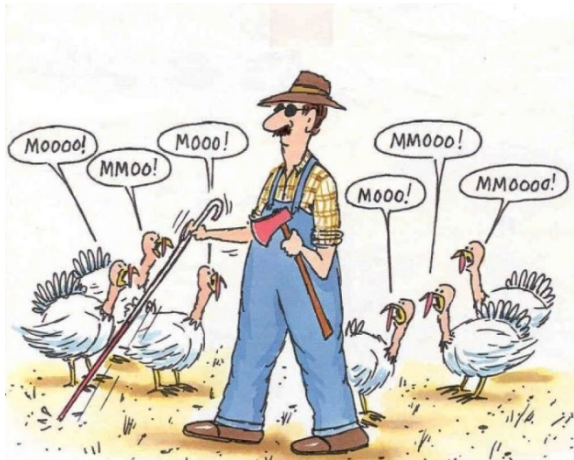


Bardwell Banter

November 2016

MAKE ME LAUGH



LIFE HACKS

life
hacks

#2762

Listening to music for at least 10 minutes a day strengthens your mind's ability to handle stress

@1000LifeHacks
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life
hacks

#2757

Worrying is like a rocking chair. It gives you something to do but it doesn't get you anywhere.

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CALENDAR

- Tuesday Nov. 1st- Colorist Group 1:00PM
- Wednesday Nov. 2nd- Book Club 2:00PM
- Thursday Nov. 3rd- Game Night 5:30PM
- Friday Nov. 4th- Coffee Hour 9:00AM
- Friday Nov. 4th- Wii Bowling 2:00PM
- Saturday Nov. 5th- Mary Howard Pasta Dinner
- Sunday Nov. 6th- Movie Night

- Monday Nov. 7th- Residents Association Meeting 3:00PM
- Tuesday Nov. 8th- GO VOTE!
- Tuesday Nov. 8th- Colorist Group 1:00PM
- Wednesday Nov. 9th- Bingo 2:00PM
- Wednesday Nov. 9th-Bardwell "Dollar" Bingo 5:45
- Friday Nov. 11th- Coffee Hour 9:00AM
- Friday Nov. 11th- Wii Bowling 2:00PM
- Tuesday Nov. 15th- Colorist Group 1:00PM
- Wednesday Nov. 16th- Book Club 2:00PM
- Thursday Nov. 17th- Game Night 5:30PM
- Friday Nov. 18th- Coffee Hour 9:00AM
- Friday Nov. 18th- Wii Bowling 2:00PM
- Sunday Nov. 20th- Movie Night
- Monday Nov. 21st- Therapy Dogs 4:00PM
- Tuesday Nov. 22nd- Colorist Group 1:00PM
- Tuesday Nov. 22nd- Prayer Worship Service 2:00PM
- Thursday Nov. 24th- HAPPY THANKSGIVING
- Friday Nov. 25th- Coffee Hour 9:00AM
- Friday Nov. 25th- Wii Bowling 2:00PM
- Saturday Nov. 26th- "Bring a Prize" Bingo 2:45PM
- Sunday Nov. 27th- Free Community Meal @ Grace Congregational Church 5:30PM
- Tuesday Nov. 29th- Colorist Group 1:00PM
- Wednesday Nov. 30th- Bingo 2:00PM

NOVEMBER'S ODD HOLIDAYS

- Saturday Nov. 5th: Book Lovers Day
- Sunday Nov. 13th: Care Giver Appreciation Day
- Tuesday Nov. 15th: America Recycles Day
- Monday Nov. 21st: World Hello Day
- Tuesday Nov. 28th: Red Planet Day

RECIPE

Butternut Squash Apple Soup by Elise Bauer.

Simplerecipes.com



Ingredients:

- 1 medium yellow onion, chopped (about 1 cup)
- 1 celery rib, chopped (about 3/4 cup)
- 1 carrot, chopped (about 3/4 cup)
- 2 Tbsp. butter
- 1 butternut squash, peeled and chopped, seeds discarded
- 1 tart green apple, peeled, cored, chopped (squash and apple ratio should be 3:1)
- 3 cups chicken stock or broth (use vegetable broth if cooking vegetarian)
- 1 cup water
- Pinches of nutmeg, cinnamon, cayenne, salt and pepper

Instructions:

1. Sauté onion, carrot, celery in butter: Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.

2. Add squash, apple, broth, water, then simmer: Add the butternut squash, apple, broth and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.

3. Purée the soup: Purée the soup in a standing blender.

4. Season with nutmeg, cinnamon, cayenne, salt, pepper: Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste.

*Garnish with chopped fresh parsley or chives and sour cream!

Thank you to **Kelly Socia** and the **Vermont Backroad Tours** for the wonderful Fall Foliage bus tour!

Thank you to **Brown's Orchard and Farmstand** for donating 25 pumpkins for our Pumpkin Party!

WHAT YOU SHOULD BE RECYCLING

Paper: Magazines, Newspapers, Mails, Catalogs, Phone books, & Mixed paper
Aluminum: Cans, Foil, Pie Tins, & Trays
Cardboard: Dry & clean cardboard, Cereal & Cracker boxes
Steel: Cans (including tin), Lids, Empty Aerosol cans
Glass: Beer bottles, Wine bottles, Mason Jars
Hard Plastics: Water/soda bottles (remove caps please), Milk jugs, Shampoo bottles

SHOUT-OUTS!