

Community And Enrichment Center

Weekly Newsletter
March 5, 2021

SIMPLE STEPS TO PREP FOR SPRING GARDENING

Gardening tips to inspire us all to get outside and start our garden.

RECIPE: HONEY GARLIC SALMON

This time-saving, simple recipe cooks up in no time and is a healthy weeknight dinner.

ENERGY BOOSTING FOODS

As you age, your need for regular medical testing usually increases. Now is when you need to be proactive about your health and monitor changes in your body.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at The Community and Enrichment Center.



SIMPLE STEPS TO PREP FOR SPRING GARDENING

These simple steps you can prepare before garden season begins to reduce the overwhelm and get into the rhythm.

1 **START EARLY AND CREATE A PLAN.**

Garden season doesn't just begin in late March or early April. Using a garden checklist you may be able to do, on sunny winter days, some things ahead of time to get them out of the way. For example:

- Cleaning debris off top of garden soil
- Picking up fallen limbs and such in the garden area
- Check on fencing parameters for signs of needed repair
- Take a look and make a list of items such as cages, trellises, tools, etc that may need to be replaced or repaired.

2 **CHOOSE THE BEST VEGETABLES TO GROW.**

Deciding in advance and making a list of what to grow in your spring garden will get you way ahead in preparing for garden season.

Order seeds early and have them on hand so when it's time to start them indoors you will have them.

3 **START SEEDS INDOORS AND ON TIME.**

Another way to prepare before garden season is to start seeds indoors. You've already ordered them and have them on hand. So no need to run late and cause overwhelm.

You can save a lot of money each year by starting your own seeds. The seed packet your seeds came in will tell you how many weeks prior to last frost you should start them.

4 **ORGANIZE AND PREPARE GARDEN SHED.**

Take the time to organize your small garden tools and equipment is a must. Otherwise, you'll spend more time looking and searching only to realize what you are looking for is no where to be found!



HONEY GARLIC SALMON



INGREDIENTS

SALMON

- 4 (6 oz each) salmon filets
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika (or regular paprika)
- 1/4 tsp blackening seasoning (optional)

SAUCE

- 3 Tbsp butter
- 2 tsp olive oil
- 6 cloves garlic minced
- 1/2 cup honey
- 3 Tbsp water
- 3 Tbsp soy sauce
- 1 Tbsp sriracha sauce
- 2 Tbsp lemon juice

DIRECTIONS

- Pat salmon dry, then season with salt, pepper, paprika and blackening seasoning (if using). Set aside. Adjust oven rack to middle position, then preheat broiler.
- Add butter and oil to a large, oven-safe skillet over MED-HIGH heat. Once butter is melted, add garlic, water, soy sauce, sriracha, honey and lemon juice and cook 30 seconds or so, until sauce is heated through.
- Add salmon, skin side down (if using salmon with skin), and cook 3 minutes. While salmon cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon.
- Broil salmon for 5-6 minutes, basting with sauce once during the broil, until salmon is caramelized and cooked to desired doneness.
- Garnish with minced parsley if desired.

Energy Boosting Foods



BANANAS

Bananas may be one of the best foods for energy. They're an excellent source of complex carbs, potassium, and vitamin B6, all of which can help boost your energy levels.



FATTY FISH

Fatty fish like salmon and tuna are good sources of protein, fatty acids, and B vitamins, making them great foods to include in your diet. Salmon and tuna are great sources of Omega-3 fatty acids and vitamin B12.



EGGS

Eggs are not only a tremendously satisfying food but also full of energy that can help fuel your day. They're packed with protein, which can give you a steady and sustained source of energy.



DARK CHOCOLATE

Dark chocolate has a higher cocoa content than regular or milk chocolate. The antioxidants in cocoa have been shown to have many health benefits, such as increasing blood flow throughout your body. This effect aids the delivery of oxygen to the brain and muscles, which improves their function. This can be especially helpful during exercise.



AVOCADOS

Avocados are considered to be a superfood! They are rich in healthy fats, B vitamins, and fiber. The healthy fats have been shown to promote optimal blood fat levels and enhance the absorption of nutrients. They can also be stored in the body and used as energy sources.

WHAT'S HAPPENING?



SPRING BREAK KIDS CAMP

Join us March 15th-18th Spring Break activities including painting and kids fitness classes.

Space is Limited, call 970-848-0407 to reserve your spot.

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

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 MARCH 2021

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

 MARCH 2021 YUMA MEAL SITE 				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<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>HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD MANDARIN ORANGES W/ BANANAS COOKIES W/ RAISINS</p> <p>BIRTHDAY RECOGNITION Calories: 698 Carb: 98.0g Fiber: 9.6g Protein: 29.8g Fat: 23.3g Sodium: 1089mg</p>	<p>BEEF O'LE MEXICALI CORN REFRIED BEANS FRUIT CUP</p> <p>SENIOR MEETING Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sodium: 551mg</p>		<p>PENNE & CHEESE PEAS CONFETTI COLESLAW BLUEBERRY MUFFIN PLUMS</p> <p>Calories: 763 Carb: 104.3g Fiber: 12.4g Protein: 34.0g Fat: 26.7g Sodium: 799mg</p>
8	9	10	11	12
<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>	<p>MEATLOAF MASHED POTATOES TOMATO GRAVY CAROLINA SALAD ROLLS FRUIT CUP</p> <p>Calories: 655 Carb: 101.6g Fiber: 10.0g Protein: 34.2g Fat: 15.2g Sodium: 1008mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD W/ DRESSING OREGON BERY COMPOTE COOKIES W/ RAISINS</p> <p>Calories: 786 Carb: 101.2g Fiber: 11.8g Protein: 28.6g Fat: 30.7g Sodium: 763mg</p>		<p><i>CHOICE: CHICKEN CROISSANT</i> TUNA CROISSANT POTATO SOUP SUPREME PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>Calories: 894 Carb: 138.7g Fiber: 11.8g Protein: 39.3g Fat: 23.1g Sodium: 1083mg</p>
15	16	17	18	19
22	23	24	25	26
<p>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.00</p>	<p>HAM & BEANS CONFETTI COLESLAW CORN BREAD WINTER FRUIT CUP</p> <p>Calories: 623 Carb: 102.1g Fiber: 13.6g Protein: 28.5g Fat: 13.5g Sodium: 928mg</p>	<p>MULLIGAN STEW TOSSED SALAD W/ DRESSING IRISH SODA BREAD GELATIN CELTIC APPLE CRUMBLE</p> <p></p> <p>BLOOD PRESSURE Calories: 618 Carb: 83.9g Fiber: 8.9g Protein: 31.8g Fat: 19.1g Sodium: 555mg</p>		<p><i>CHOICE: CHICKEN NOODLE CASSEROLE</i> TUNA NOODLE CASSEROLE BROCCOLI ROLL PINEAPPLE TIDBITS COOKIE W/ CHOCOLATE CHIPS</p> <p>Calories: 739 Carb: 94.2g Fiber: 10.2g Protein: 37.5g Fat: 26.5g Sodium: 560mg</p>
29	30	31		1
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>PORK CHOP SUEY BROWN RICE CARROT COINS PINEAPPLE TIDBITS WW ROLL</p> <p>Calories: 641 Carb: 94.5g Fiber: 9.5g Protein: 31.4g Fat: 16.9g Sodium: 492mg</p>	<p>BEEF & NOODLES CREAMY COLESLAW PARSLIED CARROTS ROLL APRICOT HALVES CINNAMON CRISPIES</p> <p>Calories: 688 Carb: 100.6g Fiber: 11.6g Protein: 32.0g Fat: 19.8g Sodium: 649mg</p>		