

COMMUNITY AND ENRICHMENT CENTER

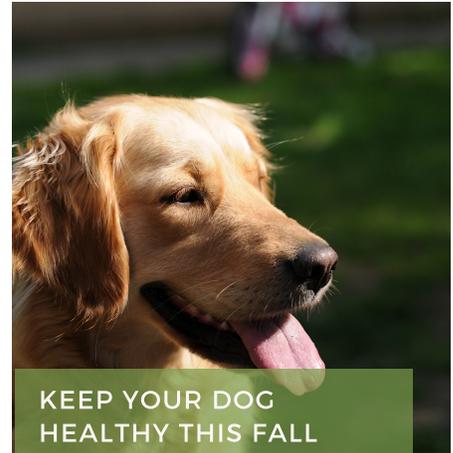
WEEKLY NEWSLETTER

SEPTEMBER 18, 2020

Inside the Issue



RECIPE: FRENCH DIP



KEEP YOUR DOG HEALTHY THIS FALL



EASY WAYS TO EAT MORE VEGETABLES



JOIN US AS WE WALK AROUND THE WORLD

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!

MEET AND EAT

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.

FRENCH DIP

INGREDIENTS

3 boneless ribeye steaks (about 3 pounds)
1 tbsp. extra-virgin olive oil
1 tbsp. kosher salt
2 tsp. freshly ground black pepper
2 tsp. dried oregano
1 tsp. dried ground sage

FOR JUS

1/4 yellow onion, thinly sliced
2 cloves garlic, minced
2 tsp. minced fresh thyme
1 1/2 c. low-sodium beef broth
2 tsp. Worcestershire sauce

TO SERVE

6 hoagie rolls
12 slices provolone



DIRECTIONS

1. Preheat oven to 450°. Rub beef all over with olive oil and place in roasting pan. In a small bowl, stir together salt, pepper, oregano, and sage. Rub spice mix all over beef. Roast for 20 minutes or until a meat thermometer registers 125° in the thickest part of the ribeye. Set aside on a cutting board to rest and turn oven down to 350°.
2. Meanwhile, make jus: Place roasting pan (with beef drippings) over stove top burner and turn to medium heat. Add onion and cook until soft, 3 minutes. Add garlic and thyme and cook until fragrant, 1 minute longer. Add beef broth and Worcestershire sauce and bring up to a simmer. Cook until thickened slightly, 8 to 10 minutes more.
3. When ready to serve, thinly slice beef. Fill each roll with beef and top with provolone. Bake until cheese is melty, 10 minutes.
4. Serve with jus on the side for dipping.



HOW TO EAT MORE VEGGIES

Including vegetables in your meals is extremely important. Veggies are rich in nutrients and antioxidants, which boost your health and help fight off disease. Sometimes it can feel impossible to get the recommended servings of veggies into your diet on a daily basis. Here are a few ways and fun ideas to help!

BLEND INTO SMOOTHIES



EXPERIMENT WITH VEGGIE NOODLES



TRY LETTUCE WRAPS



MAKE A VEGGIE OMELETTE



MAKE VEGGIE BASED SOUPS



BAKE INTO CASSEROLES





KEEP YOUR DOG HEALTHY THIS FALL



Fall is on it's way! Cooler temp makes its the best time of year to go outside and play with your put. As the seasons change, it should be a good reminder to get your dog ready for cooler weather.

Fall is on it's way! Cooler temps makes it one of the best times of year to go outside and play with your put. No matter what time of year, as the seasons change it should be a reminder to get your dog ready for cooler weather. Here are a few things to do now to keep your dog healthy.

- 1. Get Hair and Nails Trimmed.** This is important to do on a regular basis but especially in the fall. This will prevent snow, water and mud from getting trapped in your dogs feet.
- 2. Get a Vet's Check-up.** If it has been awhile since your dog had a check-up, now might be a good time to get his annual vaccinations.
- 3. DON'T Stop Using Flea/Tick Prevention.** Yes, the weather is cooling down, but fall is prime tick season and many ticks carry disease that can make your dog very sick.
- 4. Add Canned Food to Your Dog's Diet.** Adding canned food to dry kibble can help your dog stay hydrated and adds extra calories to keep you dog at a healthy weight during the colder months. Be sure to check with you vet before you start a new diet.
- 5. Include Supplements.** Dietary supplements can help keep your dog's skin from becoming dry and itchy. Fish oil is a great option. Be sure to check with you vet before you start a supplement regimen.
- 6. Beware of Antifreeze.** Antifreeze has a sweet taste so if dogs find any of it in the driveway, in the road, in a parking lot or on the pavement they will lap antifreeze up. But it's poisonous to dogs.

WALK AROUND THE WORLD SERIES

Join us as we count our steps and "travel" to new destinations.



Beginning Oct 1, 2020, we will be counting our steps to "travel" to different destinations around the world. Don't be late! To depart to our first destination, sign up for FREE by September 30, 2020.

DEPARTURE DATE

1
OCTOBER

DESTINATIONS

2,000 steps per mile

Yuma, CO to Kansas City, MO	510 miles
Kansas City, MO to Nashville, TN	554 miles
Nashville, TN to Miami, FL	910 miles
Miami, FL to Madrid, Spain	4,403 miles
Madrid, Spain to Rome, Italy	1,217 miles
Rome, Italy to Munich, Germany	568 miles

What's New?

ZUMBA

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



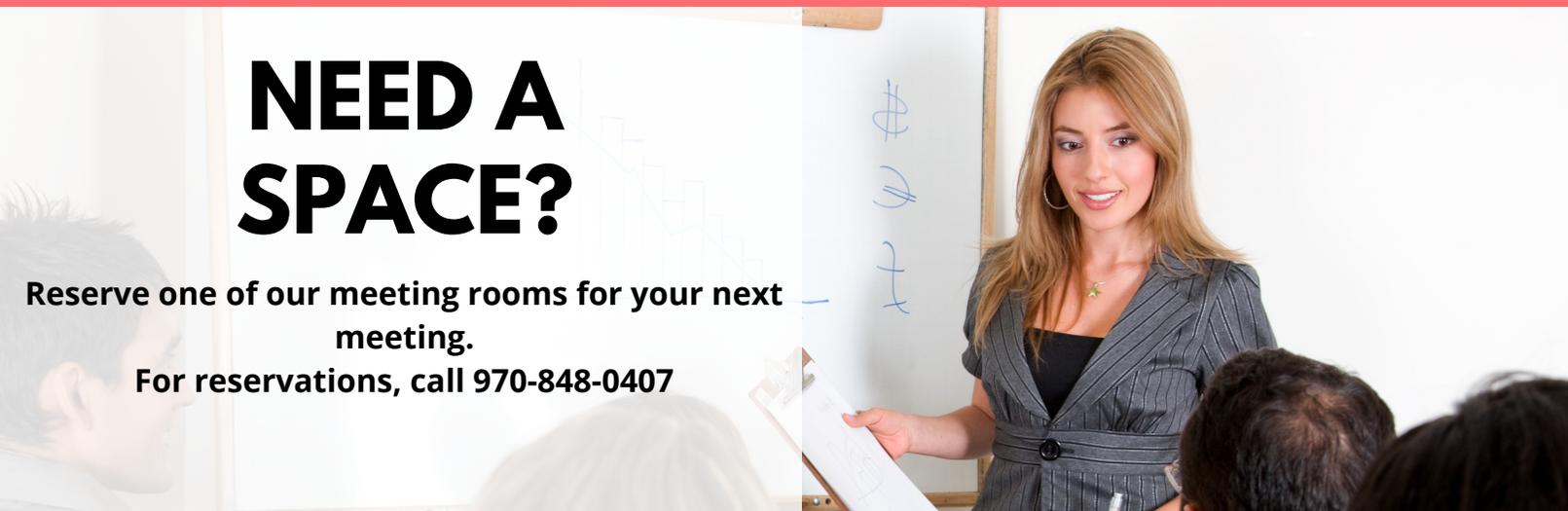
GYM OPEN!

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.



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meeting.
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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:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

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: 633 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: 93.2g 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.