# COLUMBIA PARKS AND RECREATION’S ADAPTED COMMUNITY RECREATION PROGRAM

**November 2014**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>NOV. MEET THE MORNING PRIZE = 1 DILL OR SPICY PICKLE</strong></td>
<td>* Walking Trip</td>
<td>3 8:30 MTM 11-8:30 Ceramics 4 Chess in the Park</td>
<td>4 8:30 MTM 11-4 Ceramics 4 Shuffleboard</td>
<td>5 8:30 MTM 11-7 Ceramics 4 Mexican Train Dominoes</td>
<td>6 8:30 MTM 11-4 Ceramics 4 Rec. Council NO WII</td>
<td>7 8:30 MTM 11-4 Ceramics</td>
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<td>5 Golden Tigers</td>
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1201 Paquin Street – Office 103 – (573) 874-7473 – adaptedcr@gmail.com
November Birthdays

Jeff Shirley…13th
Yolanda Tobar…14th
Charlie Murdock…18th
Brenda Cook…20th
Cameron Davis…21st
Gwin Ervin…24th

Happy Birthday!!

Trips

11/8: Shop Hop @3pm (walking trip)
11/14: MU Volleyball @5pm
11/15: “Fall into Art” @10am (& lunch at Golden Corral)
11/26: MU Volleyball @5pm

Biscuits and Gravy Breakfast

Two biscuits smothered in sausage gravy for just $1! Friday, November 21st, at 9:00 a.m. Beware: supplies run out so pay early!!!

HOLIDAY SHOP HOP

Walk downtown for November’s “Holiday Shop Hop” for cool sales and free beverage samples. Leaves Paquin at 3pm.

FALL INTO ART/GOLDEN CORRAL

Visit the Parkade Center for an art display at Parkade Plaza. Leaves 10am; we’ll stop for lunch at Golden Corral on the way home!

MU VOLLEYBALL

Two trips are scheduled to MU Volleyball in November on the 14th and the 26th. Enquire at our office about becoming a Golden Tiger for free admission to all home games!
Diabetic-Friendly Recipe of the Month

Broccoli Casserole

Ingredients

- 10-ounce package frozen chopped broccoli
- 1/2 cup frozen product cream of mushroom soup
- 1/2 cup (2 ounces) shredded sharp Cheddar cheese
- 1/2 cup minced onion
- 1/2 cup low-calorie mayonnaise
- 1/2 teaspoon dry mustard
- 1 egg, beaten
- Freshly ground pepper to taste
- 4 unsalted whole wheat soda crackers, crumbled
- 1/2 cup unprocessed bran

Directions

Preheat oven to 350°F. Cook broccoli as directed on package, but decrease cooking time 2 minutes. Drain broccoli and turn into large bowl. Stir in soup, cheese, onion, mayonnaise, mustard, and egg. Season with pepper to taste. Pour into greased 1-quart casserole. Mix cracker crumbs and bran; sprinkle over top. Bake for 45 minutes at 350°F., until golden brown.

From “The All-in-One Diabetic Cookbook”
By P.J. Palumbo and Joyce Daly Margie

OAK TOWERS:

A reminder that any Adapted Community Recreation trip which uses the Parks & Rec. bus will make stops at Oak Towers for anyone who would like to join us: Call 874-7473 with questions!

News from Recreation Council:

Next quarterly meeting of Rec. Council will be November 6th at 4pm in Paquin Tower lobby. All interested participants are welcome to attend. We’ll be hearing and discussing ideas and suggestions for new activities and trips.
### CRAFT ROOM HOURS

<table>
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<tr>
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<td>Mondays</td>
<td>11-8:30pm</td>
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<tr>
<td>Tuesdays</td>
<td>11-4pm</td>
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<td>11-7pm</td>
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### INSTRUCTOR HOURS

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### STAFF

- **Sarah Bowman**
  - Recreation Specialist
- **Karsten Ewald**
  - Ceramics Instructor
- **Daniel Hardwick**
  - Office & Activities

### ABOUT US

The Adapted Community Recreation staff is here to provide fun, fitness and recreation to residents of Paquin Tower and the rest of the community. We offer various programs such as ceramics, Wii games, dances, Bingo, and much more!

### THANK YOU

We would like to thank our friends and partners (BCFR, ACT, Woodhaven, MO Mentor, Columbia Public Schools, CHA, Burrell and all our volunteers and participants) for your help and support!

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