

4TH OF JULY

RED WHITE AND BLUE

YOGURT POPS

These fun and healthy Fourth of July Red, White and Blue Yogurt Pops are festive and healthy way to celebrate!

INGREDIENTS

- 1/2 lb. fresh strawberries hulled and quartered
- 1/2 lb fresh blueberries
- 2 cup vanilla Greek yogurt

INSTRUCTIONS

- Fill 1 teaspoon of the bottom of each popsicle mold with yogurt. Drop 1 teaspoon of chopped fruit (strawberries or blueberries) on top. Add another teaspoon of yogurt then more fruit. Repeat the process until all of the molds are full. Freeze 4 hours or overnight.
- Run popsicle molds under warm water to loosen before removing from molds.

KEEP YOUR PETS CALM DURING FIREWORKS

Many animals find fireworks scary. There are lots of simple things you can do to help your pet deal with fireworks. By preparing in advance before fireworks start your pet will be better able to cope with the noises.

DOGS

- Walk them during daylight hours to avoid times when fireworks are likely to be set off
- Close windows and curtains to muffle the sound of fireworks
- Put on some music or tv to mask the firework sounds
- Create a quiet space where your dog can feel in control
- Create some hiding places around your home

CATS

- Cats can become more stressed if they're outside during fireworks
- Microchip your cats in case they're startled and escape outside

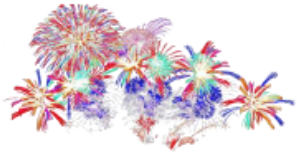
MEET AND EAT
JULY 2020

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
		1	2	3
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.		BEEF STROGANOFF/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANA SPLIT FRUIT CUP Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg		
6	7	8	9	10
Suggested Donation - $4.00 Under Age 60 Mandatory Charge - $12.50	CHICKEN SALAD MARINATED VEGETABLE SALAD WW ROLL PEAR SLICES CARROT CAKE BIRTHDAY RECOGNITION Calories: 669 Carb: 89.8g Fiber: 9.5g Protein: 33.9g Fat: 21.9g Sod: 900mg	SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES Calories: 702 Carb:84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg		HAMBURGER STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLLS FRUIT SALAD Calories: 747 Carb: 92.9g Fiber: 12.4g Protein: 44.4g Fat:24.1g Sod: 813mg
13	14	15	16	17
	SCALLOPED POTATOES & HAM BROCCOLI WW ROLL CINNAMON APPLE SLICES Calories: 612 Carb: 87.8g Fiber: 10.9g Protein: 30.5g Fat: 18.2g Sod: 891mg	BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES Calories: 705 Carb: 84.6g Fiber: 12.0g Protein: 43.3g Fat: 23.3g Sod: 877mg		LASAGNA TOSSED SALAD ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP Calories: 643 Carb: 86.7g Fiber: 10.5g Protein: 33.6g Fat: 20.8g Sod: 591mg
20	21	22	23	24
	BACON POTATO BREAKFAST BURRITO GREEN CHILI W/PORK SPANISH RICE TOSSED GREEN SALAD STRAWBERRIES & BANANAS COOKIES W/RAISINS Calories: 753 Carb: 94.3g Fiber: 10.1g Protein: 28.6g Fat: 31.1g Sod: 764mg	BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MANDARIN ORANGES CINNAMON CRISPIES Calories: 735 Carb: 104.6g Fiber: 10.4g Protein: 32.0g Fat: 23.1g Sod: 989mg		*CHOICE: HAMBURGER STEAK* CITRUS PEPPER SALMON FILET PARSLIED POTATOES MIXED VEGETABLES ORANGE MUFFINS OREGON BERRY COMPOTE Calories: 623 Carb: 93.7g Fiber: 11.1g Protein: 31.0g Fat: 15.8g Sod: 790mg
27	28	29	30	31
Menu may change due to availability of food items or conditions that cause the kitchen to close.	HOT TURKEY SANDWICH JEANNIES'S SALAD GREEN BEANS BANANA SPLIT FRUIT CUP COOKIE W/CHOCOLATE CHIPS Calories: 745 Carb: 102.3g Fiber: 10.4g Protein: 30.3g Fat: 26.7g Sod: 1027mg	PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL Calories: 622 Carb: 94.1g Fiber: 10.8g Protein: 36.0g Fat: 14.2g Sod: 594mg		CHOICE: CHICKEN CROISSANT POTATO SOUP SUPREME CRACKERS TUNA CROISSANT BEAN MEDLEY SALAD TROPICAL FRUIT CUP COOKIES W/ CHOCOLATE CHIPS Calories: 778 Carb: 105.1g Fiber: 10.0g Protein: 35.5g Fat: 25.3g Sod: 746mg