



A letter from the Director



A Springtime Hello,

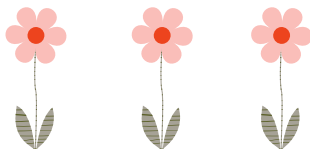
I hope this finds everyone staying well and keeping busy. As we venture into this new season and face changes to our everyday life, let's keep the cheerful thought of re-grouping and enjoying each other and the Senior Connection once again. I dearly miss our everyday interactions, programs, events and friendships.

Please know that we are currently working on an alternate summer daily program schedule and events utilizing our Moon Parks and the Robin Hill Center. However, we will have to comply with any restrictions set forth by our governor such as social distancing, masks and group size restrictions.

Keep in mind that no matter what comes our way, HOPE cannot be taken away from us. That being said, let's hope and pray for happier and less trying times ahead. I will continue to look forward to seeing you all very soon.

With caring thoughts,

Celeste



EVERYDAY HEALTH TIPS

TAKE 3 DEEP BREATHS AND HOLD EACH ONE FOR 10 SECONDS

THEN A FORCEFUL EXHALE- HELPS KEEP LUNGS CLEAR

LISTEN TO MUSIC- SING OR DANCE LIKE NO ONE IS WATCHING

BALANCED DIET- YOU NOW HAVE THE TIME TO CONCENTRATE ON HEALTHY OPTIONS

EXERCISE- JUST MOVE! ANKLE CIRCLES. SHOULDER ROLLS. MARCH IN PLACE. SIDE BENDS...

ALL OF THE ABOVE WILL REDUCE STRESS TOO!

Reflections

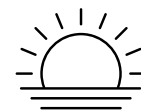
What are the most rewarding things about getting older?

What are the most important lessons you've learned in your life?

Who has influenced you the most?

What life advice would you pass along?

If you could go back to any age, what would it be?



How about a visit to the Heinz History Center?

Enjoy a day at the Heinz History Center and never leave your house. Take a virtual tour via the internet and visit a series of past and present exhibitions such as WWII, Toys of the 50's.60's & 70's, Western PA. Sports, Fort Pitt Museum plus more.

Check out their website at heinzhistorycenter.org/learn/virtual-tours to view the above exhibitions as well as other virtual options and information. It is definitely fun and informative.



Grow a Garden from Garbage

When preparing fresh produce, there are always some parts of the vegetables that go to waste. Before tossing them into the garbage, consider trying some garbage gardening. It's easy fun and could save money on your grocery bill.

Vegetables you can regrow - Romaine Lettuce, Green onions, Celery, Potatoes, Garlic, Onions, Carrots & Cabbage.

Celery - Cut off the celery stalks while leaving about three inches on the base. Place the base in a glass or bowl of water. Change the water every other day. Within a few days, you will see the inner leaves begin to grow. In a week to 10 days, remove the celery base from the water and plant it in a pot. Once the stalks regrow, cut off what you need while leaving the base growing in the soil. The plant will continue to regrow new stalks and supply you with free tasty celery.

Green Onions - Cut the white bottoms off of the green onions leaving the roots and about 2 inches of the green part attached. Plant the bottoms in soil, leaving the green portion above the soil. When the scallions regrow, snip the green stalks as needed while leaving the bulbs in the soil to grow more. You can get three to four cuttings before you need to start more plants. Consider staggered planting to maintain a continuous supply.

Romaine Lettuce - Cut off the leaves and keep for future use while reserving a couple of inches at the base. Plant the base in a container of water and remove the outer leaves as they begin to die. New growth will appear in the center and continue to grow a new head of lettuce. When the new growth appears, place your plant in a container with dirt and potting soil mixture to finish growing. You're on your way to a homegrown salad.

Garlic-Sometimes garlic cloves begin sprouting before you get around to using them. Instead of tossing sprouted garlic, plant it. Simply plant a clove in soil (sprouted end up) with the papery layer still on. Place the pot in a bright sunny location in your home. Once the shoots begin to grow tall, you can cut them back to cause the plant to put its energy into making a bigger bulb. Please be patient with this. You can also plant sprouted bulbs in intervals to assure a constant supply.

Recipe CORNER



SLOW COOKER PEPPER STEAK

1.5 lb. ½ inch beef strips (your choice of cut)

1 Green Pepper

1 Red Pepper

1 White Onion

SAUCE

1 cup water

2 beef bouillon cubes

3 Tbsp. soy sauce,

¼ tsp. each of ground ginger, garlic powder & black pepper

2 tsp. brown sugar

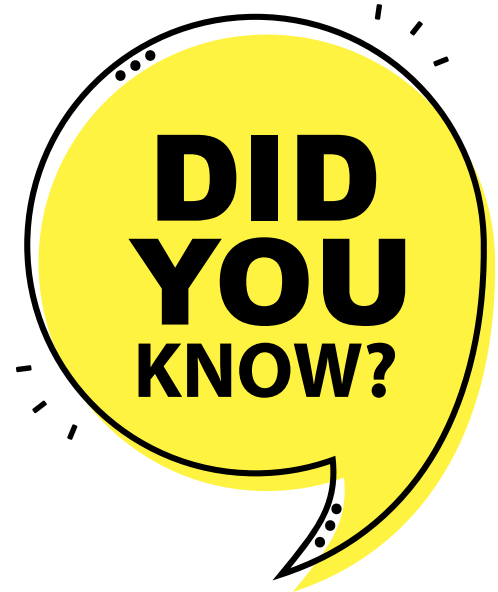
1 ½ tbsp. cornstarch.

Dissolve bouillon cubes in water in microwave. Add to slow cooker the rest of the ingredients for the sauce. Whisk until smooth, add beef, peppers and onion. Cover and cook on low for 5 hours.

*Serve over rice or noodles

Happy Birthday

To all Members
celebrating a
Birthday in MAY



- A connected bunch of bananas is called a hand. Singles are called fingers.
- Unless food is mixed with saliva, you cannot taste it.
- Topolino is Mickey Mouse's name in Italy.
- Lemons contain more sugar than strawberries.
- M & M's chocolates stand for the initials of its inventors, Mars & Murrie.
- Vinegar can remove the goo left behind by labels and stickers.
- Pre COVID-19, 42% of men and 25% of women DID NOT wash their hands after using the toilet. Hopefully now **EVERYONE** will wash their hands.

What is your Zodiac personality?

ARIES- You are strong, caring and unique. You lack concentration.

TAURUS- You are grounded, realistic and practical. Tendency to be a little egocentric.

GEMINI- You are flexible, quick thinking and sociable. You can be a bit scattered.

CANCER- You are intuitive, loving and creative. Can get moody on occasion.

LEO- You are generous, kind and organized. Sometimes un-compromising.

VIRGO- You are analytical, logical and enjoy perfection. Known to have a critical eye.

LIBRA- You are fair, kind and hate being alone. Doubt is one of your faults.

SCORPIO- You are complex, interesting and decisive. Can be rebellious.

SAGITTARIUS- You are enthusiastic, curious and optimistic. Tendency to run from drama.

CAPRICORN- You are attentive, brave and patient. Can be very rigid.

AQUARIUS- You are adaptable, creative and original. Sometimes too self centered.

PISCES- You are friendly, selfless and sensual. Known to be aggressive.



To all the special ladies-Happy Mothers Day

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