

hapitimes

AT
ROCHESTER HIGHLANDS



NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

How physically fit are your kids? May is National Physical Fitness and Sports Month, a time to raise awareness about the need for physical fitness.

Kids and teens ages 6 to 17 need 60 minutes of physical activity a day. It doesn't have to happen all at once and there are so many ways to work in movement and strength exercises.

At least three days a week, kids need:

- Aerobic exercise: Encourage them to step it up to vigorous-intensity aerobic activity, so they're breathing fast and their heart is pounding.
- Muscle-strengthening activity: This is anything that makes their muscles work harder counts—like climbing or swinging on the monkey bars.
- Bone-strengthening activity: Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

Tips for staying active:

- Help them find physical activities they really like to do
- Encourage active play with friends after school and on weekends
- Sign them up for free or low-cost sports or classes
- Dance while dinner's in the oven
- Do morning stretches or yoga
- Take a walk before or after dinner
- Turn commercial breaks into fitness breaks when you're watching TV
- Have push-up or jumping jacks contests
- Give them rewards for active chores around the house
- Be a role model by showing off your dance moves, modeling yoga poses, or teaching them your favorite sport. When kids see you enjoying physical activity, they may want to try it, too.

Learn more: www.health.gov/moveyourway

HAPI meals

No-Shell Veggie Tacos

Ingredients

- 1 cup cilantro leaves (packed tightly)
- 6 ounces plain low-fat Greek yogurt
- 2 tablespoons lime juice
- Pinch salt and black pepper
- Optional: pinch cayenne pepper
- 1 large head Romaine lettuce, rinsed and dried
- 2 medium tomatoes
- 1 avocado
- Optional: 1 jalapeño pepper
- ½ cup frozen corn, thawed
- 1 cup canned vegetarian refried beans



Rebecca Clyde MS, RDN, CD

Instructions

- Finely chop cilantro, then divide roughly in half. In a medium bowl, thoroughly mix half of cilantro, yogurt, lime juice, salt, black pepper and cayenne pepper, if using. Set aside.
- Chop lettuce, tomatoes, avocado and jalapeño, if using. Toss lettuce, tomatoes and avocado with corn in large serving dish.
- Create an open space in the center of the serving dish and place refried beans.
- Over refried beans, place yogurt mixture. Over yogurt mixture, place chopped jalapeño, if using. Sprinkle the rest of the cilantro over the entire salad. Serve immediately.

Recipe: www.eatright.org

Community Offerings and Events

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

Take and Make Meal: Thursday, May 11, from 3 to 4 pm (register by Monday, May 8). Get the recipe and ingredients for a Spring salad.

Fun and Games Time. UNO/Game Day on Thursday, May 11, from 11 am to 12 pm; Bingo by the UofR on Tuesday, May 16, from 3 to 4 pm, hosted by the University of Rochester; Jeopardy on Tuesday, May 23, from 3 to 4 pm; Group puzzle on Monday, May 15, 2 to 4 pm.

Movie Time. Wednesday, May 24, from 2 to 4 pm. Grab some popcorn for the viewing of a free light-hearted movie.

Job Openings. Mary Cariola Center is the regional leader in educating and caring for children with intellectual developmental disabilities and medical complexities. Open jobs: Teacher Aides in the school campuses on Elmwood Avenue, Mt. Hope Avenue and East Avenue; and Direct Support Professionals in residential houses around Monroe County, including Henrietta. Full- and part-time positions available, competitive pay and career development opportunities. Visit www.marycariola.org and click on employment to see positions and apply.

Mother's Day Bouquet Craft Class. Tuesday, May 9, from 4 to 5 pm. Moms deserve the very best! Come join us in celebrating moms by making meaningful and creative gifts that are as thoughtful and interesting as they are. All ages are welcome!

National Cherry Cobbler Day. Wednesday, May 17, from 3 to 4 pm (register by Monday, May 15). Enjoy this warm and gooey cherry dessert!

CPR/AED Training Certification. Thursday, May 18, from 2 to 4 pm (register by Monday, May 15; 10 spots available). CPR/AED training courses allow you to learn how and when to use an automated external defibrillator (AED). While these courses cost around 60 dollars or more, the Jewish Family Services at the Community Center is offering the complete course for free—and you will be trained and certified for up to two years!

Save the Date: Summer BBQ for Residents. Please call 585-216-1887, ext. 4 to register by Monday, May 29 for the BBQ on Saturday, June 24, from 1 to 4 pm on the grounds. Big Boys BBQ will serve BBQ chicken, smoked beef, sweet corn, baked beans, mac salad, collard greens with smoked turkey, and mac & cheese; Lu'Gia's will provide ice cream sundaes; music is by DJ – The Party Connection; and animals will be here from Seneca Park Zoo's ZooMobile.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 JFS Family Services Logo	2 12:30 - 1:15pm Zumba Gold with Shalom	3 1:00-1:45pm Silver Sneakers with Mickey	4 11:00 - 12:00pm Pantry Pick Up 5:00-6:00pm RPC	5 JFS Office Closed	6	7
8 May Day	9 2:00-3:00pm Knitting/Crochet Group	10 1:00-1:45pm Silver Sneakers with Mickey	11 11:00-12:00pm UNO/Game Day	12 JFS Office Closed	13	14
15 12:30 - 1:15pm Zumba Gold with Shalom	16 4:00 - 5:00pm Mother's Day Bouquet Craft Class all ages	17 2:30-4:00pm Craft Class *Register by 5/8*	18 3:00-4:00pm Take and Make Meal: Spring Salad *Register by 5/8*	19 JFS Office Closed	20	21
22 12:30 - 1:15pm Zumba Gold with Shalom	23 2:00-4:00pm Group Puzzle Day	24 3:00-4:00pm Bingo by the Uof R	25 1:00-1:45pm Silver Sneakers with Mickey	26 11:00 - 12:00pm Pantry Pick Up	27 JFS Office Closed	28
29 2:00-4:00pm Group Puzzle Day	30 3:00-4:00pm Bingo by the Uof R	31 3:00-4:00PM National Cherry Cobbler Day *Register by 5/15*	1 11:00 - 12:00pm CPR/AED Certification "10 Spots Available" *Register by 5/15*	2 2:00-4:00pm CPR/AED Certification "10 Spots Available" *Register by 5/15*	3 JFS Office Closed @ 3:00pm for Shavuot	4 JFS Office Closed
5 National Elder Abuse Reporting Case Work	6 Mother's Day	7 2:00-3:00pm Knitting/Crochet Group	8 1:00-1:45pm Silver Sneakers with Mickey	9 1:00-1:45pm Silver Sneakers with Mickey	10 2:00-4:00pm Movie Day	11 JFS Office Closed @ 3:00pm for Shavuot
12 12:30 - 1:15pm Zumba Gold with Shalom	13 5:00-6:00pm Writer's Workshop	14 3:00-4:00pm Jeopardy	15 2:00-4:00pm Movie Day	16 JFS Office Closed @ 3:00pm for Shavuot	17 JFS Office Closed	18 JFS Office Closed
19 *Yomim Tovim (Canada)	20 JFS Office Closed	21 6:00-7:00pm White Elephant Bingo	22 1:00-1:45pm Silver Sneakers with Mickey	23 May 2023		
24 Memorial Day	25 All events are free and hosted in the Community Center! Please call 585-216-1887 ext. 4 to register for all events!					

