

# Switched On Seniors



## *In This Issue*

**Recipe:**  
**Nutty Date Caramel**  
**Tartlets**

**Coping & Caring**

**Calendar**

**Puzzle Page**

## **Switched on Seniors**

switchedonseniorsmarkham@gmail.com

switchedonseniors.com

Thursdays 9:30-11:30, St. Andrew's  
Presbyterian Church, 143 Main St N  
Markham

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



## **Summer is here!**

Switched on Seniors is now established as a live, in-person program and we've said goodbye to Zoom. We've made the transition from on-line to in-person and we now have a smooth weekly routine in place.

That being said, here is news of our Summer break. Our last in-person meeting for this session will be **Thursday June 30th** after which we will be taking a break, as I am sure many of you will be doing the same thing.

We will continue to publish this monthly newsletter and also regularly update our web site [www.switchedonseniors.com](http://www.switchedonseniors.com) with all of the news and details of the fall/winter session as they evolve.

Tech-tips will also be on vacation-however we will continue offer an email 'help' service. If you have a question you would like us to review- all you have to do is email the details with your contact information and our tech-team will work on a response for you. You can email requests for help to [switchedonseniorsmarkham@gmail.com](mailto:switchedonseniorsmarkham@gmail.com)

If you have news that you would like to share with others in the group please email us with details, pictures are also welcome.

Stay safe and cool for the Summer.

# Recipe of the Month - Nutty Date Caramel Tartlets

Thanks to Renata Richardson from [The Renata Collective](#) for this delicious dessert! Join us at Switched on Seniors, **June 9th**, as we make these tartlets with Renata!

A no-bake, quick to make, decadent treat that is so very delicious and satisfying. They are great to have in the freezer for when friends drop by or to have a treat at the ready when you need a quick energy boost or when your sweet tooth needs a fix. Filled with anti-inflammatory, antioxidant, plant-based protein, fiber, calcium & a multitude of vitamins & natural sugars, they are a healthy treat.

Prep Time: 20 minutes / Freezer Time: 1 hour / Makes 9 Tartlets

## Ingredients:

### Cups

- 1½ Cup Raw Almonds
- 1¼ Cup Quick Oats
- ¼ Cup Maple Syrup
- 1 teaspoon Vanilla
- 1 Tablespoon Olive Oil

### Caramel

- 1½ Cups Medjool Dates
- 1/4 Cup Water (plus a Tbsp or so more if the mixture is too thick)
- 1 Tablespoon Maple Syrup
- ½ teaspoon Ground Cinnamon
- ½ teaspoon Ground Ginger
- ½ Cup Raw Almonds

### Toppings

- ½ teaspoon Course-Grain Sea Salt
- ¼ Cup Sliced Almonds

## Directions:

1. Prep your muffin pan by placing silicon or paper liners into 9 cups.
2. Cups: In your food processor, add the almonds and whirl until they are broken up to a crumb consistency. Add the oats, maple syrup, vanilla and the olive oil. Whirl until the mixture is finely ground and sticks together when you pinch off a bit and squeeze it together.
3. Put a heaping tablespoon into each muffin cup and press to form a cup shape with the sides coming almost to the top of the pan.
4. Date caramel: In the same food processor bowl (no need to wash it to make the caramel), Add the dates, water, maple syrup, cinnamon and ginger. Whirl until it is a smooth, thick but spreadable consistency. If it's too thick, add a teaspoon of water at a time until it's smooth, thick and spreadable. Add the ½ cup raw almonds and whirl to chop them up into the date mixture.
5. Spoon the mixture into the cups, filling them so they mound slightly.
6. Add a pinch of the sea salt on each cup and then add a few sliced almonds on top.
7. Put in the freezer for an hour or longer to set. Store in the freezer for longer or in the fridge for 5 days – if they last that long!



# Coping & Caring - A Smile



Many years ago I was privileged to visit Mother Teresa's Home for the Destitute and the Dying in what was then known as Calcutta (now Kolkata) in India. The entrance seemed to me to be a long winding corridor, opening out to a hall arranged with a series of solid platforms across the length of the hall. The people in the hall either had no relatives, or their relatives no longer had the means or the capability to care for them. They had been delivered to the Home, or they had been collected by volunteers from streets and sidewalks of the city and brought to this place of care.

My guide told me that the people who were on the lowest platform were likely to die within the next day. Those lying on higher platforms would live a little longer. But all would be cared for in this Home – while they were alive. It is over 41 years since that visit to the Home and the scene of such rudimentary coping and caring is still clear in my mind and memory. Dramatic and hopeless though the sight of those people on the platforms was to me, the memory which troubled me the most then, and continues to engage my memory and imagination was the many posters on the entrance corridors – sometimes only letters painted on the corridor walls – but all with the same message: “We shall never know all the good a simple smile can do.” The approach to such a scene of human despair and suffering – and the offer – was a smile! It seemed, and seems, so inadequate!

The depth and extent of our recent Covid 19 experience, dramatic and devastating though it has been for many, does not match the situation Mother Teresa tried to address – but her proposal is nonetheless helpful. We can all help each other by offering “A Smile”.

A smile offered recognizes the “other” - their presence and their reality, perhaps even their need – and even without the resources or ability to change their circumstance. The Smile recognizes the other where they are. They are noticed as part of the community – our community. And Mother Teresa is right, we will never know all the good that a smile or a hello can bring to lonely or isolated individuals.

So, let's offer a smile, whenever we can, to those we meet. “We shall never know all the good a simple smile can do.”

## Upcoming Speakers

June 2 - George Duncan - Historic Markham

June 9 - Cooking with Renata - Salted Caramel Cups

June 16 - Jackie Lee- Markham Public Library

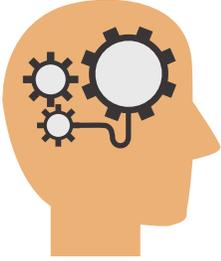
June 23 - Suzanne Gostlin - Pharmacist

June 30- Strawberry Social 

Masks are required for now to keep everyone safe.

# Puzzle Page

Keep your brain in top gear with these fun puzzles!



FILL IN THE MISSING NUMBERS

|   |   |    |    |    |
|---|---|----|----|----|
|   |   |    |    | 12 |
|   |   |    |    | 7  |
|   |   |    |    | 12 |
| 5 |   |    |    | 14 |
|   |   | 3  |    | 9  |
| 9 | 9 | 11 | 13 | 10 |

Start

Finish

THE MISSING NUMBERS ARE INTEGERS BETWEEN 0 AND 5.  
 THE NUMBERS IN EACH ROW ADD UP TO TOTALS TO THE RIGHT.  
 THE NUMBERS IN EACH COLUMN ADD UP TO THE TOTALS ALONG THE BOTTOM.  
 THE DIAGONAL LINES ALSO ADD UP THE TOTALS TO THE RIGHT.

## A Senior Smile-The \$2.99 Special.

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99. 'Sounds good,' my wife said. 'But I don't want the eggs.'

'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!' stated the waitress. 'I'll take the special then,' my wife said.

'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' my wife replied.

She took the two eggs home and baked a cake. **DON'T MESS WITH SENIORS!**

