

COMMUNITY CENTER NEWSLETTER



WELCOME MARCH...



March,

the month where winter whispers its goodbye and spring comes knocking with a burst of color and life. Isn't it amazing how March feels like the season's "fresh start"? It's a time to step into the warmth, celebrate growth, and embrace change. In our third Newsletter of the year, we'll highlight continued current renovation updates, tips for a healthier you, announcements of amazing individuals whom volunteer in our community, birthdays, jokes to make you laugh and other things to share, as well as what's ahead.





March is Magical....

As we enter the third month of 2025, we reflect on the past three months and realize how much we appreciate our patrons. And how much we miss them!

It seems like it was never going to end but it really did go by pretty fast! I believe we could not have asked for better weather this winter and for this, the construction fairies were watching over us and tried to make the whole experience as smooth as possible.

We are in the home stretch, but it is still hard to comprehend that we will be opening our doors, and our arms, soon to welcome everyone back in. This is SO exciting!

We ask that you be patient with us as we, once again, find our groove and provide you all with the amazing service that we strive for.

Looking forward to what the future holds, and we hope we can get you all to stay just a little bit longer each time so that we, as the Community Center Family, can create something beautiful!

-COMMUNITY-

“A small act of kindness can have a very large impact on someone else”

Becky Reed – Manager



ONGOING RENOVATIONS:

Page Community Center

As we continue with the renovations, with new restrooms, new roof and an access door to the outside patio, we'd like to show a small glimpse of what is happening in the building. We appreciate your patience and we look forward to celebrating with you when the Page Community Center reopens!

Womens Restroom



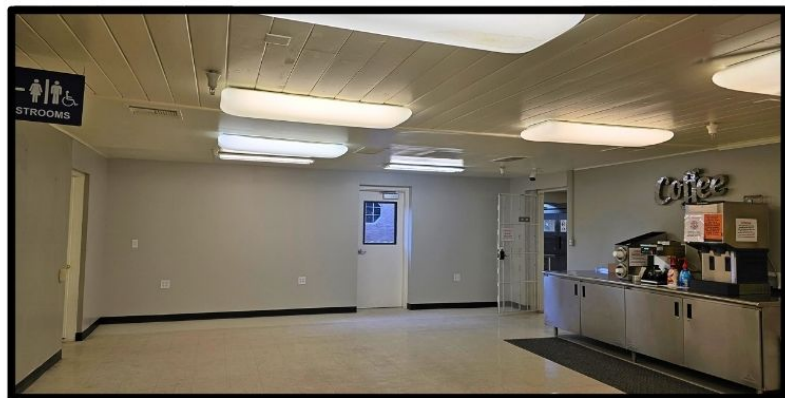
Mens Restroom



Roof



Patio Door



*"You can dream, create, design, and build the most wonderful place in the world.
But it requires people to make the dream a reality." – Walt Disney*
See you all sooner than soon!

TIPS FOR YOUR HEALTH:



In March we are focusing on

NATIONAL NUTRITION MONTH!

A March Towards Healthier Eating Habits

March isn't just the month where we welcome spring; it's also National Nutrition Month! This annual event is a fantastic opportunity to focus on our eating habits, learn more about nutrition, and make conscious food choices. Whether you're a health enthusiast or just starting your wellness journey, National Nutrition Month is the perfect time to reassess and rejuvenate your diet.

The Essence of National Nutrition Month: Created by the Academy of Nutrition and Dietetics, this month is all about celebrating nutrition and its importance in our lives. It's a reminder that making informed food choices and developing sound eating habits are crucial steps towards a healthier, happier life.

- **Try New Healthy Recipes:** Use this month to experiment with new, nutritious recipes. Whether it's a smoothie bowl, a quinoa salad, or a vegetable stir-fry, explore the diverse world of healthy eating.
- **Healthy Eating Challenges:** Challenge yourself or others to make small, sustainable changes, like drinking more water, adding an extra serving of vegetables to each meal, or cutting down on processed foods.

HEALTHY RECIPES :

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

Celebrating with Fun and Flavor:

Apple Cider Mocktail

Ingredients:

- 1-inch piece fresh ginger, peeled and thinly sliced
- 3 Cups Apple-Cider
- 1 Cup Ginger Ale Ice
- 4 Cinnamon Sticks
- Apple Slices for garnish

Instructions:

Using a muddler, press the ginger in the bottom of a wide-mouth carafe until the ginger is fragrant and releases its juices. Add the cider and stir well. Place ice in 4 glasses. Add 3/4 cup of the cider mixture to each glass. Top each with 1/4 cup of ginger ale. Garnish each with a cinnamon stick and apple slices. Serve immediately. Makes 4 servings.



HEALTHY RECIPES:*Quinoa Salad***Ingredients:**

- 3 cups of quinoa, cooked
- 1 1/2 cups of tomatoes, roasted
- 2 cups of arugula
- 1 cup cucumber, sliced
- 1 cup mixed basil and mint leaves
- 3/4 cup feta, crumbled
- 3/4 cup Kalamata olives, pitted and sliced
- 1/2 cup red onion, diced
- 1/3 cup pine nuts, toasted
- 2 garlic cloves, grated
- 1 cup Italian dressing, divided
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Red pepper flakes, to taste
- 1 cup chickpeas, roasted

Instructions:

In a large bowl, combine the quinoa, tomatoes, arugula, cucumber, basil and mint, feta olives, onion, pine nuts and garlic. Toss to combine, then drizzle with half the dressing and toss again. Season to taste, tossing with more dressing as desired. Top with the roasted chickpeas and serve.

Makes 6 servings.

DIGITAL FORTIFICATION TIPS:

TOP APPS FOR SENIORS TO STAY CONNECTED WITH LOVED ONES

BY: MICHAEL T.

This guide unveils the top apps that revolutionized how we interact with family and friends, ensuring that no one misses out on the joys of shared experiences and conversations even when miles apart. Whether it's through video calls, messaging, or engaging in shared hobbies, these apps are designed with simplicity and accessibility in mind. So, dive into our carefully curated list and discover how **TECHNOLOGY** can keep you closer to your loved ones, no matter where they are.



Select Essential Apps to Keep Seniors Connected with Family and Friends:

1. **Facebook:** A great way to stay updated on family events, share photos, and join groups of interest.
2. **Messenger:** Facebook's messaging app makes it easy to chat, make voice and video calls, and share photos or videos.
3. **Skype:** Known for its reliable video calling feature, it's perfect for virtual family gatherings and catching up with friends.
4. **Google Meet:** A secure and straightforward video conferencing app, perfect for organizing family events or meetings.
5. **WeChat:** Offers messaging, voice, and video calls, plus interesting features like "Moments" for sharing life updates.
6. **WhatsApp:** Offers text messaging, voice calls, and video calls with end-to-end encryption, making it a safe platform for personal conversations.
7. **Microsoft Teams:** While it's known for business, it's also great for personal use, offering chat, calls, and video meetings.
8. **Marco Polo:** Combines the convenience of texting but with the personal touch of video messages, ideal for staying in touch at your own pace.
9. **Telegram:** A messaging app focused on speed and security, perfect for sharing daily updates and photos.
10. **Pinterest:** Perfect for sharing interests and finding inspiration, from recipes to craft ideas, fostering shared hobbies.
11. **Kindle App:** Share book recommendations with family and friends and even discuss them in a virtual book club setting.
12. **Goodreads:** Connect over book reviews and recommendations, perfect for book-loving people and their circles.
13. **Strava:** For active seniors, share your walking, cycling, and swimming activities with friends for motivation.
14. **MyFitnessPal:** Share fitness and health goals with friends, helping each other stay on track with exercise and nutrition.
15. **Yelp:** Share and discover great local businesses like restaurants and shops, perfect for planning outings with friends.



Page Community Center wants to highlight amazing volunteers whom make a difference in our community.

Community Acts of Service:

Tommy Walker

How did you hear about volunteering at the Community Center?

It was brought to my attention through a close friend of mine.

How long have you been volunteering at the Community Center?

Feels like all my life, but I believe it was October 2024. 4 and 1/2 months.

What made you want to volunteer at the Community Center?

Things happen and I don't know why or how I started volunteering, but I'd have to say the people in our community.

How does delivering meals to homes, make you feel?

The friendly faces I see every time I deliver the meals, makes me feel great that I've helped someone that day.



Thank You!

ANNOUNCEMENTS:

We'd like to wish March birthday's all the best and many more years to come!

March Happy Birthday!

Sharon Buck

Douglas Tsinigine

Bette Fieock

Henry Tsosie

Monty Irvin

Barbara Wilson

Lon Mason

Helen Yazzie

Patricia McFarlen

Benjamin West

Karen Nordquist

Candance Poulson

Arlene Rock

David Secody

Tom Stapp ✨



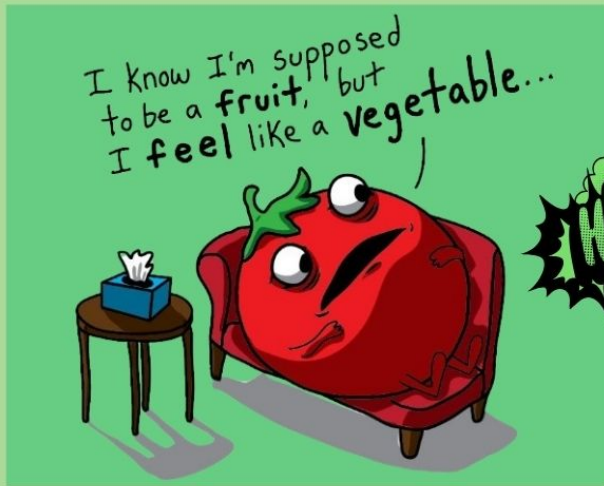
Wishing our very own,
Amanda Elshire
a very March
Happy Birthday too!

Happy
Birthday

OTHER:



LAUGHTER IS MEDICINE...



"You told me to eat more fish, but my weight stays the same no matter how many anchovies I put on my pizza!"

As construction continues, please sign up for your meals and continue to be on time!
Thank You!



Wenona Benallie: Transportation and Activities
Nora Black: Executive Cook
Nealsa Curley: Community Center Aide
Amanda Elshire: Assistant Cook



Becky Reed: Manager
John 'JR' Roberson: Transportation
Madison Thompson: Program Coordinator

Published by collaborated ideas from employees of the Page Community Center
Edit by: NCurley (Graphics & Photos)

P.O Box 1180 | 699 S. Navajo Drive | Page, AZ. 86040 | 928-645-2600