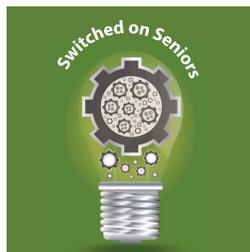


Switched On Seniors



In This Issue

Recipe:
Roasted Corn Salsa

Coping & Caring

Strawberry Social

Calendar

Puzzle Page

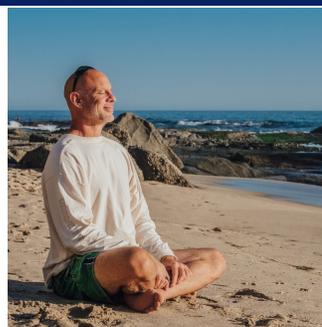
Switched on Seniors

switchedonseniorsmarkham@gmail.com

switchedonseniors.com

Thursdays 10:00-11:30, St. Andrew's
Presbyterian Church, 143 Main St N
Markham

It's always on Thursday.
It's always senior driven.
It's always FREE.
All seniors are always welcome



Our Spring/Summer session of Switched on Seniors has wound up with a great Strawberry Social-if you missed it, you missed a treat!

It's that time of year again when we think about vacations, cottaging, fishing and maybe just relaxing. The Switched on Seniors leadership group is also taking time off to re-generate and re-group, ready for a great Fall program.

The Steering Committee would like to extend thanks to everyone that has been involved with organizing, speaking, making coffee, cleaning up and much more during the year as we transitioned from our Zoom platform to in-person gatherings, albeit with masks!

Thanks also to all of you that participated in the program, needless to say without you it would have not been the success that it was. Thanks also for all of you that have been 'spreading the word' about Switched on Seniors, word of mouth and a positive recommendation is one of the ways that our program will grow over the months ahead.

A final thanks to everyone that participated in our recent survey-your feedback was much appreciated. It seems that virtually all of the programs were well received, giving us a great foundation to expand upon in the fall. According to the survey, everyone has an interest in Yoga, so watch out for that activity when we return!

We hope that everyone enjoys a great summer break and we look forward to meeting again in September. The newsletter will continue throughout the summer and our web site www.switchedonseniors.com will be updated with news as it happens.

Have a great Summer and see you all in September.

Recipe of the Month - Roasted Corn Salsa

Thanks to Renata Richardson from [The Renata Collective](#) for this delicious salsa, that doubles as a tasty summer salad! It is cool, crisp, and filled with wonderful healthy veggies for a nutrition-packed dish and it is delicious! You'll be making this recipe and eating this dish all summer long!

Prep Time: 20 minutes / Fridge Time: 1 hour / Serves: 4 - 6

Ingredients:

- 1 341mL Can Whole Kernel Corn - drained
- 2 Roma Tomatoes – chopped
- 1 Orange or Yellow Pepper – chopped
- 1 Cooked Beet – chopped
- ½ English Cucumber – chopped
- ½ Medium Zucchini - chopped
- ¼ c red Onion – diced
- 1 Large Clove Garlic – minced
- ½ c Loosely Packed Fresh Parsley/Cilantro/Lovage – finely chopped. Alt: 1 heaping tablespoon dried parsley

Dressing

- 2 Tbsp Olive Oil
- 1 Tbsp Lemon Juice
- 2 tsp White Wine Vinegar
- 1 tsp Dijon Mustard
- A Pinch of Sea Salt
- A Few Grinds of Fresh Black Pepper

Directions:

1. In a medium frying pan, over medium-high heat, roast the drained corn kernels until they are roasted lightly browned and fragrant. You can use a teaspoon of olive oil or butter to help the corn roast to perfection.
2. In a medium-sized serving bowl, mix the corn with the other veggies and toss to mix them together.
3. In a small bowl, mix all the dressing ingredients together and blend with a fork or a whisk.
4. Pour the dressing over the salsa veggies and toss to cover the veggies in the delicious dressing.
5. Cover and chill in the fridge for an hour or so to let the flavours come together.
6. Serve with tortilla chips as a delicious appetizer or with your meal as a colourful and nutritious side salad.



Coping & Caring

A Different Kind of Coping

Did it seem strange to you when you took off your mask with the lifting of most pandemic restrictions? For weeks we had dutifully put on our masks, checked that our nose and mouth were covered, all as our expression of our coping with life and our caring for others. When restrictions were made optional, and we took advantage of the new norm and left the mask at home, I, for one, felt somewhat guilty and incomplete. But I'll learn to cope with these new feelings.

There are, however, other situations that are more difficult to cope with as we encounter a new normal. How do we handle everyday life and living as we relearn our coping skills?

I've recently returned to public transport after some time and visited situations where previously I had found extreme courtesy and politeness, only to find these attractive caring attitudes had disappeared as people coped in their own way. The courtesy I used to see being extended to the elderly and disabled with a smile and word of encouragement was much harder to find and had been replaced by self-focused coping.

I've noticed a similar change in behaviour in the mall and other places where crowded situations have returned. It seems that the long months of living with rules and restrictions imposed on our behaviour have left many without an innate capacity to express consideration and care for others around us as our natural and new normal way of life.

If this sounds as if someone has gotten out of the wrong side of bed this morning, or had a bad dream, I ask that you will remember the lessons we learned during the pandemic. They had roots in being a caring community. As we encounter new conditions of life and social living in the new normal we must continue to care for others as we regain choice and cope with the situations we encounter in daily and family life and living.



Strawberry Social Fun!

Were you able to join us for some fun at our June Strawberry Social? We had a building contest, strawberry trivia, games, and of course, strawberries, cake, and ice cream!

It was a fun way to wrap up a great first season of Switched on Seniors! We hope that when we resume in September, you'll be able to join us, as we try new things, learn new skills, meet new people, and have a lot of fun along the way



The winners of our structure competition!



Everyone say "Strawberry!"

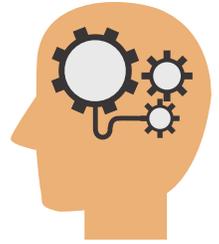


Upcoming Meetings

Sept 8- Welcome Back!

Trivia

- 1: Where is the Sea of Tranquility located?
- 2: What country has the world's most ancient forest?
- 3: Which kind of bulbs were once exchanged as a form of currency?
- 4: What colour jersey is worn by the winners of each stage of the Tour de France?



Brain Teaser

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

Answers

1: The moon, 2: Australia, 3: Tulips 4: Yellow
The river was frozen!



Spot the difference

Can you find the **8 differences** between these images?

