

Switched On Seniors



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Seniors in Action

Switched on Seniors

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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



Greeting from Switched on Seniors.

Sorry we are a little late with our Newsletter this month-the cold has got to us!

While February is one of the coldest months, albeit the shortest month, it still packs a punch when it comes to weather. We encourage everyone to take their time when moving about outside, dress warm and stay inside where possible. Now staying inside doesn't apply to Thursdays! We look forward to seeing everyone each week but do take extra care during this cold and icy time of the year.

Our numbers are growing and it's thanks to YOU. Thanks for spreading the word and reaching out to fellow seniors. As we say, every week is 'Bring a Friend Week', all seniors are always very welcome.

It seems that February may also be SCAM month! We're only a few days into the month and we are already being deluged with scam after scam. In just one day this week the writer received no less than 4 scam situations-there was the Amazon Scam, The Revenue Canada scam, the undelivered parcel scam and a phone scam regarding charges on a credit card issued by a bank that the writer does not do business with. Remember the rule-if you don't know the sender then it is probably a scam.

Even if a message looks genuine don't rush into a response. Check it out first-scammers want you to do things now, they tell you not to tell anyone about what you are doing...theses are very real signs that the email or voicemail is a scam. Please check out the resource section of our web site at switchedonseniors.com for more information on the topic.

Stay warm and see you on Thursday

Recipe of the Month - Sweet Potato, Carrot & Apple Soup

Don't let the thought of an apple in your soup put you off, this tasty soup makes for a hearty & filling meal. This is a great soup for batch cooking. It freezes for up to 3 months, giving you plenty of time to have soup for lunch or dinner on a chilly day!

Prep Time: 15 minutes / Cook Time: 30 minutes / Makes: 8-10 servings

Ingredients:

- 4 tbsp unsalted butter
- 2 yellow onions
- 1 tbsp curry powder
- 1½ lbs of sweet potatoes
- 1 lb of carrots
- 2 apples
- ½ c red lentils
- 8 c of chicken or vegetable broth
- 1 ¾ tsp salt
- 1 can of coconut milk

Directions:

1. Peel & chop onions. Peel & chop sweet potatoes & carrots into 1" pieces
2. Rinse lentils until water runs clear
3. In a large pot, melt butter over medium heat
4. Add onions, stirring often, cook until translucent but not brown.
5. Add curry powder, stir cook 1 min.
6. Add carrots, sweet potatoes, broth, lentils, salt and bring to a boil.
7. Cover and simmer, stirring occasionally.
8. Peel and chop apples and add to pot. Add a little water if too dry.
9. When all vegetable are tender after 25 – 30 mins cooking time, remove from heat & add coconut milk.
10. Puree using an immersion blender. (If using a blender to puree, soup should be cooled first & pureed in small batches).
11. Season to taste with salt and pepper if desired.



Upcoming Meetings

- Feb 9 - Romance in the musicals with Daniel Aonso. Soup & Sandwich lunch
- Feb 16th - Card Shark Thursday
- Feb 23rd- Chair Yoga with Christina DeFranco
- Mar 2nd- Alzheimer's Society of York Region Lunch & Mingle follows

Coping & Caring - The Need Goes On, and On.

When I prepared the previous Coping and Caring message, and realized that it was number 21, I thought that it might be a good place to stop – and to change topic a little. Perhaps we might go in the direction of “Let’s celebrate life” or “On Being a Good Neighbour” or something with a more direct presentation of the positives of life. But then, as January unfolded the news media began to report random acts of personal violence in the Toronto transit system. Maybe we do still need to cope and to care.

There is a truth in the slogan that “bad news sells newspapers”. Just checkout the lead stories in our nightly newscasts. They use the same principal and usually lead with bad news. But I don’t think that these recent acts of violence are for the purpose of publicity. Yet something fundamental seemed to have changed in communal life and relationships. I think that it is the effect of living with the Covid Pandemic and the passage of time. Reckless and careless behaviour. Some of the worst social features of the “Me Generation”. You see it as the face masks come off and in the line ups which can now form. Manners and coping, caring and concern for others, can so easily be overlooked as some try to express their own needs and impulse.

Concern for the well-being of others has to be reestablished as the norm for social interaction



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3			
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		4	1

Fill the grid with the numbers 1 to 4 in such that each number is only used once in each row, column and region (marked 2 by 2 block)

Find the purple heart



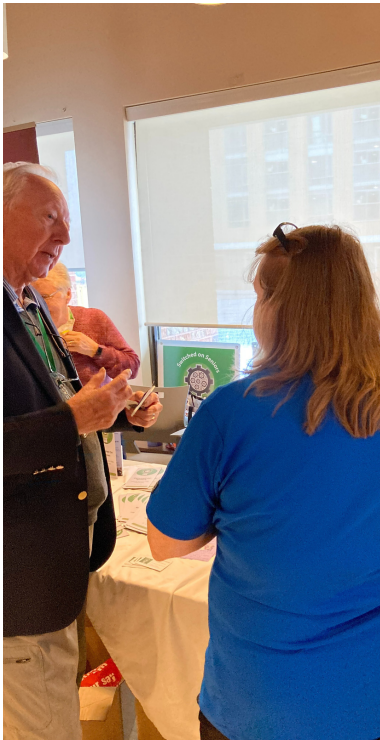
Switched on Seniors in Action



Our sandwich makers hard at work



Getting ready for some fun and games



Chatting up the crowds at the Seniors Health Fair



Getting moving with walking and balance exercises