

# Bardwell



## MARCH 2017

### MAKE ME LAUGH



### CALENDAR

- Wednesday Mar. 1<sup>st</sup>- Coffee Hour 9:00AM
- Thursday Mar. 2<sup>nd</sup>- Brain Teasers 10:00AM
- Friday Mar. 3<sup>rd</sup>- Coffee Hour 9:00AM
- Friday Feb. 3<sup>rd</sup> - Wii Bowling 2:00PM
- Monday Mar. 6<sup>th</sup>- **Residents Association Election (all day)**
- Tuesday Mar. 7<sup>th</sup>- Colorist Group 1:00PM
- Wednesday Mar. 8<sup>th</sup>- Coffee Hour 9:00AM
- Wednesday Mar. 8<sup>th</sup>- "CSJ" Bingo 2:00PM
- Wednesday Mar. 8<sup>th</sup>- "Dollar" Bingo 5:45PM
- Thursday Mar. 9<sup>th</sup>- Brain Teasers 10:00AM
- Thursday Mar. 9<sup>th</sup>- Game Night 5:30PM
- Friday Mar. 10<sup>th</sup>- Coffee Hour 9:00AM
- Friday Mar. 10<sup>th</sup>- Wii Bowling 2:00PM
- Sunday Mar. 12<sup>th</sup>- Movie Night 4:00PM
- Monday Mar. 13<sup>th</sup>- Coffee Hour 9:00AM

- Tuesday Mar. 14<sup>th</sup>- Colorist Group 1:00PM
- Wednesday Mar. 15<sup>th</sup>- Coffee Hour 9:00AM
- Thursday Mar. 16<sup>th</sup>- Brain Teasers 10:00AM
- Friday Mar. 17<sup>th</sup>- Coffee Hour 9:00AM
- Friday Mar. 17<sup>th</sup>- Wii Bowling 2:00PM
- Monday Mar. 20<sup>th</sup>- Coffee Hour 9:00AM
- Monday Mar. 20<sup>th</sup>- Therapy Dogs 3:00PM  
- Tuesday Mar. 21<sup>st</sup>- Colorist Group 1:00PM
- Wednesday Mar. 22<sup>nd</sup>- Coffee Hour 9:00AM
- Wednesday Mar. 22<sup>nd</sup>- "CSJ" Bingo 2:00PM
- Thursday Mar. 23<sup>rd</sup>- Brain Teasers 10:00AM
- Thursday Mar. 23<sup>rd</sup>- Game Night 5:30PM
- Friday Mar. 24<sup>th</sup>- Coffee Hour 9:00AM
- Friday Mar. 24<sup>th</sup>- Wii Bowling 2:00PM
- Saturday Mar. 25<sup>th</sup>- "Bring a Prize" Bingo 2:45PM
- Sunday Mar. 26<sup>th</sup>- Movie Night 4:00PM
- Monday Mar. 27<sup>th</sup>- Coffee Hour 9:00AM
- Tuesday Mar. 28<sup>th</sup>- Colorist Group 1:00PM
- Tuesday Mar. 28<sup>th</sup>- Prayer Worship Service 2:00PM \*IN LIBRARY\*
- Wednesday Mar. 29<sup>th</sup>- Coffee Hour 9:00AM
- Thursday Mar. 30<sup>th</sup>- Brain Teasers 10:00AM
- Friday Mar. 31<sup>st</sup>- Coffee Hour
- Friday Mar. 31<sup>st</sup>- Wii Bowling 2:00PM

### MARCH'S ODD HOLIDAYS

- Saturday Mar. 4<sup>th</sup>: March Forth and Do Something Day
- Monday Mar. 6<sup>th</sup>: Dentist's Day
- Sunday Mar. 19<sup>th</sup>: Let's Laugh Day

Saturday Mar. 25<sup>th</sup>: Tolkien Reading Day

Thursday Mar. 30<sup>th</sup>: Take a Walk in the Park Day

## RECIPE

### AVOCADO MAC & CHEESE



<http://www.twopeasandtheirpod.com/stovetop-avocado-mac-and-cheese/>

#### Ingredients:

- 10 ounces dry elbow macaroni
- 2 cloves garlic, minced
- 2 avocados, peeled and pitted
- 2 tablespoons fresh lime juice
- 1/3 cup chopped fresh cilantro
- Salt and pepper, to taste
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup milk
- 2 cups shredded Pepper Jack cheese
- Salt and pepper, to taste
- Fresh avocado chunks, for garnish, if desired

#### Directions:

1. Bring water to a boil in a large pot. Salt the water and add in macaroni. Stir and cook until Al Dente, about 8-10 minutes. Drain and set aside.
2. While the pasta is cooking, make the avocado sauce by placing the garlic, avocados, lime juice, cilantro, salt and pepper into a food processor or blender. Process until smooth and creamy. Set aside.
3. To make the cheese sauce, place butter in a small saucepan and heat over medium heat. When butter is melted, whisk in flour to create a paste. Whisk in milk until smooth. Stir with a wooden spoon until the sauce starts to thicken. Add in Pepper Jack cheese and stir until

cheese is melted and sauce is creamy.

4. Place macaroni in a large bowl. Pour the avocado sauce over the macaroni and stir until well coated. Add the cheese sauce and stir until macaroni is coated and creamy. Season with salt and pepper, to taste. Serve warm. Garnish with fresh avocado chunks, if desired.

## ANNOUNCEMENTS

Every Tuesday Flagship Cinemas plays a FREE movie at 10:00AM. If you would like to attend, please meet in the lobby of the Bardwell House no later than 9:45AM.

#### Schedule:

3/7/17 "The African Queen"  
3/14/17 "The Perfect Storm"  
3/21/17 "Unforgiven"  
3/28/17 "The Hustler"

The U.S. Department of Housing and Urban Development (HUD) Issues Final Smoke-Free Public Housing Rule

Public Housing Agencies (PHAs) prohibit lit tobacco products in all living units, indoor common areas, and in PHA administrative office buildings. These products include cigarettes, cigars, pipes, and waterpipes (hookahs).

This is a nationwide rule effective in February 2017. This is a Bardwell House rule in effect since June 1, 2015.

If staff determines that a tenant has been smoking in their unit, a Lease Violation **will** be issued to that tenant. Tenants should be aware that your apartment is your responsibility. If a guest or caregiver, or anyone that you allow into your apartment smokes in your apartment, you, the tenant, will be held responsible. You must make your visitors aware of the policy.