

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



Welcome to our May Newsletter-yes it is already May-how can you tell-simple the Hockey Season is into the Playoffs!

Whether you are following hockey, basketball, or baseball there is a veritable plethora of sports activities to keep you glued to your smart TV.

With the weather getting warmer, you also have the option to get outside, and spend some time in nature, gardening, golfing, or walking!

Except for Thursdays and that's Switched on Seniors Day when you get out of the house, away from the T.V., and have a great time with old friends and new friends, playing games, getting interesting and useful information and facts, and yes even watching the occasional video.

We hope that the program is working for you, we think it is because you keep bringing your friends and to that, we say a sincere THANK YOU.

We are excited about the growth at Switched on Seniors - that growth is mostly your doing, so please keep up the good work and keep spreading the news.

Have a great May.

Recipe of the Month - Zucchini Potato Soup

A rich and tasty soup, this is another one that is perfect for batch cooking, and freezing for a quick, delicious meal

Prep Time: 10 minutes / Cook Time: 35 minutes / Makes: 8 servings

Ingredients:

- 2 tbsp olive oil
- 1 large onion – finely chopped
- 2lbs of zucchini
- 1lb potatoes
- 2 cloves of garlic minced
- 4 c chicken stock
- 2 bay leaves
- Pinch of Nutmeg
- 3/4tsp salt
- Pinch of pepper
- 1 c coconut milk.
- 1 tbsp grated Parmesan cheese

Directions:

1. Wash zucchini. Trim ends, slice in half lengthwise and cut into thin half-moon slices.
2. Peel potatoes and chop into 1 inch cubes
3. Gently heat the oil in a large pan
4. Add the onion and sauté but do not brown.
5. Add the garlic and cook for 30 secs more.
6. Add zucchini and potatoes and cook gently for about 5 - 6 minutes without browning.
7. Add the stock, bay leaves, nutmeg and salt and pepper.
8. Cover the pot and bring to a boil. Reduce heat and cook for approx. 20 minutes until potatoes are soft.
9. When slightly cooled blend with an immersion blender.
10. Gently reheat, stirring in 1 c of coconut milk.
11. Stir in 1 tbsp of Parmesan cheese.
12. Check seasoning, add more if necessary.
13. Soup can be frozen. Thaw in fridge, reheat gently.



Upcoming Meetings

May 11 - Art Wootton, rocks, minerals & more, followed by our soup & sandwich lunch

May 18-York Region Police - Senior Safety Unit, protect yourself from fraud!

May 25 - Gentle Stretch & Strengthen class with Christina DeFranco

June 1- Join us for Lunch & Mingle, following our presentation.

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 - Moving on with life and living

All the previous Coping & Caring contributions to our Newsletter have been heavily influenced by life in these pandemic times, the problem of isolation, and the need to experience community and social connection as a base for feeling good about ourselves and about life in general. This piece wants to recognize that for most people the immediate effects of the pandemic are behind us, and what we now face in life is the need to move on in the new reality of the present.

Can you relate to any of these situations?

- Life, or circumstance, feel a big mess and you can't get a handle on changing it for the better.
- You had an argument with a friend or acquaintance and you just keep going over it in your mind
- You look for the experiences or situations from your previous comfort zone and you are frustrated because you can't recover them.

Well, we all get stuck sometimes. Stuck wanting to recover circumstances and relationships which you used to enjoy. Stuck not wanting to do something about which we don't feel comfortable – because its new. Or we are simply stuck in our thoughts. Stuck in big feelings and no forward movement.

We can too easily get stuck in the mud – as it were! Getting out of the mud may be a slow process, but it is a process which doesn't just happen – it requires forward movement – embracing a new experience, attitude or connection. Getting stuck happens to all of us. So what can help us move on? We can work on skills, beliefs, emotions and connections. We can try things we have, in the past, wanted to try, but for a variety of good reasons didn't or couldn't. It may take effort and time, but perhaps we can also see this time as an opportunity – and move on!

We can move on in life and leave the constraints of the pandemic in a closed file labeled "Past Experience."

"When you feel stuck and can't seem to move ahead, always remember, that you don't have to get it right, you just have to get it going." *Barbara Corcoran*





Spring Word Search

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

- Birds
- Daffodils
- Flowers
- Grass
- Green
- May
- Nests
- Outdoors
- Patio
- Relaxing
- Showers
- Spring
- Sunshine
- Tulips
- Warmth

Can you find the hidden Spring Time words?



Switched on Seniors in Action



Learning about Gill's childhood in an internment camp.



Puppy love with Max & Tilley, St. John's Ambulance Therapy Dogs



Bingo!