

Switched On Seniors



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Switched on Seniors

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It's always on Thursday.
It's always at 11 a.m.
It's always senior driven.
It's always FREE.
All seniors are always welcome



A warm hello to all the 'Switched On Seniors!' My name is Kathy DeFranco and I am your new program coordinator.

For the past 30 years, I have been an Elementary School Teacher here in Markham. In June of 2021, I retired from The York Region District School Board. In my leisure time, I enjoy teaching Mindfulness Meditation, growing vegetables in my garden, actively engaging in yoga classes four times each week, hiking in nature, and taking art classes.

I look forward to learning, laughing, and creating with you all in the months ahead!

In kindness,
Kathy

Greetings from the Switched on Seniors-Steering Committee. Welcome Kathy, we are excited about the new program format and content as we move into 2022.

Just a quick 'Meeting in person' update.

Even with the lifting of restrictions in some areas of the community Switched on Seniors, will for everyone's safety, continue to deliver their weekly program via ZOOM at least until the end of February- hopefully by that time we will have a plan to move to 'in-person' gatherings - watch the website www.switchedonseniors.com for updates.

Stay safe & warm!

Recipe of the Month - Chocolate Fudgy Brownies

Thanks to Renata Richardson from renatacollective.com for this delicious Valentine's (or any time) dessert!

An anti-inflammatory and antioxidant, cocoa in the chocolate and unsweetened in this recipe is rich in minerals that boost memory and clarity and contain components that give an overall sense of well-being, calmness, joy and bliss – the same feelings we have when we are in love!

Prep: 10 minutes / Total time: 35 minutes – includes baking time / Servings: 8-10 richly delicious hearts (your cookie cutter size depending) or 16-20 squares

Ingredients:

- 6 Tablespoons Coconut Oil
- ½ cup Semi-Sweet Chocolate Chips
- ½ cup Dark Chocolate – chips or bar broken into pieces
- 2 Eggs
- ½ cup Coconut Sugar
- ¼ cup Maple Syrup
- 1 teaspoon Vanilla Extract
- 1/3 cup Unsweetened Cocoa Powder
- ¼ cup Coconut Flour
- ¼ cup White Chocolate and/or Dark Chocolate – for the drizzle



Directions:

1. Preheat the oven to 350°F. Line an 8"x8" pan with parchment paper.
2. In a small saucepan, melt the coconut oil and add both the semi-sweet chips and the dark chocolate chips/pieces, melt over low heat until melted – whisk until smooth. Remove from heat.
3. In a medium bowl, whisk the eggs, coconut sugar, maple syrup and vanilla. Whisk until smooth.
4. Add the melted coconut oil/chocolate mixture. Whisk until smooth.
5. Add the cocoa powder and coconut flour. Whisk until smooth.
6. Pour the mixture into your prepared pan and spread out to the edges.
7. Bake for 25 minutes on the middle rack of the oven. Remove after 25 minutes, they might be a bit wiggly still but they will get solid and a little wiggle is the WOW to make the fudgy happen! Cool completely.
8. When cooled, remove from pan to a cutting board. Cut into 16 or 20 squares or use a heart-shaped cookie cutter. Sample the leftover bits – so yum!
9. Melt the white (and dark separately if using) either in a glass dish in the microwave in 30 second increments, or gently in a small saucepan, stirring until it is melted. Pour the melted chocolate into a small baggie. Seal the baggie and squeeze the chocolate to one corner. Snip a very small opening of the corner and immediately drizzle the melted chocolate over the brownie hearts. Let cool & enjoy!

Coping & Caring



Will it ever end? This Covid 19 pandemic, I mean. The short answer is that it will. And I'm sure that deep down, we know that is true. But because we don't have the time frame we worry! And that's where anxiety and frustration come into play.

So, let's look at the other side - and identify and celebrate the good news instead. And let's do that, not at the high level of community events and statistics, but at the level of the individual. Let's think about the good news in your life!

Let's think about your successes and achievements – and those of your friends and family. Think about friends that keep in touch. Think about warm shelter, people ready to help when you need help, hospitals and health care workers staying on the job and providing needed care, the many volunteers that make and provide soup and food to those who need it – I'm sure you can add more people and blessings for thankfulness to your own list.

Many people have discovered coping skills that they didn't know they had before the pandemic. Others now know that they have personal resources and skills which, until recently, they were unaware and certainly never used.

So where is the good news? As I write this, we are hearing that the virus seems to be losing its worse outcome. Many have been vaccinated and if they get the virus, they do not experience life-threatening outcomes. The end is in sight! We can distinguish between “Good News” and “Fake News”. And we know that Good News is indeed on the horizon!



Upcoming Speakers

Feb 4 - Slips, Trips & Falls pt 2 - Christina DeFranco

Feb 11 - Valentine's Cooking - Renata Richardson

Feb 17- The Rouge National Urban Park

Feb 24- Chair Yoga - Christina DeFranco

Trivia

- #1: What celebrity had their dog cloned-twice?
- #2: What was the first state?
- #3: What is the painting 'La Gioconda' more usually known as?

Brain Teasers



- #1: What fastens two people yet touches only one?
- #2: First I am dried, then I am wet. The longer I swim, the tastier I get. What am I?
- #3: Which three letters can frighten a thief away?

Answers

Trivia
1) Barbara Streisand 2) Delaware 3) Mona Lisa
Brain Teasers
#1 A wedding ring #2 Tea #3: ICU

A Senior Smile

An old physician, Doctor Gordon Geezer, became very bored in retirement and decided to reopen a medical clinic. He put a sign up outside that said: "Dr. Geezer's clinic. Treatments - \$500 - if not cured, get back \$1,000." Doctor Digger Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

Dr Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr Young: 'Aaagh! This is Gasoline!"

Dr Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr Young: "I've lost my memory, I can't remember anything."

Dr Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr Young: "Oh, no you don't, that is Gasoline!"

Dr Geezer: "Congratulations! You've got your memory back. That will be \$500"

Dr Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr Young: "My eyesight has become weak, I can hardly see anything!"

Dr Geezer: "Well, I don't have any medicine for that so, "Here's your \$1000 back" (giving him a \$10 bill).

Dr Young: "But this is only \$10!"

Dr Geezer: "Congratulations! You got your vision back! That will be \$500."

***Moral of story* -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"**