



Happenings at the HUB September 2024



Wednesday Community Lunch

September 4

Ham & Cheese Quiche,
Rosemary Potato Barrels,
Diced Tomatoes,
Glazed Garbonzo Beans,
Happy Birthday Chocolate Cake

September 11

BBQ Grilled Chicken Thighs
Garlic Mashed Potatoes,
Five Way Vegetables
Diced Carrots,
Maple or Hot Fudge Sundae

September 18

Pot Roast
with Potatoes, Carrots & Gravy,
Green Beans,
Spiced Peaches,
WG Garlic Bread

September 25

Marinated Pork Roast
Mashed Potatoes & Gravy
Seasoned Corn,
Capri Blend Vegetables,
WG Dinner Roll
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

Summertime Social

Friday, September 13

Chef Salad Boat with Turkey & Ham,
Side Ranch Dressing,
Strawberry Shortcake

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

RECIPE:

Chocolate peanut
butter bars

SERVES: 4

- 1 c unsalted butter, melted
- 2 c crushed graham cracker (approx. 8 crackers)
- 2 c confectioners sugar
- 3 c peanut butter
- 1 1/2 c chocolate chips

In a medium bowl, mix together butter, graham cracker crumbs, sugar, and 2 c of peanut butter until blended. Press evenly into the bottom of ungreased 11" baking pan. Melt chocolate chips in double boiler, microwave or pan. Once melted, stir in remaining peanut butter over low heat. Stir until smooth. Spread over prepared crust. Refrigerate for one hour, then cut into bars and enjoy!

ALZHEIMER'S
& BRAIN
AWARENESS
MONTH:

COMBAT
THE AGING
BRAIN



1 Eat these brain power foods often:

- Leafy Greens
- Berries and Cherries
- Whole Grains
- Fish



2

Exercise regularly.
Aim for **150** minutes of moderate activity or **75** minutes of vigorous activity per week.



3

Get enough sleep.
Aim for **7-9** hours per night.

Brain volume

declines **5%** after age **40**



40%

of dementia cases can be prevented or delayed