

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

SEPTEMBER 11, 2020

Inside the Issue



ROASTED TOMATO SOUP



FALL HOME DECOR



SEPTEMBER MEET & EAT



ACCUPRESSURE FOR HEADACHE RELIEF

GET MOVING

Join us every Tuesday and Thursday at 5:30pm for Zumba. And get moving with our Mid-day Dix-up workout from 12:15-1:15pm. Space is Limited!

GYM IS OPEN!

Our gym is open and FREE to use by appointment only. Call 970-848-0407 to make an appointment

NEED A SPACE?

Reserve one of our meeting rooms for your next meeting. For reservations, call 970-848-0407.

ROASTED Tomato SOUP

Ingredients

- 3 pounds cherry tomatoes, halved
- 6 cloves garlic, smashed
- 2 small yellow onions, quartered
- 3 tablespoons extra virgin olive oil
- salt and fresh ground pepper, to taste
- 1 cup fresh basil leaves
- 4 to 5 cups low sodium vegetable broth
- 1/4 cup heavy cream, optional
- grated parmesan cheese, for garnish, optional
- Sliced fresh basil leaves, for garnish, optional

Directions

Preheat oven to 425°F.

Line a large baking sheet with foil and set aside. You can also use 2 smaller baking sheets.

In a large mixing bowl combine halved tomatoes, garlic, onions, olive oil, salt and pepper; toss to coat.

Spread tomato mixture on prepared baking sheet.

Roast for 20 to 25 minutes, or until tender, stirring couple of times during the process.

Remove from oven and transfer roasted vegetables to a soup pot.

Stir in basil leaves and add in vegetable broth; blend with an immersion blender until smooth. OR blend in small batches in a Blender.

Stir or blend in heavy cream, if using; taste for seasonings and adjust accordingly.

Ladle into soup bowls and garnish with parmesan cheese and slices of basil.

Serve.



HOW MAKE YOUR HOME FEEL COZY FOR *Fall*



HANG
WREATHS

Dress up your front door with a festive wreath



ADD A POP
OF COLOR

Use Mums to add a pop of color to accent traditional fall colors.



PILE ON
BLANKETS

Make each corner of your home feel cozy by stacking or rolling up piles of blankets.



USE
CANDLES

Scented, glowing candles adds warmth to any room.



ACUPRESSURE FOR HEADACHES

Experiencing the pain and discomfort of a headache is incredibly common. If you're looking for a more natural way to treat your headache, you may want to think about acupressure and pressure points.

According to Healthline there are several ways to use pressure points to relieve headaches. Here are a few well-known pressure points believed to relieve headaches.

UNION VALLEY

Located on the web between your thumb and index finger. To treat headaches:

- Start by pinching this area with the thumb and index finger of your opposite hand firmly — but not painfully — for 10 seconds.
- Next, make small circles with your thumb on this area in one direction and then the other, for 10 seconds each.
- Repeat this process on the Union Valley point on your opposite hand.

This type of pressure point treatment is believed to relieve tension in the head and neck.

DRILLING BAMBOO

Points are located at the indentations on either side of the spot where the bridge of your nose meets the ridge of your eyebrows. To use these pressure points to treat headaches:

- Use both of your index fingers to apply firm pressure to both points at once.
- Hold for 10 seconds.
- Release and repeat.

Touching these pressure points can relieve headaches that are caused by eyestrain and sinus pain or pressure.

GATES OF CONSCIOUSNESS

Pressure points are located at the base of the skull in the parallel hollow areas between the two vertical neck muscles. To use these pressure points:

- Place your index and middle fingers of either hand onto these pressure points.
- Press firmly upward on both sides at once for 10 seconds, then release and repeat.
- Applying firm touch to these pressure points can help relieve headaches caused by tension in the neck.

THIRD EYE

This point can be found between your two eyebrows where the bridge of your nose meets your forehead.

- Use the index finger of one hand to apply firm pressure to this area for 1 minute.
- Firm pressure applied to the third eye pressure point is thought to relieve eyestrain and sinus pressure that often cause headaches.

SHOULDER WELL

Located at the edge of your shoulder, halfway between your shoulder point and the base of your neck. To use this pressure point:

- Use the thumb of one hand to apply firm, circular pressure to this point for 1 minute.
- Then switch and repeat on the opposite side.
- Applying firm touch to the shoulder well pressure point can help relieve stiffness in your neck and shoulders, relieving neck pain and preventing headaches caused by this kind of sensation.

What's New?



ZUMBA

Join us every Tuesday and Thursday at 5:30pm.
Space is Limited, call 970-848-0407 to
reserve your spot.

GYM OPEN!

Our gym is equipped with weight machines,
cardio equipment and more! Open and FREE
to use by appointment only.
Call 970-848-0407 to make an appointment.



NEED A MEETING SPACE?

Reserve one of our meeting rooms
for your next meeting.
For reservations, call 970-848-0407.



MEET AND EAT SEPTEMBER 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for September 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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FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	PORK CHOP SUEY RICE CARROT COINS APPLE JUICE WW ROLL PINEAPPLE TIDBITS BIRTHDAY RECOGNITION Calories: 693 Carb: 107.3g Fib: 9.8g Protein: 31.5g Fat: 17.0g Sod: 496mg	SAVORY BAKED CHICKEN MASHED POTATOES & GRAVY GREEN BEANS w/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE Calories: 782 Carb: 100.3g Fib: 10.2g Protein: 44.1g Fat: 25.0g Sod: 1244mg		SOUTHERN BEEF PIE BEETS JEANNIE'S SALAD APRICOT HALVES COOKIE w/ RAISINS Calories: 684 Carb: 89.1g Fib: 9.5g Protein: 30.1g Fat: 26.3g Sod: 532mg
	TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD & DRESSING FRUIT SALAD Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg	CHOICE: HAMBURGER STEAK OVEN FRIED LIVER PARSLED POTATOES BRAISED CELERY AND TOMATOES WW ROLL PEAR ORANGE FRUIT CUP Calories: 679 Carb: 100.0g Fib: 12.3g Protein: 34.2g Fat: 17.3g Sod: 526mg		CHICKEN CROISSANT TUSCANY SOUP SPINACH STRAWBERRY SALAD PINEAPPLE TIDBITS NATURE COOKIE Calories: 686 Carb: 96.8g Fib: 9.8g Protein: 36.6g Fat: 19.4g Sod: 743mg
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.	CHOICE: HAMBURGER ON A BUN SEAFOOD BURGER LETTUCE/TOMATO/IONION BAKED POTATO CALIFORNIA VEGETABLES MANDARIN ORANGES w/ BANANAS Calories: 672 Carb: 107.6g Fib: 11.7g Protein: 33.0g Fat: 15.7g Sod: 620mg	BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES Calories: 742 Carb: 108.8g Fib: 14.2g Protein: 37.7g Fat: 20.6g Sod: 585mg		HAM & BEANS CREAMY COLESLAW CORN MUFFIN WINTER FRUIT CUP BROWNIES Calories: 738 Carb: 109.9g Fib: 14.8g Protein: 31.1g Fat: 22.0g Sod: 1131mg
	TAHITIAN CHICKEN RICE ALMOND BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE Calories: 811 Carb: 95.3g Fib: 9.6g Protein: 46.0g Fat: 29.5g Sod: 443mg	SWEDISH MEATBALLS MASHED POTATOES JEANNIE'S SALAD WW ROLL BANANA SPLIT FRUIT CUP Calories: 674 Carb: 96.3g Fib: 9.4g Protein: 33.2g Fat: 20.2g Sod: 644mg		CHOICE: CHICKEN PENNE CASSEROLE TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES w/ BANANAS Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg
Menu may change due to availability of food items or conditions that cause the kitchen to close.	LASAGNA TOSSED SALAD & DRESSING PEAS GARLIC BREAD APPLESAUCE Calories: 611 Carb: 84.7g Fib: 12.3g Protein: 35.1g Fat: 17.3g Sod: 528mg	CHOICE: HAMBURGER STEAK BAKED FISH BROCCOLI RICE CASSEROLE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPIES Calories: 649 Carb: 94.5g Fib: 10.7g Protein: 31.4g Fat: 19.2g Sod: 1052mg	Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.