

The Senior Scoop

May2024

Vol. 13, Issue 5

Upcoming Events:

Gentle Yoga
every Thursday @
10:00

Pay to Play Bingo
every Friday @ 11:30

Northern Nevada Care
Connect
5/9/2024 and
5/20/2024
@ 11:00 to 1:00

Board Meeting
5/21/2024
@ 1:00 PM

Nevada Legal
5/22/2024
11:00 to 1:00

5/24 Center closes @
12:00

5/27/2024 Closed for
Memorial Day

Movie Day
5/28/2024 @ 12:45

5/29/2024
Mobile Harvest @
1:30 to 2:30

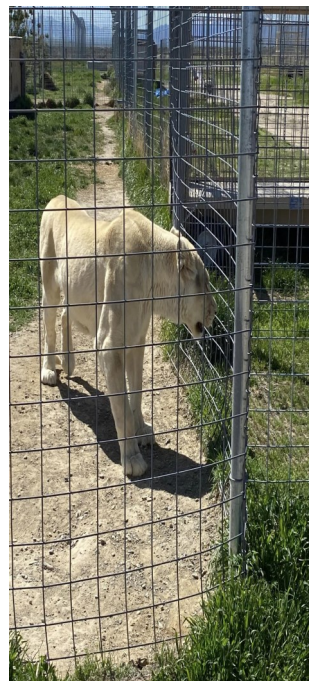
5/30/2024
HGH Blood Pressure
Checks @ 10:30

Dear beloved Seniors~

🌸 Welcome, May! As spring unfolds its blossoms and the days grow longer, we're excited to bring you another edition of our senior scoop. This month, we're celebrating renewal, growth, and the vibrant spirit of our community. From engaging activities to informative resources, we have a plethora of events lined up to keep you active, connected, and inspired. So, grab a cup of tea, settle into your favorite chair, and let's embark on this month's journey together!

With Love,
Your Senior Center Team

Another Great Friends Day Out at Safe Haven Wildlife Sanctuary



Art Class

The senior Center is hosting "In Bloom" a guided art class by Haley McGinnis.

May 17th @ 1:00pm (approx. 2 hours)
All materials are provided for the cost of \$40.00. Sign up sheet is in the front office. Join us for a great time painting and relax while Haley guides you through creating a gorgeous Chery blossom scene.

Be In The Know

We served a total of 3244 Meals in April

The average cost per meal was **\$13.00**. Just meals alone cost the Senior Center roughly **\$42,172.00** for the Month of April. The average donation is staying consistent between \$3.00 to \$4.00 per meal in member donations. Your suggested donation of **\$4.00** goes towards the average cost per meal, and keeps our program going. **We Thank you,**

You can also donate and help a member with our adopt a senior program. For more information call or come in and talk to the front office.

Senior Center Movie Day



Showing
May, 28th @
12:45 in the
Board Rm.

Popcorn \$.25
a bag



If you have any questions about anything in this newsletter please contact:

Pleasant Senior Center
1480 Lay Street

COOKING FOR ONE



Are you cooking for just one, or maybe two people? Use some of these ideas to prepare healthy and quick meals with limited waste.

Plan Ahead

- Before grocery shopping, list what food items are available in the freezer, refrigerator and pantry that could be used in your menu.
- Create a meal plan for the week to include food items available.
- Create a grocery list to supplement foods you already have.
- Buy large portions of meat products if you have the space to store in the freezer. Divide them into individual portions to freeze for later use.



Fill it up

To easily create meals, consider filling up your freezer and pantry with staple food items to use in your favorite dishes.

Freezer

- Leftovers
- Individual chopped ingredients
- Meat products - in individual servings

Pantry

- Canned vegetables
- Rice, pasta
- Canned meat and beans

Reinvent Leftovers

Add variety and interest to your menu. Start with a simple ingredient such as cooked chicken breasts. Cook more than needed for one meal. Later in the week, create different meals using chicken breasts such as:



chicken salad
burrito bowl
chicken fried rice
quesadilla
toasted sandwich
soup



Reduce Recipes

If the freezer is full of leftovers, try reducing your favorite recipe by half.



Full recipe

Half recipe

1 cup.....	1/2 cup
3/4 cup.....	6 Tablespoons
2/3 cup.....	1/3 cup
1/2 cup.....	1/4 cup
1/3 cup.....	2 Tablespoons & 2 teaspoons
1/4 cup.....	2 Tablespoons
1 Tablespoon.....	1 1/2 teaspoons
1 teaspoon.....	1/2 teaspoon
1/2 teaspoon.....	1/4 teaspoon