

BURNT RIVER ACTIVITIES GUIDE



APRIL 2015



Burnt River Library

On **Saturday April 4th at 10:30 a.m.** while children are picking up their favourite books to read, they can also participate in the children's craft time. Come and enjoy a coffee at the Library on Saturday mornings! Do you enjoy jigsaw puzzles? There is always one on the go at the Library. See how much of the puzzle you can put together!



SAGE (Seniors Activity Group Exercise)

SAGE exercises will take place at the Burnt River Community Centre every Monday at 9:00 a.m. SAGE established a seniors' gentle exercise group that is open to all ages, e.g. surgery patients. These exercises can be done sitting if you are unable to stand. Everyone is welcome to come. The more we have the better.

Burnt River Hall Walkers

Walking in the Burnt River Community Centre takes place every **Tuesday to Friday** from **9:00 a.m. to 10:00 a.m.** Come and enjoy walking to the music and get some exercise, have some conversation and just plain fun during the winter months. Everyone welcome. The cost is \$2.00 per week.

Quilting & Crafts

Every **Tuesday** at the Burnt River Community Centre 10:00 a.m. to 4:00 p.m. Group programs or do your own thing. Everyone is welcome!

Burnt River Firefighters & The Village Shop

The Burnt River Firefighters and The Village Shop of Fenelon Falls presents the "Spring into Fashion" brunch, jewellery and fashion show, on **April 26th, 2015** at the Burnt River Community Centre. Doors open at 11:30 a.m., brunch is at 12:30 p.m. and the fashion show is at 1:30 p.m. Everyone is welcome, so come and browse the jewellery and accessories before brunch, enjoy a great meal, sit back and enjoy the new fashions. Purchase your tickets from Handley Lumber and Watson's Village Shop in Fenelon Falls or any Burnt River Firefighter.

Meals-on-Wheels

Meals-on-Wheels takes place on Wednesdays. A nutritious and delicious meal at affordable prices is delivered right to the door through Meals-on-Wheels to seniors, people with disabilities, and people recovering from illness or injury. Ask about our special diet options, including diabetic, no salt & low fat. Also frozen meals delivered to your door. For more information please call Community Care at [705-324-7323](tel:705-324-7323) to find out costs and delivery schedule. Additional information is also available on our "Service for Seniors and People with special needs information sheet".

Diners' Dinner

Mark your calendar for "Community Care Somerville Diners' Dinner Club" at the Burnt River Community Centre on **Wednesday, April 22nd**. Diners' Dinner will begin at **noon**. Enjoy a delicious, hot, sit-down meal. Everyone is welcome.

April Events

4 th Children's Story and Drop-in Craft at the Burnt River Library

22 nd Diners' Dinner at the Burnt River Community Centre

26 th Firefighter's "Spring into Fashion" Brunch and Fashion Show
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Weekly Activities at the Burnt River Community Centre

SAGE exercises Mondays 9:00 a.m.

Hall Walking Tuesday through Friday 9:00 a.m. – 10:00 a.m.
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Sewing and Crafts Tuesdays 10:00 a.m. – 4:00 p.m.

Darts or Euchre Thursdays 7:30 p.m.

The B.R.A.G. staff welcomes your submissions and suggestions. For the next month's issue, email your submissions to Glenn Thompson at thompson@ Sutton.com by **April 25th, 2015**. Have your BRAG conveniently sent directly to your own email address by emailing us. Free access to the internet is available at the Burnt River library as well as at the Burnt River Post Office.

Recipe of the Month

Sweet Potato Casserole

This is a great replacement for scalloped potatoes at your Easter ham dinner, especially if you are watching your carbohydrates intake. Sweet potatoes are known to be very good for you, with their somewhat starchy and sweet-tasting flavour. Despite their name, they are only distantly related to the potato family.

Ingredients:

3 sweet potatoes, peeled	1 tsp ground ginger
½ tsp cinnamon	1 tsp dried thyme
Salt to taste	1 tsp black pepper
1 onion, thinly sliced	2 cups whipping cream or milk

Directions:

1. Preheat oven to 400°F.
2. Thinly slice sweet potatoes. Butter a medium casserole dish. Place a layer of sweet potatoes, overlapping on base. Combine ginger, cinnamon, thyme, salt and pepper in a small bowl.
3. Cover sweet potatoes with a layer of onions and then a sprinkling of the spice mixture. Continue layering until all potatoes are used up, finishing with sweet potatoes. Season whipping cream or milk with salt and pepper. Pour over sweet potatoes. The liquid should come about three quarters of the way up. Add milk if extra is needed. Cover with foil.
4. Place dish on a baking sheet and bake for 30 minutes. Remove foil, baste potatoes with liquid and bake uncovered another 30 to 45 minutes or until potatoes are tender and most of the liquid absorbed.

Carolyn Thompson
BRAG Food Editor 😊