

hapitimes

AT
ROCHESTER HIGHLANDS



OCTOBER 2022

HEALTHY HALLOWEEN TREATS

Halloween comes once a year and we know that candy is everywhere—and irresistible to kids. You can, however, limit sweets filled with refined sugar in favor of healthy and fun snacks.

Quick tip: Serve healthy snacks and meals before allowing kids to go trick-or-treating or attend a Halloween party, so that they can fill up on healthy foods and be less tempted by candy treats.

Here are some healthy Halloween drinks and snacks with more nutrition and less sugar than candy.

Drinks

- Warm apple cider with cinnamon sticks
- Smoothies made with low-fat yogurt and canned pumpkin
- Green juice (you can call it a witch's brew or zombie drink)

Snacks

- Apple slices with a fruit dip made of yogurt mixed with canned pumpkin and pumpkin pie spice
- Bananas studded with chocolate chips (you use chips to make faces to look like ghosts)
- Energy balls made with dates, a nut butter, honey, and pumpkin spices
- Veggies with pumpkin pie dip made with low-fat cream cheese, Greek yogurt, roasted pumpkin, and spices
- Baked apples or pears with cinnamon, nuts and honey or maple syrup
- Oranges or tangerines decorated like jack-o'-lanterns
- Candy corn-themed fruit parfait, made by layering yellow and orange fruit with yogurt in a glass jar
- Chocolate chip pumpkin bars (see recipe on this page for this snack that can also be served for breakfast)

HAPI meals

Chocolate Chip Pumpkin Bars

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup pecans, very finely chopped
- $\frac{3}{4}$ cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 4 large eggs, beaten
- 1 15-ounce can 100% pure pumpkin
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{4}$ cup low-fat milk
- $\frac{1}{2}$ cup mini semi-sweet chocolate chips



Rebecca Clyde, MS, RDN, CD

Instructions

- Preheat the oven to 350°F. Lightly oil or coat a 15-x-10-x-1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
- Whisk together the all-purpose flour, whole wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined.
- In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended.
- Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
- Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30, 2-x-2 $\frac{1}{2}$ -inch bars.

Source: www.eatright.org

wise words

"A good laugh heals a lot of hurts."

—MADELEINE L'ENGLE



Rochester Highlands
apartments



Please join us in welcoming our new Rochester Highlands staff! Inside: Lisa is our new receptionist; you'll hear her voice answering your phone call. Outside: Akil is our new Service Assistant; you'll see him cleaning up the grounds and apartments.... On Halloween, show your costume at the Community Center to receive sweet treats from the Jewish Family Service, and the leasing office for candy from Capreit.



Property Report: Some residents have recently experienced plumbing back-ups. When we opened the line, socks and toys came pouring out! Important: Please do not put *anything* down the drains or toilets that will clog pipes!



Community Offerings and Events: Call 585-216-1887 ext. 4 to register for events; see the calendar for more.

Open Tech Class. Wednesday, October 19, 10:30 to 11:30 am. Free class to learn about online programs such as email, social media, and more.

Take and Make Meal: Pumpkin Bread. Thursday, October 20, 3 to 4 pm, at the Community Center. Register before Thursday, October 13 to receive the fixings for the free dish and recipe.

Fun at the Community Center

- Jeopardy: Wednesday, October 19, 3 to 4 pm
- Family Feud: Tuesday, October 25, 3 to 4 pm

Craft Classes

- Sola (Wood) Flowers Fall Arrangement: Wednesday, October 26, 3 to 4 pm, at the Community Center; register before October 19
- Mod PoMod Podge Leaf Bowl: Thursday, October 13, 4:30 to 5:30 pm at the Community Center

Please call 585-216-1887 ext. 4 to register for all events
Call ext. 2 for any questions or more information
Curbside Market Fridays 3:00 – 5:00pm – ACCEPTS SNAP, for every \$20- you spend in SNAP benefits, \$20 goes back on your card!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 12:30 - 1:15pm Exercise with Sanjay	4 JFS Office Closed at 3:00pm	5 Yom Kippur JFS Office Closed	6	7 JFS Office Closed	8
9 Sukkot Begins	10 Columbus Day Sukkot JFS Office Closed	11 Sukkot JFS Office Closed	12 3:00-4:00pm Bingo	13 11:00 - 12:00pm Pantry Pick Up 4:30 - 5:30pm Mod Podge Leaf Bowl *Must Register by 10/7*	14 JFS Office Closed	15
16 Atzeret/Simchat Torah Begins	17 Atzeret/Simchat Torah JFS Office Closed	18 Atzeret/Simchat Torah JFS Office Closed	19 10:30 – 11:30am Open Tech Class 3:00-4:00pm Jeopardy	20 3:00 - 4:00pm Take and Make Pumpkin Bread *Must Register by 10/13* RPC: 5:00-6:00pm	21 JFS Office Closed	22
23	24 12:30 - 1:15pm Exercise with Sanjay 4:00 – 5:00pm Open Tech Class	25 3:00 – 4:00pm Family Feud	26 3:00 – 4:30pm Sola Flowers Fall Arrangement *Must Register by 10/19*	27 11:00 - 12:00pm Pantry Pick Up 6:00 - 7:00pm Bingo (White Elephant)	28 JFS Office Closed	29
30	31 Halloween 12:30 - 1:15pm Exercise with Sanjay 3:00-5:00pm Stop by the Community Center for a treat!					

Wegmans medical motors service every Monday: Pickup at 12 Green Knolls at 11:00am, Dropoff at 1:00pm

