

# Switched On Seniors



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## **Switched on Seniors**

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It's always on Thursday.  
It's always at 11 a.m.  
It's always senior driven.  
It's always FREE.  
All seniors are always welcome



**HAPPY NEW YEAR!**

The New Year has arrived and brought with it more pandemic concerns and issues. You will all remember that in our last Newsletter and at our last Zoom meeting we indicated that when we resume the program in January if would be "In-Person".

It's no surprise that that is not going to happen. Even with people being triple vaccinated the infection rate with the new variant of COVID continues to create problems. Safety is a #1 concern for Switched on Seniors and so with much regret we must announce that we will be back on Zoom until at the least the end of February 2022 when we will re-assess the situation. This means that our start time will revert to 11 a.m. Our Zoom platform will be open at 10.45 a.m. for you to 'meet & greet' prior to the program commencing.

On the PLUS side of the ledger, we are extremely pleased to introduce our new Switched on Seniors Program Coordinator for 2022, Ms. Kathy DeFranco. While many of the standard features of our Zoom meetings will continue you will see a fresh new approach and some very new program segments that Kathy will be introducing. Please join us and meet with Kathy at our first meeting for 2022 on Thursday, 20th January at 10.45 a.m.

Watch the web site, [www.switchedonseniors.com](http://www.switchedonseniors.com) for log in information and program details.

Happy New Year and stay well and safe.

# Recipe of the Month - Kielbasa & Veg Sheet Pan

Thanks to Renata Richardson from [renatacollective.com](http://renatacollective.com) for this easy one sheet pan meal - a quick tasty dinner for these chilly nights, with just one pan to clean up!

## Ingredients:

- 2 Cups Broccoli - chopped into florets
- 1 Large Sweet Potato – peeled, halved lengthwise and sliced
- 8-12 Baby Potatoes (depending on their size) - halved
- 6 Cloves Garlic - peeled
- 1 Medium Cooking Onion - thickly sliced
- 1/3 Cup Olive Oil
- 1/4 Cup Balsamic Vinegar
- Herbamare or Salt & Pepper
- 1 Sprig Fresh Thyme (leaves only) or 1 Teaspoon Dried Thyme
- Kielbasa – Pork or Turkey, whichever you prefer. I use a piece about 10 inches long – casing removed and sliced in ¼ - ½ inch thick rounds
- 2 Additional Tablespoons Olive Oil

## Directions:

1. Preheat your oven to 425°F.
  2. Prepare a baking sheet by lining it with parchment paper.
  3. Prepare your veggies and add them to a large bowl.
  4. Add the oil, vinegar, thyme and toss to coat the veggies.
  5. Season with Herbamare or sea salt and some grindings of pepper to your taste.
  6. Add the kielbasa rounds and toss again.
  7. Lay the contents of the bowl in a single layer on the parchment paper lined baking sheet. You can get fancy and group the veggies individually in a single layer. I usually leave it mixed up on the baking sheet as it comes out of the bowl, spreading it out in that single layer for even cooking.
  8. Drizzle all over with 2 tablespoons of olive oil. Season with some additional grinds of fresh pepper.
  9. Bake for 30 minutes. The kielbasa doesn't need to 'cook' as it just needs to heat through. Check to make sure the veggies are cooked by sticking a sharp knife or a fork into the sweet and the baby potatoes – they should piece easily. Remove from the oven and serve!
- Roast any veggies of your choice to accompany the kielbasa. Fingerling potatoes - halved, beets – peeled and cubed, cauliflower pieces, asparagus spears, kohlrabi slices, carrot fries or rounds. Just make sure you coat them in the oil and vinegar and thyme so they roast to perfection.
  - Serve with some Dijon mustard on the side as a condiment for the kielbasa.
  - Leftovers are amazing in a salad the next day for lunch or a light dinner!



# Coping & Caring



The more things change – the more they stay the same – or so it seems!

We have entered a New Year – we've never been in 2022 before. And yet we have been in this kind of restrictive world before. Travel is difficult. Family meetings and other gatherings are restricted. The wish list of what we would like to do grows longer. Many are weary of coping.

Our life is controlled, less by our desires and wishes, and more by the rules and restrictions which come to us as pronouncements and decrees from government and public health authorities. And yet the greeting of the season is “We wish you a Happy New Year.” Of course we do!

We cope with these restrictions because we know deep within us that the decrees and restrictions make sense and that we will cope as we care. Most of us will be “Double Vac'd and Boosted” by this time. It allows us a feeling of security from serious infection and allows us to eat out with comfort. And it provides us with the feeling that not only have we “taken it in the arm” for our own protection, we have at the same time, contributed to the welfare and protection of others around us. As we cope with our own situation, we also care for others.

Because we cope with life, express care for ourselves and for others in the restrictive world around us, we see light at the end of what has seemed to be a long dark tunnel. As I write these lines, the number of infections are as high as ever – while the severity of illness which develops seems to be a little less serious. Our Coping and Caring will eventually result in the life we wish for as we greet this New Year.

## Trivia ???

- #1 Who was the first woman to win a Nobel prize (1903)?
- #2 Which mammal has no vocal cords?
- #3 What type of music has been shown to help plants grow better & faster?
- #4 Power outages in the US are mostly caused by what?

## Brain Teaser

You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten for three years. Which exit do you pick?

## Logic Puzzle

A man is caught on the King's property. He is brought before the King to be punished. The King says "you must give me a statement. If true you will be killed by lions. If false you will be killed by trampling of wild buffalo. If I can't figure it out, I'll have to let you go." Sure enough, the man was released. What was the man's statement?

## Answers

- Trivia  
1)Marie Curie 2) Giraffe 3)Classical 4)Squirrels!
- Brain Teaser  
Exit C - if the lion hasn't eaten in three years it has definitely starved to death.
- Logic Puzzle  
"I will be killed by trampling of wild buffalo." This stumped the king because if it's true, he'll be killed by lions, which would render the statement not true, if it's a lie . he'd be killed by wild buffalo, which would make it a truth. Since the king had no solution, he had to let him go.