

# 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



Greetings from The Switched on Seniors Steering Committee  
Spring is just around the corner!

The longest day of the year is only approx. 3.5 months away after which the days will start to get shorter again. March and April are both predicted to be warmer and wetter than normal.

The cold weather will certainly be here for a while and to some extent this has influenced our in-person start date for Switched on Seniors. We are tentatively targeting Thursday April 7th, 2022, as our very first in person meeting date. By that time, we anticipate many of the health restrictions will be lifted or at least minimalized and the warmer weather should be with us.

In the meantime Kathy has built a great Zoom program for the next few weeks. We know that everyone is Zoomed-out and ready to start meeting in person, but we continue to place safety first-not only from the pandemic point of view but also from the weather aspects-this is still the season for slips and falls.

Since our last Newsletter was published our web site has had a complete make-over and we invite you to visit it & check out the new look - [www.switchedonseniors.com](http://www.switchedonseniors.com)

Your comments and feedback are always welcome.

Stay warm!

# Recipe of the Month - Chickpea Blondies

Thanks to Renata Richardson from [renatacollective.com](http://renatacollective.com) for this delicious & healthy dessert!

Chickpeas are such a mild flavoured, nutrition-packed, versatile bean – they hold their shape in savory meals & are easy to bake with. This vegan Chickpea Blondie recipe is no exception. You'd never guess that the main ingredient in these moist & delicious blondies are chickpeas! These are a fabulous, delicious and nutritious healthy treat! Chickpeas are a rich source of plant-based protein and fiber, they contain folate, iron, manganese, and heart healthy magnesium and potassium. Chickpeas are low on the glycemic index to support blood sugar control.

Prep: 10 minutes / Total time: 35 minutes – includes baking time / Makes 16 squares

## Ingredients:

- 1 540ml Can Chickpeas – drained and rinsed – save the liquid to make Mousse au Chocolat!
- ¼ Cup All-Natural Peanut Butter – smooth or crunchy, your choice, make sure it is runny.
- ½ Cup Brown Sugar – Alternate: Coconut Sugar
- ¼ Cup Maple Syrup
- 1½ teaspoons Vanilla
- 1/3 Cup Oat Flour – grind oats in your food processor until a flour consistency (Alternate: regular flour or gluten free flour)
- 2 teaspoons Baking Powder
- 1 teaspoon Ground Cinnamon
- ½ Cup Dark or Semi-Sweet Chocolate Chips, plus extra for sprinkling on top

## Directions:

1. Preheat the oven to 350°F. Line an 8"x8" pan with parchment paper.
2. Add the chickpeas, peanut butter, brown sugar, maple syrup, vanilla, oat flour, baking powder and cinnamon to your food processor and whirl until smooth.
3. Carefully remove the food processor blade and with a spatula scrape off any batter sticking to the blades.
4. Stir in the chocolate chips.
5. Spread the batter into the parchment paper lined pan. Sprinkle some chocolate chips on top and pat them down gently with the spatula to have them stick to the batter.
6. Bake for 35 minutes.
7. Remove from the oven and let cool completely.
8. Cut into 16 squares & enjoy!



# Coping & Caring



How did you react - not to the protests/occupation – but to the social climate which led up to these expressions of frustration be it social or political? How did you – do you cope? How do you express care – both for yourself and also for others? - So coping and caring – today.

As human beings, we are a complex creation – of abilities and needs – of feelings and frustrations – of physical and psychological strengths and weakness. Quite a bundle! So it is not surprising that we want to cope with life and living in different ways! And chaos ensues.

One of the lessons the past two years and more has taught us is that we need other people – not necessarily to do things for us, but more simply to know that they are there, and that others know we also are present.

The complementary lesson to our social needs is that we don't express “Coping and Caring” if we act in such a way as our individual needs and views are the only ones with any merit and that they automatically are the only understanding and need to be acknowledged. That is not ‘Coping or Caring’. That is self-focused individualism and not the need for community that recent individual, social and familial experiences have demonstrated. The human need for “Coping and Caring” is the need to develop and value the strengths and contributions, the abilities and the needs, of all individuals in a world that increasingly is being recognized as a global village. If there is truth in the old saying 'that it takes a village to raise a child,' then there is contemporary wisdom in the current quest for community – through coping and caring for and with each other.

## Upcoming Speakers

Mar 3 - Canadian Hearing Services - Angela Pagniello Mantle

Mar 10 - Cooking Fun - Renata Richardson

Mar 17 - Naturopathic Medicine -Dr Priscilla Tang

Mar 24 - Scotland & Shortbread - Amica

Mar 31 - Home At Last program - Chats Markham

# Puzzle Page

## Brain Teasers



#1: What can be swallowed, but can also swallow you?

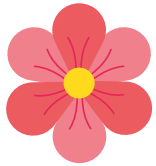
#2 Lovely and round, I shine with pale light, growing the darkness, a lady's delight. What am I?

#3 He has married many women, but has never been married. Who is he?

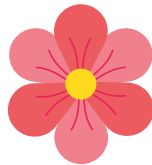
#4 My life is often a volume of grief, your help is needed to turn a new leaf. Stiff is my spine and my body is pale, but I'm always ready to tell a tale. What am I?

## Answers

#1 A book, #2 A pearl, #3 A preacher, #4 A book



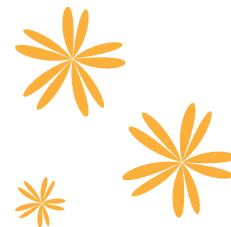
## Word Search



W C N P U D D L E S  
M S T B I P K O C U  
S F A S E A S O N S  
O D I R P L D J F M  
Y J S A A R P C C V  
D V E I L C I P E B  
P S U N S H I N E U  
S L Q C H J B N G L  
A W A R M K X L U B  
U F L O W E R G I S

Can you find all 10 spring words?

- Spring
- Flower
- Rain
- Sunshine
- Puddles
- Bulbs
- Warm
- Seasons



IF YOU CAN'T THINK OF A WORD, SAY, "I FORGOT THE ENGLISH WORD FOR IT." THAT WAY PEOPLE WILL THINK YOU'RE BILINGUAL INSTEAD OF FOOLISH.