



# Happenings at the HUB August 2024



## Wednesday Community Lunch

### August 7

Grilled Pineapple Terriyaki Chicken  
over Ancient Grains,  
Tuscan Blend Veggie, Cauliflower,  
Happy Birthday Cake

### August 14

Popcorn Chicken with  
Mashed Potatoes & Gravy,  
Seasoned Corn, Green Beans,  
VT Maple Sundae

### August 21

Meatloaf with VT Beef,  
Mashed Potatoes and Gravy,  
Tuscan Blend Vegetables,  
Seasoned Peas, WG Dinner Roll,  
Chocolate Pudding Parfait

### August 28

Sweet & Sour Meatballs  
over WG Rice Pilaf,  
Stir Fry Vegetables, Seasoned  
Broccoli, Oatmeal Raisin Cookie

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

## Summertime Social

### Friday, August 16

Garden Salad with Grilled Chicken,  
Side of VT Maple Balsamic,  
WG Dinner Roll, Pineapple Tidbits

Serving 11:00am to 12:00pm

\$5.00 age 60 and older \$8.00 under age 60

**To Reserve your Meal or Order Take-out**  
Call 802-888-5011 ext 0

## RECIPE:

### Caprese Skewers

- |                          |                            |
|--------------------------|----------------------------|
| • cherry tomatoes        | • olive oil                |
| • small mozzarella balls | • 1 c balsamic vinegar     |
| • fresh basil            | • salt and pepper to taste |
| • toothpicks             |                            |

*Carefully pierce each tomato with a toothpick. Roll up each individual basil leaf and add to each toothpick.*

*Skewer a small mozzarella ball on the other side of the basil, sandwiching the leaf between tomato and cheese. Drizzle with olive oil and sprinkle with salt and pepper.*

*\* Add balsamic glaze - see below for quick recipe*

#### Balsamic Glaze:

To make balsamic glaze, add one cup of balsamic vinegar to a sauce pan over medium heat.

Once it comes to a boil, set on simmer for about 10 - 15 minutes until it reduces to a syrupy consistency. You can check it by dipping a spoon in the balsamic and if it covers the back of it it's done.

As it cools, it will thicken a bit more. Drizzle on top of the caprese salad skewers.

**United Way of  
Lamoille County**



## **Mobile Rural Resource Navigator**

### **Need help finding resources?**

Hello, I'm Jessica, the Mobile Rural Resource Navigator (MRRN) from United Way of Lamoille County (UWLC), and I'm here to help. I will support you gaining better access to resources and information as you address issues impacting your quality of life.

I can help you access local and state services related to health, housing, transportation, food, heating and utilities bills, essential needs like clothing and home goods, employment, education, financial & tax assistance, and other resources that are available in your community. Also, I'm a certified Health Assister, so I can help you with navigating the Vermont Health Connect system.

**Stop in and talk with me to see if I can help you.**

**I'm onsite and available to speak with you at these times:**

**Breakfast On Us at the United Community Church of Morrisville: TUE, 8 - 10am**  
**Wolcott Public Library: TUE, 1 - 3pm**  
**Varnum Memorial Library in Jeffersonville: WED, 9 - 11am**  
**Community Lunch at the United Church of Johnson: 2nd & 4th WED, 11:30am - 12:30pm**  
**Johnson Public Library: WED, 1 - 3pm**  
**Breakfast on Us at the United Community Church of Morrisville: FRI, 8 - 10am**  
**Lanpher Memorial Library in Hyde Park: FRI, 1 - 3pm**

**I'm also available by phone: 802-888-3252, ext 1 or email: [jessica@uwlamolille.org](mailto:jessica@uwlamolille.org).**