

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

May 8, 2020

Inside the Issue

MOTHER'S DAY DURING SOCIAL DISTANCING

For many families, celebrating Mother's Day this weekend won't be like those in the past. Still, there are ways to celebrate.

RECIPE: SMASHED AVOCADO TOAST

Smashed avocado toast with egg is one of the best brunch recipes out there. This one will be the star of your brunch table.

GARDENING: SHADE-LOVING PLANTS

Choosing a mixture of flowering plants and ones with a variety of different foliage can brighten up your shady garden.



MAY MEET AND EAT SCHEDULE

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



MOTHER'S DAY WHILE SOCIAL DISTANCING

With Coronavirus shutdowns preventing some from seeing family members this Mother's Day, try to find creative ways to celebrate the holiday at home.



Feed Her

What mom doesn't like a nice meal or a sweet treat? Particularly one she doesn't have to make for herself! If the mom in your life lives under the same roof, consider starting the day with breakfast in bed. If your mom doesn't live with you, order her favorite treat to be delivered.



Pamper Her

Does Mom enjoy visiting a spa or going out to lunch or coffee with friends? Treat her to a gift card that she can use when things get back to "normal." Many salons, spas and restaurants allow you to purchase gift cards online or over the phone.



Visit Her

If you don't live in the same house, you still can give Mom some quality time to visit! With so many options for video chat, getting a little "FaceTime" will make your mom feel special and is guaranteed to put a smile on her face.

SHADE LOVING PLANTS

Everyone adores a sunny garden with bold and bright blooms. But shady gardens also deserve some love. These shade perennials boast beautiful leaf colors and delicate, exotic flowers.

For novice gardeners wondering what the definition of "shade plant", the term simply refers to a plant's tolerance of lower light levels. Full shade means the area never gets direct sunlight. Part shade means plants don't receive more than 3 or 4 hours of sun daily. Perhaps there's an area of your garden surrounded by some leafy trees, or maybe you're looking for low-growing plants that will be able to flourish beneath the shade of larger plants or privacy trees. Whatever you're looking for, it is good to choose a mixture of different plants that complement each other with varying textures.

Hosta



Hosta is a go-to plant for shady areas with moist soil. Primarily a foliage plant, the broad-leafed beauty ranges in size to very small or very large.

Violas



Violas are great spring bloomers! They tolerate some sun, but they prefer part to full shade, especially in the heat of summer.

Begonias



Begonias are easy to grow, need only moderate care, and will reward you with a lovely display of blooms all summer long.

These are just a few ideas, but there are so many wonderful beautiful shade plants you can choose from. Check with your local greenhouse to find something that suits your style. No matter what you decide to plant in the shade, have fun mixing it up! Plus, if you don't like it, you can always change around next year.

SMASHED AVOCADO TOAST WITH EGG

This trendy brunch item will be the star of your brunch table.

Smashed avocado toast with egg is one of the best brunch recipes out there! And though it is simple, the recipe is elegant enough to include on any brunch menu...perhaps the perfect treat for Mom on Mother's Day!

Ingredients

- 1 ripe avocado
- 1 tbsp. fresh lemon juice
- Kosher salt and pepper
- 4 slices bread, toasted
- 4 hard-boiled eggs, peeled and sliced
- Fresh chives and sesame seeds, for garnish

Directions

In medium bowl, smash avocado with lemon juice and 1/4 teaspoon each salt and pepper. Spread on toast and top with eggs and sprinkle with chives and sesame seeds.

Enjoy!



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
1				HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF W/ CRANBERRY SAUCE NATURE COOKIES Calories: 683 Carb: 100.4g Fiber: 10.1g Protein: 34.2g Fat: 18.7g Sod: 718mg
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.	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.			
4	5	6	7	8
Menu may change due to availability of food items or conditions that cause the kitchen to close.	SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESAUCE BIRTHDAY RECOGNITION Calories: 656 Carb: 108.5g Fiber: 10.9g Protein: 30.8g Fat: 14.8g Sod: 1005mg	CHICKEN POT PIE JEANNIE'S SALAD FRUIT CUP NATURE COOKIES SENIOR MEETING Calories: 829 Carb: 106.7g Fiber: 10.2g Protein: 36.8g Fat: 32.0g Sod: 481mg		CHOICE: HAMBURGER STEAK SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN OREGON BERRY COMPOTE Calories: 640 Carb: 100.6g Fiber: 12.9g Protein: 30.6g Fat: 15.7g Sod: 1022mg
11	12	13	14	15
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	BRAISED BEEF RICE HARVARD BEETS ROLLS TROPICAL FRUIT CUP NATURE COOKIE Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 597mg	CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP YELLOW CAKE Calories: 811 Carb: 100.2g Fiber: 11.8g Protein: 44.2g Fat: 28.0g Sod: 1191mg		SPAGHETTI w/ MEATSAUCE TOSSED SALAD GARLIC BREAD GREEN BEANS FRUIT CUP Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg
18	19	20	21	22
OTIS POTLUCK	CHICKEN SALAD BEAN MEDLEY SALAD ROLLS MANDARIN ORANGES/ BANANAS CARROT CAKE Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES BLOOD PRESSURE Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg		CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 29.7g Fat: 22.7g Sod: 823mg
25	26	27	28	29
	LASAGNA TOSSED SALAD PEAS & CARROTS GARLIC BREAD FRUIT CUP Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 599mg	SCALLOPED POTATOES W/ HAM LAYERED SALAD ROLL PEAR ORANGE FRUIT CUP CINNAMON CRISPIES Calories: 777 Carb: 105.5g Fiber: 10.5g Protein: 34.0g Fat: 27.0g Sod: 1152mg		BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg