

Switched On Seniors



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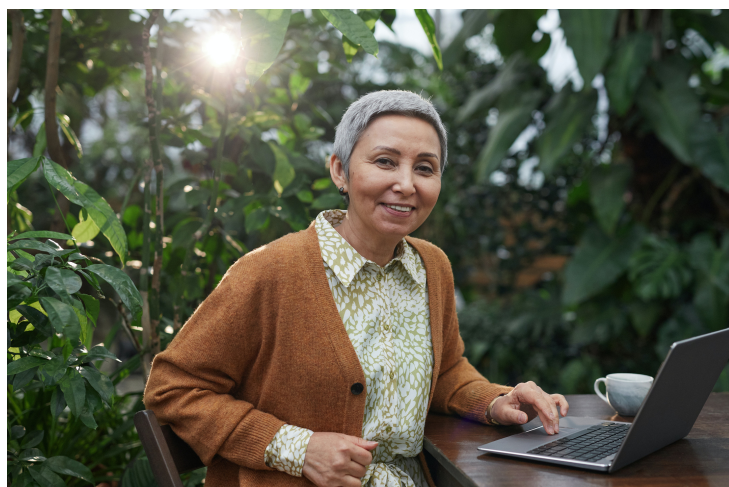
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Switched on Seniors

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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



Switched on Seniors has taken off and is flying high.

In our first month we welcomed over 100 seniors to our virtual meeting room. There was plenty of fun, learning, and high spirits, the only thing missing was the coffee and cookies. Month two had even more people joining in the Zoom events and we look forward to growing further over the months ahead.

Unfortunately, our plans for in person meetings were thwarted by COVID and so for the next few months we will be meeting on Zoom. In fact, for many of us Zoom has now become the meeting norm-it's good to see so many seniors adapting to these changing times and circumstances.

As we leap into Spring/Summer our program list is taking shape with some impressive speakers and topics lined up. But remember we are not just about speakers-we feature a weekly 'tech corner' to talk about new things we can learn from our phones, tablets, and computers. We also host games & entertainment which has been quite competitive (and fun) even on Zoom!

Welcome to our first Newsletter and welcome to the Switched-on-Seniors program!



Recipe of the Month

Mini Meat Loaf

(Generous size, good for sharing or 2 meals)

Meatloaf Ingredients:

- 1 tbsp olive oil
- ½ c chopped onions
- 1 garlic glove minced
- 1 tsp dried thyme
- ½ tsp salt
- ¼ tsp black pepper
- 6 oz ground beef
- 1 tsp Worcestershire sauce
- 1 tsp tomato paste
- 1 lg egg, beaten
- 3 Tbsp breadcrumbs

Glaze Ingredients:

- ¼ c ketchup & 1 Tbsp molasses - Whisked together

Directions:

Preheat oven to 350 degrees F

Heat oil in a pan over medium heat. Add chopped onions and cook for approx. 2 mins until soft but not brown. Add minced garlic, dried thyme, salt, and pepper. Cook stirring for another minute. Set aside.

Put ground beef in a bowl. Add softened onions and seasonings, plus Worcester sauce, tomato paste, egg, and breadcrumbs. Mix all ingredients together until well combined. Shape into an oval and put into a lightly greased baking dish. Bake for 30 mins. Remove from oven. Spoon glaze mixture over meat loaf & bake for another 15 mins.

Remove from oven. Rest, foil-covered for 10 mins before slicing.

Upcoming Speakers



May 13 - Markham Street names - Lorne Smith

May 20 - Funeral Pre-planning - Eric Tappendan, Chapel Ridge

May 27- Memory Care -Danielle Howe-Borges, Amica Unionville

June 3- Markham Expansion - Andrew Keyes, Ward 5 Councillor

How do I???

Set up a Zoom Meeting?

Looking to create a Zoom meeting to chat with friends and family? It takes just a few simple steps:

- Download & install the Zoom Client from [Zoom.US](https://zoom.us)
- Create an account, and then log in using the E-mail and password that you have created
- Click the downward arrow and select Start with video, then click New Meeting to start an instant meeting.
- Select Invite, and then "email" and you can then email the meeting information to whoever you would like to attend.

If you need more info - check out our website switchedonseniors.com for more video help.

TOP ZOOM KEYBOARD SHORTCUTS

FOR PC



Mute/unmute audio



Start/Stop Video



Display/hide In-Meeting Chat panel



Display/hide Participants panel



Raise/lower hand

MAC OS



Spring Puzzle

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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX

FLOWERS
FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY

NEW LEAVES
PLANTING
RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING

BREAK
SPRING CLEANING
TULIPS
WARMER
WET

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http://www.gets.com/crossword_puzzles.htm