

Switched On Seniors



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Switched on Seniors

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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



Greetings from The Steering Committee of Switched on Seniors.

We hope that everyone is enjoying a great summer so far. The Steering Committee is working hard to bring you an outstanding Fall season - at a recent planning meeting it was agreed that we would introduce a regular monthly feature entitled-Stretching & Yoga. This program will be crafted for all ability levels and hopefully it will get everyone stretching in the right direction for better mobility and well being. Watch our [website](#) for more details as we get closer to 'opening' day.

Another feature for the Fall will be cooking with a difference-in the past we have worked with Renata Richardson over Zoom to create some very tasty items. Coming soon will be a new in-person format with greater emphasis on 'cooking for one' and 'nutritional cooking'.

We will also be exploring what it is like to attend a garden party at Buckingham Palace from someone who was there, this and many other interesting features will be part of our Fall program - your ideas are always welcome, please email us anytime, at switchedonseniorsmarkham@gmail.com

Tech-Tips will also continue in The Fall but it will be integrated into our main meeting with more opportunity for 'hands-on' interactions with tablets and your smart phones. More news to follow!

Thursday Sept 8th is the Fall launch date for Switched on Seniors. The St. Andrew's 'Lunch & Mingle' will also take place that Thursday, so we hope you will all come for a stimulating meeting followed by community interaction and lunch. Keep an eye on our [website](#) for news and events. As usual all seniors are welcome, and every week is 'bring a friend week'.

Enjoy August and we look forward to seeing everyone in September.
Take care!

Recipe of the Month -Asian Inspired Cucumber Salad

Thanks to Renata Richardson from [The Renata Collective](#) for this delicious summer salad. Field cucumbers are coming into season right now, so you can enjoy delicious local flavours at the height of their freshness! Cucumbers are low in calories and contain many vitamins and minerals.

Prep Time: 5 minutes / Cook Time: none / Serves: 4 as a side salad

Ingredients:

- 1 Field or Italian Cucumber – washed, peeled, cut in half and seeded
- 1 Tbsp White Vinegar
- 1 Tbsp Sesame Oil (or Grape Seed or Avocado Oil)
- 1 Tbsp Tamari or Soy Sauce
- 1 tsp Coconut Sugar or Brown Sugar
- ½ tsp Ground Ginger
- Grinds of Fresh Black Pepper
- 2 Green Onions or 2 Radishes – Optional yet delicious for a hint of flavour, colour & garnish
- 1 tsp Sesame Seeds – For Garnish



Directions:

1. Add all the dressing ingredients to a medium sized bowl and whisk or stir with a fork.
2. Peel the cucumber – either a regular field or Italian cucumber - do not use an English cucumber as they do not work as well.
3. Cut the cucumber in half length-wise and with a spoon, scoop out the seeds.
4. Cut into ¼” slices – you want them a little on the thick side.
5. Add the cucumber to the dressing and stir to coat the slices.
6. If using green onion or radishes, add slices of one or the other and stir to mix them in.
7. Sprinkle with sesame seeds if including.
8. Enjoy!

Upcoming Meetings

Sept 8 - Welcome Back & Community Lunch!

Sept 15 - Tech Tips - Don't get Scammed!

Sept 22 - Tales from a Buckingham Palace Garden Party!

Sept 29 - Stretching & Yoga



Coping & Caring - What Does Normal Look Like?

Last month I commented on the fact that behaviour has been changed by the recent pandemic - or at least in my perception. Manners in public seemed to focus more on the individual, and less on the other with the result that there seems to be less caring around now than at the height of the lockdown experiences of the recent - too many - months.

There is hardly a face mask to be seen these days, yet the infection rate is as high as ever. Social distancing, even while the floor markings are everywhere, is hard to find in practice. We like to do "our own thing" whatever that may be. And many of us do just that - cope with our own situation and take only a little effort to care for others. It looks like normal - so we lessen our concern for others around us. Within this past month, I thought I had the beginnings of a summer cold and a slight, occasional cough. It persisted for a couple of days, so I investigated and took an Antigen Rapid Self Test. I was shocked by the result:



The test result was at least as strong and vivid as the control marking! I was positive. I was infectious to others. So much for my coping and my caring!

The next day I retested – with the same result. And again on day 4 and also day 6. I was still positive, perhaps still infectious to others. I waited until day 9 to test again.

Clear as a whistle. Not a hint of a line on the test slot.

I'm off to get some new masks – keeping my social distance to care for others around me. That's what new normal seems to look like – at least for me!



So just what will the new normal look like? Forget about a return to the past we think we remember and want to embrace again. Instead look ahead, and look around in our family, community and wider society. If we don't care for our family, friends, neighbours our lack of care may put others – local and around the world – at risk.

Many cultures around the world hold a version of The Golden Rule (“Do unto others, as you would them do unto you”) as important for societal and personal wellbeing. This lesson isn't just because of Covid, or global warming, or the increasing cost of living or any other factors which influence daily life.

We need to care and share responsibility for the well-being of others, as well as our selves, or society will sink into a world of despair and destruction. And that's not the normal we seek!

Puzzle Page

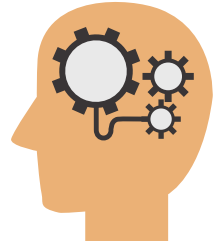
Keep your brain in top gear with these fun puzzles!

Trivia

- Which Chess piece can only move diagonally?
- 2: When did the Cold War end?
- 3: What is Allspice alternatively known as?
- 4: Who invented scissors?

Brain Teaser

If you have a 7-minute hourglass and an 11-minute hourglass, how can you boil an egg in exactly 15 minutes



Answers

- 1: A Bishop, 2: 1989 3: Pimento, Leonardo da Vinci
- 2: After the 7-minute hourglass runs out, turn it over to start it again.
- 3: Four minutes later, when the 11-minute hourglass runs out, turn the 7-minute hourglass again.
- 4: Wait for the 7-minute hourglass to run out, which will take another four minutes and get you to exactly 15 minutes of boiling time.

Rebus Puzzles

Can you figure out the common phrases from these word puzzles?

thought *But*
thought

But on second thought

historyhistoryhistory

History repeats itself

ECNALG

A backwards glance