

Switched On Seniors



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Switched on Seniors

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It's always on Thursday.
It's always at 9:30 a.m.
It's always senior driven.
It's always FREE.
All seniors are always welcome



We finally made it! Switched on Seniors is now meeting weekly in-person.

It has been a long time coming thanks to COVID and many variants but now that we are starting to 'live with' the issues we can all get back to some degree of normalcy. Our first in-person meetings went extremely well and we discovered both some budding artists and cooks amongst our group.

We have a varied program already in place for the next few weeks and so we invite all seniors to join us every Thursday morning from 10 a.m. to 11.30 a.m. If you have 'tech' issues or questions then come at 9.30 a.m. when our in-person tech-tips exert will help with individual issues.

All Seniors are welcome and the program is FREE-no charge-even the parking is free! We meet at 143 Main Street, Markham-which is St. Andrew's Presbyterian Church.

We look forward to seeing you and your friends-every week is 'bring a friend' week.

Take care and make sure you get your booster shots as appropriate.

Recipe of the Month - Giant Chocolate Chip Cookie

Thanks to Renata Richardson from [The Renata Collective](#) for this delicious dessert!

A giant cookie is a wonderful recipe to have in your repertoire to serve at a celebration as it can be decorated for a special event or served as a cookie slice and topped with a scoop of ice cream (or n'ice cream = vegan ice cream) to make it extra special! This recipe is easily made vegan, gluten free and dairy free with the options in the ingredient list.

Ingredients:

- ½ Cup Butter - softened (or vegan butter or a good quality margarine)
- ¼ Cup Coconut Oil – softened but not melted
- ½ Cup Brown Sugar
- ¼ Cup Organic Cane Sugar (or white sugar)
- 1½ Tablespoons Maple Syrup
- 1½ teaspoons Vanilla
- 1½ Cups All Purpose Flour (or a 1-to-1 gluten free flour)
- ½ Cup Oat Flour
- 1 teaspoon Cinnamon
- 1/3 Cup Finely Shredded Unsweetened Coconut
- 1 teaspoon Baking Soda
- ½ teaspoon Baking Powder
- ½ teaspoon Fine Sea Salt – optional
- 1 Cups Chocolate Chips
- Icing and candies to decorate as desired

Directions:

1. Preheat your oven to 350°F & prepare your pan – either a 12” pizza pan or 2 7” cake pans - by lining them with parchment paper.
2. In a large bowl, cream the butter, coconut oil and sugars together.
3. Add the maple syrup and vanilla and mix until well combined.
4. Add the flour, oat flour, cinnamon, coconut, baking soda, baking powder and salt (if using). Mix until well combined.
5. Add the chocolate chips and stir to mix them in.
6. Scrape the dough into the prepared pan(s) and press the dough evenly out to the edges.
7. Bake for 25 minutes and check. If it's very puffy, cook in 3-minute increments until it flattens. Don't cook it longer than when it flattens or else it will be very hard when it cools.

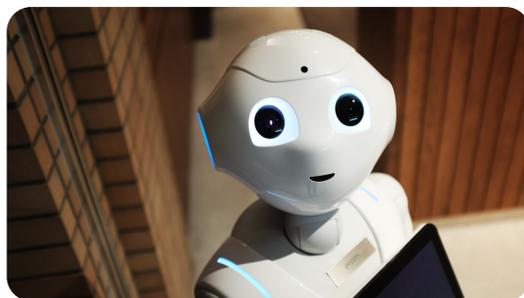
Cool the cookie(s) in the pan. Carefully remove the cookie by cutting around the edges and gently lifting the cookie out using the parchment paper.

Peel away the parchment paper as you plate the cookie by placing the side of the cookie on the plate and pull the parchment paper away as you lower the cookie down.

Slice and serve the cookie as it is, with some ice cream (or n'ice cream), or decorate it as you wish!



Coping & Caring - What's this world coming to?



The latest Canadian census shows that for the first time ever that Seniors over 85 years young are among the fastest growing age group in the country, marking another milestone on the march towards what 'experts' warn will be a crisis in care for that segment of our population. What's this world coming to?

Amongst the health problems which are being noted as 'developing problems' is the sheer increasing number of people who are affected by Dementia and associated conditions. There is a growing need for health care resources including home care, assisted living arrangements and long-term care. While "Switched On Seniors" was not designed to address the 'problem' of aging, nonetheless it does serve to help individuals stay engaged and connected. One of the lessons these past too many months of pandemic living has taught us is the importance of family, friends, and social interactions in general. So, when we ask the question "What's the world coming to?" part of the answer identifies social and population pressures which threaten individuals' ability to live autonomous, independent, yet meaningful shared lives in society

One suggestion I saw recently suggested that robots could provide the answer! Socially assistive robots are being designed and developed to prolong active and meaningful independent living. These robots can help individuals get dressed, exercise and play memory games. A team at the University of Toronto's robotic laboratory has even developed a social robot to help in the kitchen by suggesting recipes and meal preparation steps, and can even remind the human who lives with them where the ingredients are stored. What's this world coming to? Being dressed by robots who are also our dining companions!

If aging and independent living are to be identified as contemporary problems in this world, then there are more acceptable solutions to the matter of "coping & caring" than having a robot as our new BFF! If we have not found exactly what the solution is, I am sure that recent experience has pointed us in the direction of the need for more interactive personal living – a need which Switched On Seniors provides!

Upcoming Speakers

These presentations will be in-person at **St. Andrew's Presbyterian Church, 143 Main St N**, from 9:30-11:30 am. Masks are required for now to keep everyone safe.

May 5 - Cooking with Renata Richardson - Giant Chocolate Chip Cookies 🍪

May 12 - Gardening & Golf workshop pt 1 exercises & support to get outside!

May 19 - Gardening & Golf workshop pt 2 exercises & support to get outside!

May 26 - Rock painting 🎨

Puzzle Page

Brain Teasers



- #1: The cost of making only the maker known, valueless if bought, but sometimes traded. A poor man may give one as easily as a king. When one is broken pain and deceit are assured. What is it?
- #2 What rocks but does not roll?
- #3 Why is the letter F like Death?
- #4 Until I am Measured, I am not known. Yet you miss me, when I have flown. What am I?

Answers

#1 Promise, #2 Rocking chair, #3 Because without it life is a lie, or it makes life a lie. #4 Time

April Showers Bring.....

ERDOHSTMYA	<input type="checkbox"/>										
SUNIESNH	<input type="checkbox"/>										
SELRWFO	<input type="checkbox"/>										
INRA	<input type="checkbox"/>										
GOSNIBDR	<input type="checkbox"/>										
HWTROG	<input type="checkbox"/>										
YPAPH	<input type="checkbox"/>										
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Solve the anagrams to reveal the letters for the final message

Solve the anagrams in the top part of the puzzle.

Use the circled letters from the words in the top part to complete the final word or phrase at the bottom. Each circled letter is used just once.

ALMOST ALL MY MIDDLE-AGED AND ELDERLY ACQUAINTANCES,
INCLUDING ME, FEEL ABOUT 25 — UNLESS WE HAVEN'T HAD OUR
COFFEE, IN WHICH CASE WE FEEL 107. — MARTHA BECK