



May 2025

7th David Blatt #416
8th Alice Fine #201
8th Diane Baldwin #407
19th Ron Dittmer #128
21st Dawna Roberts #509
25th Kim (Mac) McCoy #132
27th Susan (Suzy) Dittmer #128
30th Mary (Marguarite) Brave #32

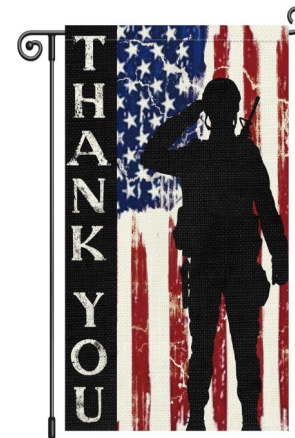


#205 Heather Evans
#324 Paul Godvin
#514 Donna Keller

Join us in the dining room Tuesday, May 13th at 2 PM for the resident association meeting. This will be followed by cake, celebration of birthdays, and guitar music by Larry Alan and Becky Jean. I hope you can join us!



Don't Forget FISH FOOD FRIDAY! Friday, May 2nd at 1 PM FISH food will arrive in the dining room. Once you are registered, you get to build your own box with the food items available, and pick out fresh produce, all absolutely free! Don't forget to come down and take advantage of this service, conveniently brought to our community to supplement your food budget. Hope to see you there!



The Tidbits

is a monthly

publication

of the

Knights of

Pythias

Retirement

Center,

whose goal is

to promote

friendship,

charity &

benevolence

among all

mankind.

May 2025 Tidbits

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Stephen Adams, Resident Photographer



You're Invited!

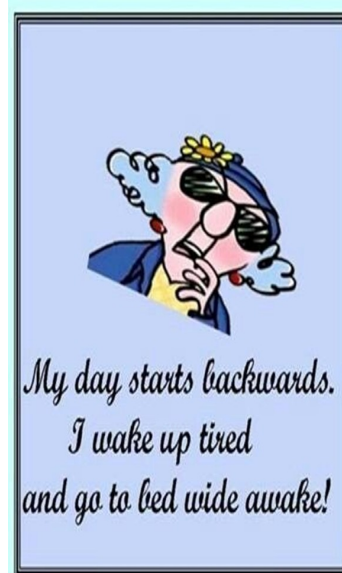


Follow the pleasing aromas to our dining room! You will see chef Lillia hard at work, creating mouth-watering entrees for you to enjoy at our lunch hour (11:30 –12:30) Monday—Friday. Lillia specializes in Ukrainian cuisine made from scratch, so expect to see varenyky (dumplings), holubtsi (cabbage

rolls), and many other delicious meat, potato, and pasta dishes on the menu.

Lillia is pictured here with her creamy chicken and potato bake, which she is serving with salad and an oven-baked cookie for dessert. To continue your journey of culinary delights, you may purchase meal tickets (as usual) at the front office. They are sold individually for \$8 or you may choose to buy five days worth for \$40. To receive your meal tickets, simply sign a slip at the front office, and the cost of the tickets will be put on your next month's rent statement. The meals continue to be optional, you choose how much to eat and when. But the amazing smells coming from the dining room, may coax you to eat there often! With all entrees made from scratch, and a variety of meat, potatoes, pasta and fresh vegetables, who can ask for more?

Smachnoho (Bon Appetit)!



Healthy, High Protein Breakfasts

These breakfasts are easy to make, lower on carbs and higher on protein. Try incorporating them in your diet (always seek the advice of a medical professional or dietician before making any changes in your diet if you have any health challenges).

- ♥ Egg and avocado pita: toast one whole grain pita and fill with half of an avocado, mashed, and two sliced hard boiled eggs. Season to taste with salt and pepper. Serve with half a cup of fresh blueberries.
- ♥ Overnight oats: Combine one half cup of old fashioned oats, one tablespoon pumpkin seeds, one tablespoon chopped walnuts, half a teaspoon cinnamon, and one half cup milk. Stir and refrigerate overnight. In the morning, stir and top with one chopped banana.
- ♥ Souped-up Almond butter and jelly: Toast two slices of sprouted whole grain bread. Top each slice with one tablespoon almond butter and one tablespoon one hundred percent whole berry jam. Sprinkle with one tablespoon pumpkin seeds and half a cup of berries.
- ♥ Spread hummus on a whole grain tortilla and top with avocado, chicken or turkey breast, cheese and spinach. Use cheese sparingly, it is high in fat and calories.
- ♥ High protein oatmeal: mix together one third cup cooked oats, one scoop vanilla protein powder, one tablespoon flax seeds, and 1/2 cup blueberries.
- ♥ Another high protein oatmeal idea: mix 1/3 cup cooked oats to 4 ounces flavored, low fat Greek yogurt.
- ♥ Egg frittatas: for each serving mix two whole eggs and one egg white together with two ounces sauteed vegetables and three ounces turkey sausage. Pour into individual muffin cups. Bake 350 degrees for twenty or twenty five minutes. One serving is two muffins.
- ♥ Chocolate peanut butter porridge: Mix together 1/3 cup cooked oats, two tablespoons natural peanut butter, 1 teaspoon dark cocoa powder, one half banana. Top with yogurt or your choice of milk.
- ♥ Build a parfait with 1 container of Greek yogurt, one quarter cup muesli (Bob's red mill is a good choice) and one quarter cup yogurt.

Are You a Mother?

Whether you have had children, been a mother figure in someone's life, or are the cherished mother of fur babies, we would like to celebrate you! Please join us for a mother's day tea in the dining room on Friday, May 16th at 1 PM. We will have light music, tiers of desserts, and hot tea. Savor a cup and a goodie, relax and celebrate. Wear your favorite hat (optional) and bring your favorite teacup.



Please join us in the dining room Friday, May 23, 2025 at 2 PM for a remembrance ceremony. We will honor any family member, now deceased, who served in the armed forces, with the presentation of a rose. We will also have patriotic music and light snacks as we gather to remember those who gave their lives so that we can be free. All gave some, some gave all. We are forever grateful!