

# COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

May 22, 2020

*Inside the Issue*

## RECIPE: STRAWBERRY OVERNIGHT OATS

Prepare these fruity, creamy oats the night before and in the morning you've got a quick, fresh breakfast.



## HEALTH AND TECH: FREE SENIOR PLANET PROGRAMS AND ACTIVITIES

Senior Planet harnesses technology to change the way we age. Several courses, programs, and activities are available to help seniors learn new skills,



## MEMORIAL DAY: MUCH MORE THAN THE UNOFFICIAL START TO SUMMER

Memorial Day is an American holiday, observed on the last Monday of May honoring the men and women who died while serving in the U.S. military.



## MAY MEET AND EAT SCHEDULE

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



# Healthy Recipe

## STRAWBERRY OVERNIGHT OATS

*This no cook recipe is super simple to prep ahead the night before and perfect when the weather is hot and you don't feel like cooking over a hot stove.*



### Ingredients

- 1/2 cups uncooked oats
- 1/2 cup non-fat milk
- 1/2 cup non-fat plain Greek yogurt
- 1 teaspoon Chia seeds (optional)
- 1 cup fresh strawberries

### Directions

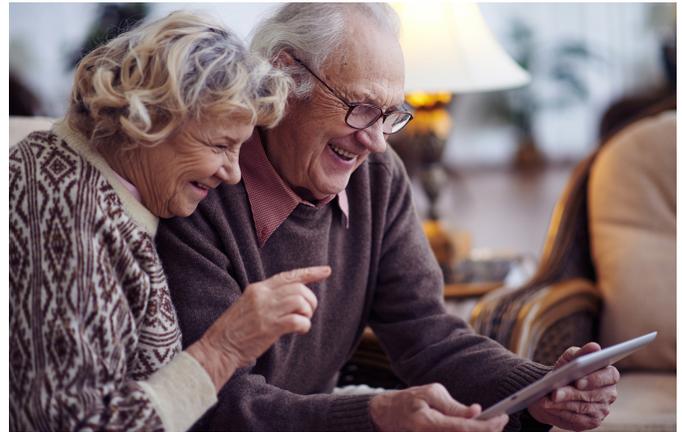
Place oats to your container of choice and pour in milk. Layer Greek yogurt, chia seeds and berries. Refrigerate overnight and enjoy in the morning. Let steep for at least 8 hours in a refrigerator. Best to eat within 24 hours.

# FREE SENIOR PLANET PROGRAMS

*Senior Planet harnesses technology to change the way we age. Several courses, programs, and activities are available to help seniors learn new skills, save money, get in shape, and make new friends.*

## *What is Senior Planet?*

Senior Planet enables older adults and people of all ages to come together and find new ways to thrive in today's digital age. There are several upcoming events that are open to anyone 60 and older.



## *Something for Everyone!*

Senior Planet hosts a variety of courses, activities and programs. Just a few of these include chair yoga, online games to play with friends, cyber security and much more.

## *Find Out More!*

Senior Planet hosts online events that stream online regularly can be joined from anywhere in the world. Visit [www.seniorplanet.org](http://www.seniorplanet.org) for more information.



# MEMORIAL DAY

*Much More Than the Unofficial Start to Summer*



Memorial Day marks the unofficial start to summer, but the day is set aside for much more than that. Memorial Day is observed to honor the brave men and women who died while serving in the United States military protecting our freedom.

Memorial Day was declared an official Federal holiday in 1971 and is celebrated every year on the last Monday in May.

Something else to be aware of is that Memorial Day is not a day to thank a veteran for their service. Memorial Day and Veteran's Day are two separate holidays. Memorial Day is intended to remember those who died while serving our country. Veteran's Day is set aside to honor those who have served in America's Armed Forces. We all treasure and honor our military men and women and should thank them every day when we get the chance. Instead of just thanking a veteran for their service today, give them a hug or a pat on the back. After all, they may be feeling quite somber while remembering those who died while serving our great country.

I sincerely hope that you enjoy your day! Have fun, relax, eat great barbeque and soak in the sun! Then, take some time to remember our fallen soldiers and be thankful.

# MEET AND EAT MAY 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 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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MAY 2020 YUMA MEAL SITE 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>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p>			<p>HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF W/ CRANBERRY SAUCE NATURE COOKIES</p> <p>Calories: 683 Carb: 100.4g Fiber: 10.1g Protein: 34.2g Fat: 18.7g Sod: 718mg</p>
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESAUCE</p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 656 Carb: 108.5g Fiber: 10.9g Protein: 30.8g Fat: 14.8g Sod: 1005mg</p>	<p>CHICKEN POT PIE JEANNIE'S SALAD FRUIT CUP NATURE COOKIES</p> <p><b>SENIOR MEETING</b></p> <p>Calories: 829 Carb: 106.7g Fiber: 10.2g Protein: 36.8g Fat: 32.0g Sod: 481mg</p>		<p><b>CHOICE: HAMBURGER STEAK</b></p> <p>SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN OREGON BERRY COMPOTE</p> <p>Calories: 640 Carb: 100.6g Fiber: 12.9g Protein: 30.6g Fat: 15.7g Sod: 1022mg</p>
<p>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50</p>	<p>BRAISED BEEF RICE HARVARD BEETS ROLLS TROPICAL FRUIT CUP NATURE COOKIE</p> <p>Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 597mg</p>	<p>CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP YELLOW CAKE</p> <p>Calories: 811 Carb: 100.2g Fiber: 11.8g Protein: 44.2g Fat: 28.0g Sod: 1191mg</p>		<p>SPAGHETTI w/ MEATSAUCE TOSSED SALAD GARLIC BREAD GREEN BEANS FRUIT CUP</p> <p>Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg</p>
<p><b>OTIS POTLUCK</b></p>	<p>CHICKEN SALAD BEAN MEDLEY SALAD ROLLS MANDARIN ORANGES/ BANANAS CARROT CAKE</p> <p>Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg</p>	<p><b>CHOICE: HAMBURGER STEAK</b></p> <p>BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES</p> <p><b>BLOOD PRESSURE</b></p> <p>Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg</p>		<p>CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE</p> <p>Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 29.7g Fat: 22.7g Sod: 823mg</p>
	<p>LASAGNA TOSSED SALAD PEAS &amp; CARROTS GARLIC BREAD FRUIT CUP</p> <p>Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 599mg</p>	<p>SCALLOPED POTATOES W/ HAM LAYERED SALAD ROLL PEAR ORANGE FRUIT CUP CINNAMON CRISPIES</p> <p>Calories: 777 Carb: 105.5g Fiber: 10.5g Protein: 34.0g Fat: 27.0g Sod: 1152mg</p>		<p>BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP</p> <p>Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg</p>