

SENIORS

“And in the end, it’s not the years in your life that count. It’s the life in your years.” - Abraham Lincoln

LET'S CELEBRATE SENIORS IN JUNE

Amanda Cuddy

June, 2012, is special - it's Seniors' Month.

For this reason, every day at the Mississauga Seniors' Centre is designed to be special as a Senior's Day.

Everyone, of any age, is welcome to join us throughout the month for a menu of fun opportunities such as:

- ▶ Interactive workshops,
- ▶ Strawberry Bingo,
- ▶ Treats,
- ▶ Free programs,
- ▶ A Picnic in the Park by the Lake,
- ▶ Queen's Jubilee Tea,
- ▶ Contests,
- ▶ A special Bake Off event.

A complete listing was posted on the internet in May.

You can also visit the Information Station at the Mississauga Seniors' Centre for details on Celebrating Seniors in June!

The Mississauga Seniors' Centre is located at 1389 Cawthra Road: (905) 615-4810

Amanda Cuddy is the Coordinator of Customer Service and the Administration Manager at the Mississauga Seniors' Centre.



A picnic ... in the park.



GREAT SUMMER TREATS!

Nova Pastry & Bakery

3635 Cawthra Road
(905) 279-3206



MIGUS AUTO WORK

2524 Cawthra & Needham
(905) 629-1892



SENIORS' DANCE

Every Monday & Sunday

1389 Cawthra Road (905) 615-4810

SUMMER FOOD

It doesn't matter how old you are, your heart drops when a scoop of ice cream falls from your cone.

ICE CREAM & FRUITS ARE PERFECTLY REFRESHING



Chris Bohren

Summer is here again.

It brings farm fresh Ontario produce, late sunlit evenings, and a never ending list of social engagements, including little league games and backyard parties.

When it comes to quality in the kitchen, focus your mind on enjoying quality time over quantity. Quantity is great, but don't wait for it. Otherwise, too many small opportunities are missed.

Ice cream helps as it goes hand-in-hand with summertime. From a day at the beach to Barb's soccer game, an ice cream stand is usually nearby.

What about those Sunday afternoon games of catch in the backyard, where's the ice cream then? Here are a few pairings which are relatively easy to put together.

The ice cream isle at your local market offers a huge selection of flavours fighting for your attention:

- ▶ Cherry Berry Bonanza.
- ▶ Peanut-Chocó Latte.
- ▶ The package with a cartoonish cow on it.

Regarding traditional simplicities, chocolate or vanilla



works well and saves dollars over the modern pints that line the shelves today.

However, it could be quite refreshing to match vanilla ice cream with fruit, like peaches or pears.

Chocolate desserts can be pleasurable with blueberries, cherries or chopped bananas.

Nuts, slivered almonds and pineapples can also be added, catering to your preferences.

Experimenting at home with your favourite flavours and toppings could provide a fun half hour as the kids create their own concoctions. Hopefully your kitchen won't get too messy as you mix kids, ice cream and sugary toppings!

Nonetheless, when it's hot out, ice cream fits every situation perfectly.

Chris Bohren is a food fun feature writer.

