Senior Activities For JUNE

All activities have been cancelled until further notice. The SNAP Center is closed to public until further notice. Meals on wheels is still delivering meals.

We miss you– we will see you soon!
Stay Safe. Stay Healthy.

Monthly Activities
P. 1

Chair Yoga Tips
P. 3

Mindful Breathing & Sudoku
P. 4

Word Search Puzzle
P. 5

It’s A Funny Story
P. 6

A Taste of Summer Recipe
P. 7

Recurring Events
P. 8

Special Announcement
P. 8
**A Taste of Summer**

**Summer Carbonara**

**Ingredients**
- 1 package (16 ounces) spaghetti
- 2 tablespoons olive oil
- 1 large sweet onion, finely chopped
- 1 medium yellow summer squash, diced
- 1 medium zucchini, diced
- 2 garlic cloves, minced
- 4 plum tomatoes, seeded and chopped
- 2 large eggs, lightly beaten
- 1 cup grated Parmesan cheese
- 12 bacon strips, cooked and crumbled
- 1/4 cup fresh basil leaves, thinly sliced
- 1 teaspoon minced fresh oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

**STEPS**

1) Cook spaghetti according to package directions. Drain; transfer to a large bowl.

2) Meanwhile, in a large skillet, heat oil over medium-high heat. Add onion, squash, zucchini and garlic; cook and stir until tender. Add tomatoes; heat through. Remove from pan; keep warm.

3) Reduce heat to low. Add eggs to same skillet; cook slowly, stirring constantly, until eggs reach 160° and just begin to coat a metal spoon (eggs will be frothy; do not overcook). Add to hot spaghetti; toss to coat. Add vegetables and remaining ingredients; toss gently to combine.
The teacher was very flustered and laughing hysterically at this point and there was no more teaching going on. She took two books from her desk and split them up. The teacher thought she was going to win this game but underestimated my teamwork with my classmates. She looked at her desk where there were seemingly 3 Artemis books and saw me with a 4th. She opened to a random spot and just kept it open, waiting to get caught. I silently signaled to a few people and he passed the books slowly around the room, one at a time, until they were back to me. Then I took one of them and put it on her desk, and makes me read my part.

Now my friend that sat two chairs down from me was also reading Artemis at the same time as me and with a quick look to him he knew exactly what I was planning. He took it out and passed it over without hesitation. I opened to a random spot and just pretended like I was reading. (At this point it was just to mess with my teacher.) He passed the books slowly around the room, one at a time, until they were back to me. Then I took one out, opened to a random spot and just kept it open, waiting to get caught. I silently signaled to a few people in class and they started laughing. The teacher looked at what they were laughing at and saw me with yet another book. She looked at her desk where there were seemingly 3 Artemis books and saw me with a 4th. She took it, walked back to her desk, put it down, turned around, and saw me with the second book that got taken back on my desk!!!

The teacher thought she was going to win this game but underestimated my teamwork with my classmates. So the second she came over to me to take the seemingly 5th book, another classmate took back the other two books from her desk and split them up—sending one to me one way, and the other another way.

The teacher was very flustered and laughing hysterically at this point and there was no more teaching going on. The entire class was also going ballistic trying to see who would win. It was just a game of “How many books does this one 8th grader have?”

So at the end of the class she thought she had taken 11 books from me. I took pity on her and told her what was really happening. I told her that I had already read the first book, and all the teamwork that went on. We were both laughing and making jokes. In the end she agreed to let me read my own books as long as I kept track of the actual book we were reading. (Meaning, I ask the person next to me tell me when it’s my turn and they point out my spot to read or I don’t actually have to keep track.)

Classroom Chaos: So in 8th grade I used to read during class a lot. At the time I was reading an Artemis Fowl book, and for some reason I had two copies of the same book. So one day in my English class we were reading this other book (which I had already finished reading three days earlier). I was reading my own book and when it was finally my turn to read, I had no idea where we were. So the teacher took my book away, I found my spot, read the part and passed it to the next person to start reading.

So after I read my part, I took out my second copy of Artemis and picked up right where I left off. Skip a few minutes ahead, gets back to my turn to read, and again I don’t know where we are. So teacher takes a look at me, sees the book in my hands, then back to her desk obviously confused for a second. But shrugs it off knowing it’s me she’s dealing with (I’ve caused similar problems like this before), takes my second book and puts it on her desk, and makes me read my part.

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So skip forward again and my teacher sees me with the book again and says, “How many of those do you have?” I gave my smart remark as “enough.” She took away that book, too. But now at this point I was out of books, and the rest of my class knew it. But the teacher didn’t know I was out. So she continued with her lesson and another friend of mine took two of her books and switched out two of the Artemis books on her desk to make them look like they were still there.

He passed the books slowly around the room, one at a time, until they were back to me. Then I took one out, opened to a random spot and just kept it open, waiting to get caught. I silently signaled to a few people in class and they started laughing. The teacher looked at what they were laughing at and saw me with yet another book. She looked at her desk where there were seemingly 3 Artemis books and saw me with a 4th. She took it, walked back to her desk, put it down, turned around, and saw me with the second book that got taken back on my desk!!!

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Relieve Stress with Mindful Breathing

The next time you find yourself feeling stressed or anxious, try taking a moment to breathe. It’s simple, effective, and you can do it anywhere.

Here’s how:

Start with a few cleansing breaths with eyes closed, if you feel comfortable. Then, inhale deeply through the nose, then exhale through the mouth. Repeat until you’ve found the rhythm of your breathing and feel in-tune with your body. Next, place your hands on your belly, rolling your shoulders back and down. Feel yourself fill with air from the lower belly to the shoulders as you inhale deeply. On your next exhale, try to relax your shoulders, loosen your jaw and empty the air by pulling your navel inward toward the spine.

As your abdominal muscles relax, you’ll feel your belly round with each inhalation. When exhaling, try drawing your belly inward and up towards your heart. Continue these breathing techniques with a 4-count inhale and a matching 4-count exhale. With each exhale, your body gets more relaxed. Be mindful of how you feel as you continue breathing, paying attention to your body and relaxing your muscles.

You can also try to avoid stress with good posture. If you’re unable to tame your tension on your own or you continue to experience stress symptoms, talk to your doctor about intervention strategies like therapy.

Practice these deep breathing techniques every day and see how you feel. As SilverSneakers Trainer Sharlyn says, "Make sure you leave a little time each day to take a breath.”

Sudoku

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Inspirational Word Search

AUTHENTIC  BELONGING  BRAVE
COURAGE  DARING  ENOUGH
CHOOSE  EXTRAORDINARY  FEEDBACK
COMFORT  GREATLY
CONTAGIOUS  HAPPINESS  RISE

HAPPINESS  RISE
HEART  SEEN
INTERESTED  VIRTUE
LIGHT  VULNERABLE
MEASUREMENT  WILDERNESS
MOMENTS  WORTHINESS