



Happenings at the HUB January 2025



Wednesday Community Lunch

January 1

CLOSED
New Years Day

January 8

WG Spaghetti
w/ **VT Beef** Meat Sauce,
Capri Blend Vegetables,
Seasoned Broccoli,
Garlic Bread, Ice Cream

January 15

Roasted Turkey
w/ Mashed Potatoes & Gravy,
Seasoned Peas & Carrots,
Savory Stuffing,
Happy Birthday Chocolate Cake

January 22

Shepherd's Pie with **VT Beef**,
Broccoli, WG Diner Roll,
Warm Peach Crisp,

January 29

Pot Roast with
Potatoes & Carrots,
Green Beans, WG Dinner Roll,
Warm Apple Crisp

Serving 11:00 AM to Noon
\$5.00 age 60 and older \$8.00 under age 60
To Reserve your Meal or Order take-out
Call 802-888-5011

Soup & Sandwich

Friday, January 24

Creamy Toamto Bisque, Tuna Salad on WG Bun,
Carrot Raisin Salad, Fresh Orange Wedges

Serving 11am to 12pm
\$5.00 age 60 and older \$8.00 under age 60

To Reserve your Meal or Order Take-out
Call 802-888-5011

January

T	F	B	E	L	O	W	Z	E	R	O	T	E	F
B	L	A	C	K	I	C	E	L	O	N	T	I	I
Z	I	K	M	R	O	T	S	W	O	N	S	K	R
A	E	A	G	E	I	L	T	H	E	R	M	A	L
N	W	F	R	T	S	O	R	F	K	C	A	J	L
R	O	I	B	A	E	W	I	N	D	Y	A	I	R
E	O	R	L	E	G	N	I	Z	E	E	R	F	D
T	D	E	I	H	R	N	A	R	C	T	I	C	R
T	S	P	Z	S	E	K	A	L	F	W	O	N	S
I	T	L	Z	P	C	E	F	R	O	S	T	Y	C
B	O	A	A	W	I	N	T	E	R	T	I	M	E
A	V	C	R	K	R	A	L	O	P	C	I	C	Y
R	E	E	D	D	S	L	I	P	P	E	R	Y	Z
E	L	L	I	H	C	E	C	Z	T	O	G	R	I

ARCTIC
FIREPLACE
SLIPPERY
HEATER
THERMAL

FROSTY
FREEZING
BLACK ICE
BITTER
SNOWSTORM

BLIZZARD
CHILL
WOOD STOVE
WINTERTIME
WINDY

BELOW ZERO
ICY
SNOWFLAKE
JACK FROST
POLAR

Play this puzzle online at : <https://thewordsearch.com/puzzle/3159182/>

Chicken Noodle Soup with Kale

Total Time: 1 hour 5 minutes

Servings: 4

Ingredients:

- 2 tablespoons extra-virgin olive oil, divided
- 1 lb. boneless skinless chicken breasts
- Salt and pepper, to taste
- 1 tsp. dried oregano
- 1 large **onion**, chopped
- 3 large **carrots**, peeled and chopped
- 3 stalks **celery**, chopped
- 2 cloves **garlic**, minced
- 5 cups low-sodium or no sodium chicken broth
- 3 cups water
- 1 bay leaf
- 1 12 oz package noodles of choice
- 1 bunch **Tuscan kale**, stemmed and chopped
- Juice of 1 lemon

Directions:

1. Heat 1 tablespoon of the olive oil in a large pot or Dutch oven over medium high heat.
2. Season chicken breasts with oregano, salt and pepper on both sides. Add chicken to pot and cook through, about 8 minutes per side.
3. Remove chicken from pot and allow to rest for 10 minutes before chopping into bite size pieces.
4. To the same pot the chicken was cooked in, heat remaining 1 tablespoon of oil over medium high heat.* Add onion, carrot, and celery and cook until softened, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute.
5. Pour all of the chicken broth and water over the veggies, as well as the bay leaf. Cook this at a simmer for about 15 minutes and then increase heat to high to bring to a boil.
6. Once mixture is boiling, add noodles and cook to al dente according to package instructions.
7. Discard bay leaves and then stir in kale, lemon juice and chopped chicken. Remove pot from heat and enjoy!

*Note: You may need to use a wooden spoon and a dash of chicken broth to scrape the bottom of the pan first. Make sure to leave this in the pot for yummy flavor!

Avoid Slipping on Ice: Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth: Don't let indoor temperatures get too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves, and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees.

Fight Wintertime Depression: In the wintertime seniors have less contact with others. This can breed feelings of loneliness and isolation. Be sure to have contact with loved ones, neighbors, and friends often throughout the week during winter months.

Prepare for Power Outages: Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

Eat a Varied Diet: Because we spend more time indoors during the winter months, most will lack Vitamin D. Eat foods fortified with Vitamin D, such as milk, grains, tuna, and salmon.

Prevent Carbon Monoxide Poisoning: Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.