

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

June 5, 2020

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YUMA
Colorado

BLACKBERRY MINT LEMONADE

This refreshing lemonade is bursting with summer flavors and is sure to cool you off on a hot day!

Ingredients

1 cup water
1 cup granulated sugar
3 cups fresh blackberries
 $\frac{1}{4}$ cup loosely packed mint leaves
1 cup fresh lemon juice
4 cups cold water
Sprigs of mint for garnish {optional}

Directions

Pour water and sugar into a small saucepan. Bring to boil to melt all the sugar, then remove from heat. Set aside to cool. This is simple syrup.

Place berries and mint into the bottom of pitcher. Mash with a wooden spoon {or potato masher} to macerate. Pour in lemon juice, water and cooled simple syrup. Pour over ice and serve with sprigs of mint.

HOW TO MAKE YOUR OWN SANITIZING WIPES

If the global COVID-19 pandemic has caused many store shelves empty with essential cleaning supplies. Here's how to make your very own sanitizing wipes using cleaning supplies you already have.

What You Need

One-pound coffee canister plastic lid
Paper towel roll
Sharp knife
1/2 cup vinegar
1/4 cup water
1/4 cup rubbing alcohol
1 teaspoon liquid dish soap
10 drops essential oil (optional)
Spray paint (optional)
Needle
Scissors

What To Do

Cut the paper towels in half using a sharp serrated knife, and squish them into the coffee can.

Mix together the vinegar, dish soap, rubbing alcohol, and water in a small bowl. You can add several drops of essential oil to the wipes.

Slowly pour the liquid over the paper towels. Once they're saturated, carefully remove the cardboard center, and pull a paper towel from the middle.

Use scissors through to cut a circle from the center, around one half-inch in diameter.

Finally, feed the paper towel through the hole in the plastic lid, and secure it to the coffee can.

Use these wipes to clean frequently touched surfaces around your home.



FROZEN WATERMELON DOG TREATS

When the summer heat kicks in, your dog might look to you for a cool and refreshing treat! These frozen watermelon cubes are super easy and softer than ice cubes. They're sure to make your furry friend happy and cool!

Ingredients

One quarter of a seedless watermelon (3 cups worth).

Directions

- Chop seedless watermelon into cubes.
- Put the watermelon cubes in the blender
- Mix the cubes in the blender until they're the consistency of a smoothie.
- Pour the liquid into your ice cube tray.
- Freeze for 3 hours.



MEET AND EAT JUNE 2020

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



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JUNE 2020 YUMA MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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.	2 BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLE SLICES BIRTHDAY RECOGNITION Calories: 632 Carb: 95.5g Fiber: 13.4g Protein: 36.7g Fat: 15.6g Sod: 523mg	3 SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ SALAD DRESSING ROLL PEACH SLICES SENIOR MEETING Calories: 596 Carb: 84.8g Fiber: 10.2g Protein: 29.6g Fat: 18.2g Sod: 499mg	4 IT'S SUMMER!	5 CHOICE: CHICKEN SALAD TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES / BANANAS CHERRY CAKE Calories: 604 Carb: 89.2g Fiber: 9.5g Protein: 29.9g Fat: 16.9g Sod: 905mg
8 Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	9 CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE Calories: 736 Carb: 109.3g Fiber: 12.1g Protein: 31.0g Fat: 23.4g Sod: 418mg	10 BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD PEACH POLKA DOT SALAD NATURE COOKIE Calories: 717 Carb: 113.5g Fiber: 12.6g Protein: 35.8g Fat: 17.3g Sod: 929mg	11	12 SWEET and SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL FRUIT CUP Calories: 643 Carb: 99.0g Fiber: 9.9g Protein: 35.1g Fat: 12.4g Sod: 489mg
15 OTIS POTLUCK	16 HAM POTATO OMELET COUNTRY MIX VEGETABLES ROLL FRUIT CUP COOKIE w/ RAISINS Calories: 754 Carb: 95.9g Fiber: 9.6g Protein: 32.9g Fat: 29.1g Sod: 811mg	17 CHOICE: CHICKEN PENNE CASSEROLE TUNA PENNE CASSEROLE CALIFORNIA VEGETABLES BRAN MUFFIN FRUIT SALAD CINNAMON CRISPIES BLOOD PRESSURE Calories: 659 Carb: 102.6g Fiber: 12.4g Protein: 32.1g Fat: 17.4g Sod: 665mg	18	19 SWEDISH MEATBALLS NOODLES FRITO SALAD ROLL MANDARIN ORANGES w/ BANANAS Calories: 789 Carb: 110.7g Fiber: 10.5g Protein: 38.8g Fat: 24.0g Sod: 554mg
22 IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.	23 CHOICE: HAMBURGER STEAK LIVER & ONIONS SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg	24 ROAST BEEF MASHED POTATOES & GRAVY LAYERED SALAD CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS Calories: 687 Carb: 86.8g Fiber: 10.0g Protein: 37.3g Fat: 23.0g Sod: 961mg	25	26 SPRING GARDEN CHICKEN GREEN BEANS APPLE MUFFIN OREGON BERRY COMPOTE Calories: 645 Carb: 76.1g Fiber: 9.5g Protein: 40.0g Fat: 20.8g Sod: 906mg
29 Menu may change due to availability of food items or conditions that cause the kitchen to close.	30 CHICKEN A LA KING PERFECTION SALAD MIXED VEGETABLES BISCUITS PEACH SLICES OATMEAL BANANA RAISIN COOKIE Calories: 706 Carb: 100.2g Fiber: 10.4g Protein: 39.2g Fat: 19.6g Sod: 599mg			