

# hapitimes

AT  
ROCHESTER HIGHLANDS

AUGUST 2023



## HEALTHY AFTER-SCHOOL HABITS

When kids go back to school, you have the opportunity to set habits to keep them healthy. Here are some tips.

- Stick to routines when possible, with set times for play, meals, homework, relaxation, and movement.
- Try to limit screen time and avoid it close to bedtime, as the light from electronic devices can interfere with quality sleep.
- Serve healthy snacks—fruits and vegetables are best!—and limit or avoid sugar-filled beverages and treats.
- Bring your kids in the kitchen to help you prepare healthy meals. When kids participate in preparing new foods or dishes, they are more likely to try them. Also, look for recipes online with them. A good place to start: [www.nutrition.gov](http://www.nutrition.gov) and [www.myplate.gov](http://www.myplate.gov)
- Ask your kids about their school day and how they are feeling. To model this, tell them about your day and share that sometimes you have challenges so they know it's okay to talk about issues.
- Schedule quiet time for relaxation and mindfulness, the practice of being still that can help us cope with stress.
- Make time to exercise with your kids, whether it's for a walk, a dance break, game of catch or or calisthenics exercises, such as lunges and squats.
- Remember that you are a role model for your kids. When they see you exercise and eat well, they learn good lessons!

HAPI  
meals

## Tangy Crisp Vegetable Pasta Salad

### Ingredients

- 1/2 cup pasta, uncooked (shells, macaroni, etc.)
- 1/4 cup vinegar
- 2 tablespoons sugar
- 1/2 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/2 medium cucumber, peeled, seeded, and coarsely chopped
- 1/2 medium carrots, thinly sliced
- 1/2 medium tomato, coarsely chopped
- 1/4 medium green pepper, coarsely chopped
- 1/2 cup broccoli, coarsely chopped
- 1/2 cup radish, thinly sliced
- 2 tablespoons onion (green or red), coarsely chopped



### Instructions

- Wash your hands and work area.
  - Cook pasta according to package directions, but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
  - In a small saucepan, combine vinegar, sugar, salt, garlic powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.
  - Rinse, drain, and chop remaining ingredients. Combine in a shallow container.
  - Add cooked pasta and vinegar mixture. Mix gently.
  - Cover and refrigerate overnight to allow flavors to blend.
  - Serve cold and refrigerate leftovers within 2 hours.
- Recipe: [www.nutrition.gov](http://www.nutrition.gov)

wise  
words

"Learning never exhausts  
the mind."

—LEONARDO DA VINCI



Rochester Highlands  
apartments



## Property News

**BBQ Rules:** No barbecue grills are allowed on site. Please use the grill behind Community Center.

**Bikes:** Please secure bicycles to outside railings, off steps and away from traffic to ensure safety for all residents!

## Community Offerings and Events

Call 585-216-1887 ext. 4 to register for free events at the Community Center. (More on the calendar.)

**Ice Cream Social:** Join us for an end-of-summer ice cream social on Friday, August 25, hosted by CAPREIT. (Thanks to those who joined us for our Chicken BBQ/Summer Kickoff event in June!)



**Free Summer Lunches:** We are offering free lunch for kids, ages 2 to 13, Monday to Friday, 11:30 am to noon, in the community center. No sign-up needed.

**Summer Recreation Program:** Kids, ages 5 to 13, can join us Monday to Thursday, 10 am to noon, in the community center for games, outdoor sports, science experiments, crafts, music and more! No sign-up needed.

**Intergenerational Gardening Group.** Every Tuesday, 12:30 to 1:30 pm. Joining a gardening group can be a therapeutic and stress-relieving activity, while also providing a supportive environment to unwind and relax. Join for a chance to socialize and build friendships, which can add to your overall sense of well-being!

**Interactive Event African Drumming with Mayukwa.** Tuesday, August 8, 10 am. Mayukwa was born in Zambia, Africa, and is part of the Kaonde Tribe. He is the author of the children's book, "MaY.ukwa and the LeoP-ard" and has a social work degree. He shares his culture in a vibrant performance of African drumming and dance, plus educative traditional storytelling. He also adds a modern aspect with upbeat instrumentals, Afro-dancing and African drums, while staying true to his authentic African culture.

**Red Wings Game.** Thursday, August 10, leaving at 5:45 pm. We have 22 tickets for residents and it is first-come, first-served! We will provide the transportation, tickets and food vouchers. Game starts at 6:45 pm and we will leave the ball park at 9:30 pm, to return by 10 pm.

## Story Hour & Music and Eat & Exchange with Chelse.

Every Wednesday in August, 6 to 8:30 pm. Encourage an early love for literacy while moving to music and having some fun with the littles.

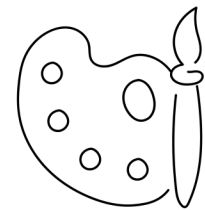


A family-style meal will be served; for adults and children up to age 5.

**Take-and-Make Meal:** Thai Slaw w/ Peanut Dressing. Thursday, August 10, 1 to 1:30 pm; register by Monday, August 7. Get the recipe and ingredients for this slaw packed with flavor from cabbage, carrots, red peppers, scallions, cilantro, ginger, peanuts, and more.

**National Creamsicle Day.** Monday, August 14, 2:30 to 3:30 pm; register by Thursday, August 10. Join us in the Community Center for refreshing popsicles!

**Craft Class: Acrylic Paintings.** Tuesday, August 8, 2:30 to 4 pm and Thursday, August 24, 1 to 2 pm. Painting stimulates the creative side of your mind while you focus your attention in one place, which can lower anxiety and allow for emotional release. And it's fun!



**Hot Dog Cookout and Backpack Giveaway.** Join us for an end-of-summer community event on Friday, August 25, 2:30 to 4 pm; register by Monday, August 14 at noon for the event and for a chance to win the backpack.