

hapitimes

AT
ROCHESTER HIGHLANDS

JULY 2023



HEALTHY PICNICS AND BBQS

Summer cookouts and picnics provide families and friends the chance to gather and enjoy good times together. Here are a few tips to make them healthy occasions.



Add fun movement to the mix.

- Bring a frisbee, ball, smash ball or wiffle ball set with you to encourage play and movement during outdoor outings.
- Picnic near a sports field and plan softball, running bases, or other games.
- Plan meals for after walks/hikes or swimming.

Serve a variety of fresh foods.

- When possible, make your own dishes using fresh ingredients.
- When grilling meats, add vegetable skewers or sliced vegetables to the barbecue for a more balanced meal.

Limit sugar-filled and processed snacks and drinks.

- Ice cream and chips are okay in moderation, but it's best to limit refined sugar-filled treats and salty, processed snacks.
- Choose to serve more fresh fruits, fruit pops made with 100% juice, and a natural version of shaved ice by grating frozen fruits.
- Serve flavored sparkling water instead of soda.

Wear sun protection.

- Use a broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher, and put it on before you go outside.
- Wear hats and sunglasses. When possible, use clothing to add extra protection.

Stay cool.

- On sunny and extreme heat days, seek shade and be cautious about overheating to avoid heat stroke and heat exhaustions.

HAPI meals

Pineapple Avocado Chicken Salad

Ingredients

- 1 avocado (divided)
- 2 tablespoons non-fat plain Greek yogurt
- 1 tablespoon rice vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup fresh pineapple chunks
- 1 large red bell pepper (chopped)
- 1/2 cup shredded carrots (about 2 carrots)
- 1/2 cup shredded cabbage
- 1 green onion, sliced
- 2 cups cooked, cubed chicken breast (about 8 oz.)
- 4 6 1/2" whole wheat pita pockets (or 8-4" pita pockets)



Instructions

- Mash 1/2 avocado in a small dish.
- Add yogurt, rice vinegar, salt and pepper to mashed avocado.
- Cut remaining avocado into small chunks and mix together with pineapple, bell pepper, carrots, cabbage, green onion and chicken.
- Add dressing; mix gently.
- Fill pita pockets and serve.

Recipe: www.myplate.gov

wise words

"Well done is better than well said."

—BEN FRANKLIN

Property News

Graduation: Rochester Highlands has 7 graduating seniors! Congratulations! We wish you all the best life has to offer.

BBQ: Our property's barbecue grill is available to all residents and is located behind the Community Center.

Bikes: Please secure bicycles to outside railings and keep them off steps, to ensure safety for all residents!

Air Conditioning: Need your AC unit installed? Call the office: 271-2680. Side panels must be available to secure the AC units in windows. Order frame/side panels from Amazon or go to Home Depot.

Repairs: Have a repair? Our maintenance workers cannot take work orders while on the job; ask the office to make a work order and we will be there in 24-48 hours to help.

Community Offerings and Events

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

Intergenerational Gardening Group. Tuesdays in July, 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. This gardening group offers a chance to socialize and build friendships, which can add to your overall sense of well-being!

Craft Class: Scrapbooking Thursday, July 27, 2:30 to 4 pm (register by Thursday, July 20). Scrapbooking offers a creative and meaningful outlet for self-expression and storytelling and provides an opportunity to exercise your fine motor skills, stimulate cognitive abilities, and foster a sense of accomplishment and pride in creative endeavors.

Jeopardy. Tuesday, July 18, from 2 to 3 pm. The in-person version of the TV game offers an engaging and interactive way to test your knowledge on a wide range of topics and encourages friendly competition and social interaction, making it a fun and educational activity for individuals or groups to enjoy.

Take-and-Make Meal: Mexican Street Corn Salad. Thursday, July 13, 2:30 to 3:30 pm (register by Tuesday, July 10). Mexican street corn salad can be enjoyed as a side dish or a standalone meal and features the vibrant and bold flavors of elote and a medley of ingredients such as diced red onions, cherry tomatoes, cilantro, lime juice, and crumbled cotija cheese. It's a perfect option for summer gatherings, barbecues, or as a light and satisfying dish any time of the year!

National Bagel Day. Wednesday, July 26, 3 to 4 pm (register by Wednesday, July 19). Join us in the Community Center for free bagels on National Bagel Day!

Summer Program for Kids

Mondays through Thursdays, 10 am to noon. We're offering exciting challenges and activities for children to explore the world in a fun and engaging way and keep them motivated and eager to learn throughout the summer break!



Tie-Dye Day for Kids. Wednesday, July 5, 10 to 11:30 am. Participating in tie-dye activities encourages self-expression, as kids can experiment with different color combinations and patterns, resulting in personalized and one-of-a-kind creations. It also provides an opportunity for kids to learn about color theory and the science behind dye absorption, making it a fun and educational experience.

Craft Class: Collage. Wednesday, July 12, 2:30-4 pm (register by Friday, July 7). Creating a collage craft is fun because it allows you to unleash your creativity, mix and match various materials, textures, and colors, and create a unique artwork that reflects your personal style and imagination.