

hapitimes

AT
ROCHESTER HIGHLANDS

MARCH 2023



NUTRITION MONTH

During Nutrition Month in March, learn about making informed food choices and developing healthful eating habits with your family. Here are some tips:



- As a family, commit to trying a new fruit or vegetable each week.
- Aim to make half your plate fruits and vegetables every day.
- Give family members a role in meal planning and let them pick out different recipes to try.
- Ask kids to help out by putting away groceries.
- Plan to eat more meals together as a family.
- Explore food recovery options in your community.
- Practice mindful eating by limiting screentime at meal times—including phones, computers, tablets, TVs and other devices.
- Try more meatless meals—choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
- Let everyone help with food preparation—a skill for people of all ages. Age-appropriate tasks for kids include stirring ingredients, peeling fruits, assembling salads, or setting the table.
- Bring out the flavors of food by trying new herbs, spices, or citrus fruits like lemons or limes.
- Plant a windowsill herb garden.
- Spend some time reading labels and comparing information in the Nutrition Facts panels.
- Opt for more whole grains, serving oatmeal, whole wheat breads, or brown rice at meals.
- Choose water and low-fat or fat-free dairy milk (or lactose-free or fortified soy versions) when you're thirsty.

Sources: www.eatright.org and www.myplate.gov

HAPI meals

Asparagus, Mandarin Orange, Chicken and Rice

Ingredients

For the Vinaigrette:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons rice vinegar
- 3 tablespoons mandarin orange juice (reserved from canned oranges)
- 1 tablespoon soy sauce



For the Salad:

- 3 1/3 cups fresh asparagus (trimmed)
- 2 11 oz. cans mandarin oranges (drained, reserve juice)
- 12 ounces cooked chicken breast (cut into chunks)
- 3 cups cooked instant brown rice

Instructions

- In a small bowl, whisk vinaigrette ingredients and set aside.
- Cook rice according to package directions.
- Place whole trimmed asparagus in a large skillet with 1 1/2 inches of water.
- Bring to a boil, reduce heat and simmer, uncovered, for 2-5 minutes.
- Rinse with cool water and cut into 1-inch pieces.
- In a medium size bowl, toss all ingredients.

Recipe: www.myplate.gov

wise words

"You can cut all the flowers but you cannot keep Spring from coming."

—PABLO NERUDA

Community Offerings and Events

Call 585-216-1887 ext. 4 to register for free events at the community center.

St. Patrick's Day Party. Thursday, March 16, 2 to 4 pm. Wear green and join us for Irish music, dance, and food.

Knitting/Crochet Group. Tuesday, March 7, 2 to 3 pm
Tuesday, March 21, 2 to 3 pm. It's our first resident-run knitting/crochet group, for beginners (we will provide supplies) and others (bring your current projects).

Craft Classes. Craft Classes on Thursday, March 9, 2:30 to 4 pm (register by 3/6); and Wednesday, March 29, 2:30 to 4 pm (register by 3/22).
Writer's Workshop on Monday, March 20, 5 to 6 pm.

Take and Make Meal: In Celebration of Oreo Cookie Day Thursday, March 23, 2:30 to 3:30 pm (register by 3/16). Get the fixings for a free treat with a recipe included.

Game Times. Play Jeopardy on Tuesday, March 14, 3 to 4 pm; and UNO on Thursday, March 30, 1 to 2 pm.

Movie Time for Adults. March 27, 2 to 4 pm (register by 3/20). Grab some popcorn for the viewing of a free light-hearted movie.

Book Club. March 3 (Introduction) and March 17 (Chapter One) at 3 pm to discuss Michelle Obama's "The Light We Carry." Books available from Liz in the Leasing Office.

Health Support. UofR Cancer Services Workshop on Wednesday, March 15, 1 to 2 pm; and Mammogram Cancer Screenings to look for early signs of breast cancer on Wednesday, March 22, 9 am to 4 pm.

Save the Dates. Learn about Passover and the Seder Plate with an interactive experience of traditions, symbols, and food on Wednesday, April 5 (register now; 24 seats available). Our Kicking Off Summer Chicken BBQ will be Saturday, June 24, with music, games, raffles, and more.

Notes for Residents

- Please keep our grass neat and green! There's a \$100 charge for driving/parking on the lawn.
- A Coffee Bar is now available at the Leasing Office!
- Interested in gardening? Sign up for a raised garden bed by calling the office. It's time to start preparing your seeds! Call the office to order your seeds (free!). We will provide 6 seed packs per person.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2023			1 1:00-1:45pm Silver Sneakers with Mickey	2 11:00 - 12:00pm Pantry Pick Up RPC: 5:00-6:00pm	3 JFS Office Closed	4
5	6 12:30 - 1:15pm Zumba Gold with Shalom Purim Begins	7 2:00-3:00pm Knitting/Crochet Group 3:00-4:00pm Bingo 4:45-5:45pm Kid's Homework Help	8 1:00-1:45pm Silver Sneakers with Mickey	9 2:30-4:00pm Sand Art *Register by 3/6* 4:45-5:45pm Kid's Homework Help	10 JFS Office Closed	11
12 Daylight Saving Time Begins	13 12:30 - 1:15pm Zumba Gold with Shalom	14 3:00-4:00pm Jeopardy 4:45-5:45pm Kid's Homework Help	15 1:00-2:00pm UofR Cancer Services Workshop 3:00-3:45pm Silver Sneakers with Mickey	16 11:00 - 12:00pm Pantry Pick Up 2:00-4:00pm St. Patrick's Day Party 4:45-5:45pm Kid's Homework Help	17 JFS Office Closed	18 St. Patrick's Day
19 Spring Begins	20 12:30 - 1:15pm Zumba Gold with Shalom 5:00-6:00pm Writer's Workshop	21 2:00-3:00pm Knitting/Crochet Group 4:45-5:45pm Kid's Homework Help	22 1:00-1:45pm Silver Sneakers with Mickey 9:00am-4:00pm Free Mammogram Cancer Screenings Ramadan Begins	23 2:30-3:30pm Take and Make: In Celebration of National Oreo Cookie Day *Register by 3/16*	24 JFS Office Closed	25
26	27 12:30 - 1:15pm Zumba Gold with Shalom 2:00-4:00pm Movie Day *Register by 3/20*	28 6:00-7:00pm White Elephant Bingo	29 1:00-1:45pm Silver Sneakers with Mickey 2:30-4:00pm Craft Class *Register by 3/22*	30 1:00-2:00pm UNO	31 JFS Office Closed	JEWISH FAMILY SERVICES FOR GOOD. FOR ALL.

Please call 585-216-1887 ext. 4 to register for all events!

