

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.

Our new 'lunch' initiative is off to a great start. On the second Thursday of each month immediately following our program, we offer a 'soup & sandwich' lunch. A simple meal with an opportunity to sit and eat with others while enhancing your circle of friends and acquaintances.

We have 'given it a try' and it seems to be working well, so our Steering Committee has agreed to make this 'soup & sandwich' lunch a regular feature of our 2nd Thursday meeting. Not only has the lunch been well received but many from the Switched on Seniors group have stepped up and offered their time and skills in lunch preparation, serving, and the all-important cleanup - thanks to everyone that has volunteered.

If you are interested in the soup recipe for March you can find it a little further into this newsletter.

Switched on Seniors is designed to meet the needs of seniors in our area, so we welcome your feedback on whether or not we are meeting in some part your needs. Comments on the program and ideas for future programs are welcomed. You can communicate your feedback either directly to one of our Steering Committee team or by email - switchedonseniorsmarkham@gmail.com

We look forward to seeing everyone on Thursday and as always we encourage you to bring a friend – every week is 'bring a friend week' at Switched on Seniors.

Take care and stay warm!

Recipe of the Month - White Bean Soup

This tasty soup freezes beautifully - freeze it in individual portions, and you have a quick meal ready to go in no time! Filled with heart healthy vegetables, and plant-based protein, this is a great lunch or dinner any time.

Prep Time: 10 minutes / Cook Time: 30 minutes / Makes: 6 servings

Ingredients:

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 garlic cloves minced
- 2-3 large carrots chopped
- 2-3 celery stalks chopped
- 6 c chicken or vegetable broth
- 1 teaspoon dried thyme
- ½ teaspoon oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 19 ounce cans white beans drained and rinsed
- 2 teaspoons tomato paste
- 2 cups baby spinach
- Fresh parsley finely chopped, for serving
- Grated parmesan cheese for serving

Directions:

1. In a large pot or saucepan, heat olive oil over medium high heat. Add onions and cook until onions are translucent, about 3-5 minutes. Add the garlic, carrots, celery, thyme, oregano, tomato paste, salt and pepper, and cook for an additional 2-3 minutes.
2. Add the broth, bring to a boil, reduce heat and simmer for 15 minutes to combine all of the flavors together.
3. Add the rinsed beans, more broth or water if necessary, & cook for a further 10 minutes
4. Stir in the spinach and continue to simmer until the spinach wilts, about 2 minutes
5. Remove from heat, sprinkle with grated parmesan cheese, if desired, and serve immediately.



Upcoming Meetings

- Mar 9 - A trip to New Zealand with Leslie & Art Wootton. Soup & Sandwich lunch
- Mar 16 - Rocks, Minerals & More with Geologist Art Wootton
- Mar 23- Quick & Easy snacks with Renata Richardson
- Mar 30- Gentle Stretch & Strengthen class with Christina DeFranco
- April 6 - Hearing Care of York Region - Lunch & Mingle following

New! On our website - www.switchedonseniors.com we have a community calendar of events from other organizations that might be of interest to our Switched on Seniors

Coping & Caring

Many of us are facing challenges in our daily circumstances that can be stressful, overwhelming, and cause strong emotions which reduce our feelings of well being. Public health actions, such as physical distancing, can make us feel isolated and lonely and increase our sense of stress and anxiety. In the extreme, feelings and emotions like these, which are products of these times, are at the root of much of the violence we see in the news on TV and in the papers.

It is natural to feel stress, anxiety, grief, and worry during traumatic events such as mass shootings, natural disasters, or pandemics. After a traumatic event, people may have strong and lingering reactions. Learning and participating in healthy ways to cope and getting the right care and support can help reduce stressful feelings and symptoms.

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to the stress of everyday life. There are healthy ways we can deal with such times and conditions when we feel them. While it is good to be informed of the situations we are experiencing in our life, constantly being confronted by troubling information can be upsetting. So we should consider limiting watching or reading the “news” to just a couple of times a day and disconnecting ourselves from constant and repetitive news for a while.

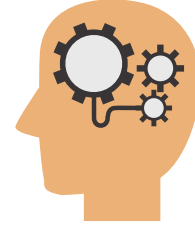
Other things we can do to cope with life today and to care for ourselves include eating healthy, taking regular exercise, getting plenty of sleep, and finding some way to give yourself a break when you feel stressed out.

It’s said, “***A problem shared is a problem halved.***” So sharing your problems and how you are feeling and coping with a partner, friend, or counselor may well become part of your personal coping and caring with everyday life for many people – but such contacts and opportunities are not available to everyone. So, remember, not only does “Switched on Seniors” have a varied programme of interests and opportunities for seniors. It’s also a wonderful place to meet together in a stress-free environment to relax, unwind and socialize with others and even share your concerns as you share time together.



Trivia

1. What type of bear lives only in BC?
2. Canadians eat 1 billion of these a year?
3. What is the most consumed fruit in Canada?
4. Where is the Slurpee Capital of the world?
5. What is the largest uninhabited island in the world?



1. The Kermode, or Spirit Bear
2. Doughnuts
3. Bananas
4. Winnipeg
5. Devon Island, part of Nunavut

Who doesn't like to eat? Can you find all the hidden food words in the puzzle?

Types of Food

K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY

Switched on Seniors in Action



Learning about romance in the movies



Getting ready for some fun and games



Enjoying some social time at our monthly soup & sandwich lunch