RECIPES

Classic Sugar Cookies

Prep Time: 30 min | Chill Time: 30 min | Cook Time: 12 min
Serving Size: 1 Cookie | Servings: 45

INGREDIENTS:

- 3 Cups All-Purpose Flour
- 2 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp of Ground Nutmeg
- 1/4 Cup Salted Butter
- 1/4 Cup Neufchâtel Cheese
- 1 Cup Granulated Sugar
- 1 tsp Vanilla Extract
- 1 Large Egg
- 1/2 Cup Fat-Free Milk
- 1 tsp All-Purpose Flour, for rolling out dough
- 1/3 Cup Colored Sugar, for decorating

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).

2. In a medium bowl, combine flour, baking powder, baking soda, and nutmeg; set aside.

3. Place butter and cheese in a large bowl; cream using an electric mixer. Add sugar and beat until batter is pale yellow; beat in vanilla extract and egg.

4. Add about 1/3 of flour mixture and 1/3 of milk mixture to cheese mixture; mix batter on low speed until just combined. Repeat 2 more times with remaining flour mixture and milk, until thoroughly combined. Shape dough into a ball and loosely cover with plastic wrap. Using your palms, press down on plastic wrap to flatten dough into a hamburger shape; refrigerate for at least 30 minutes and up to 2 days.

5. Sprinkle a teaspoon of flour on a flat work surface. Pull off about 1/3 of dough and, using a rolling pin, roll out dough to 1/8-inch thickness. Using a 3-inch circular cookie cutter, cut cookies out of dough and place on ungreased baking sheets. Roll up dough scraps and repeat process until all dough is used - recipe will make approximately 45 cookies. Sprinkle cookies with colored sugar and bake until edges just start to turn golden, about 10-12 minutes. Remove cookies to wire racks and cool completely.

Apple Braised Chicken

Prep Time: 20 min | Cook Time: 52 min
Serving Size: 1 Chicken Breast and 3/4 Cup Apple Mixture | Servings: 4

INGREDIENTS:

- 2 tsp Olive Oil
- 1 pound (four 4-ounce pieces) Skinless, Boneless Chicken Breasts
- 1 Tbsp All-Purpose Flour
- 2 Large Red Onions, Sliced
- 1 tsp Kosher Salt
- 1/4 tsp Ground Black Pepper
- 1 & 1/2 Cups Apple Cider
- 1 Cup Fat-Free Reduced-Sodium Chicken Broth
- 1 tsp Dijon Mustard
- 2 Large Granny Smith Apples, Sliced
- 1 Tbsp Minced Fresh Sage
- 4 tsp Chopped Fresh Parsley

DIRECTIONS:

1. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of chicken breasts with flour; cook until browned on both sides, flipping once, about 3 to 5 minutes per side. Remove from skillet to a plate.

2. Add onions, salt, and pepper to same pan and reduce heat to medium-low; cook, stirring frequently, until onions are softened, about 8 to 10 minutes. Add cider, broth, and mustard to pan; stir to combine.

3. Return chicken to pan and increase heat to medium-high; bring to a boil. Cook, uncovered, for 15 minutes.

4. Add apples and sage to pan; flip chicken over, stir mixture and continue to cook, uncovered, until chicken is cooked through, about 10 to 12 minutes. Sprinkle with parsley and serve.

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JUPITER
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Winter Newsletter

Celebrating the Winter Season in our Community

As the winter season is closing, and as we are excited to transition from the cooler winter months to the warmer months of spring, it is important to look back and note all of the beautiful events that our team has been a part of throughout this winter and holiday season.

From welcoming in the local community to our Veterans Day celebrations, to recognizing and celebrating our team members who do so much on a daily basis for our patients throughout the holiday season and each and every day, it has been a beautiful winter season. We are so grateful for our amazing team members, and privileged to recognize all that they do to make our community shine, especially during the holiday season. Along with hosting celebrations for our team members, Hanukkah, Christmas, and Kwanzaa festivities took place in our community; from fun decorations to recreation activities, our community didn't miss a beat.

As January began, we enjoyed New Year's celebrations, from welcoming in 2019 with our community, to celebrating Lunar New Year on February 5th. We observed "Wear Red Day" in our community, in support of Heart Health Month on the first Friday of February, and we celebrated all things love on Valentine's Day with our patients.

As we are preparing for the observance of March and Social Work Month and the upcoming spring season, our community challenge to you is to beat any winter blues by keeping active, whether physically with a daily walk, or with a new hobby- even picking up a good book! Staying active, or beginning a new hobby, will keep your interest keen.

Spring is right around the corner; the changing of the seasons is a wondrous time. We look forward to the upcoming spring season in our community, and our biggest celebration of the year- National Nursing Home Week!

WORD SEARCH

L E N Q D A K V U F Q P N T F V A P E E
J M D T J Z R C K E N H S D M E G F F J
G H C E S Q Y M W W I L B T L O H R S E
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BEAUTY PARLOR
DVDs
LAUNDRY
SCENIC VIEWS
TELEVISION
BOOKS
FINE DINING
SNACKS
SERENITY SUITE
MAGAZINES
IPADS
COMPUTERS
LUXURY

SUDOKU

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CROSSWORD PUZZLE

ACROSS:

4. Worn to protect your body from the cold

6. Winter activity; Gliding around on ice; 2 Words

9. Can be short or long; Really pretty when the sun shines through them; Made of ice

10. Falls from the sky and melts in your hands

11. Worn on your hands so that you can hold the snow

DOWN:

1. Worn on your head to keep you warm

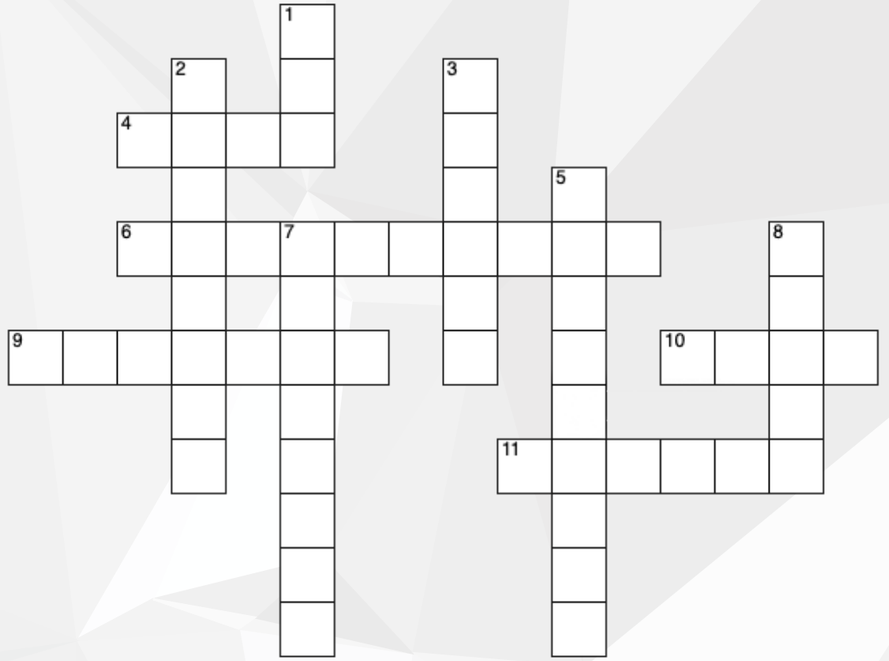
2. Warm drink sometimes paired with marshmallow; 2 Words

3. Season that is cold

5. Can be different shapes and falls from the sky

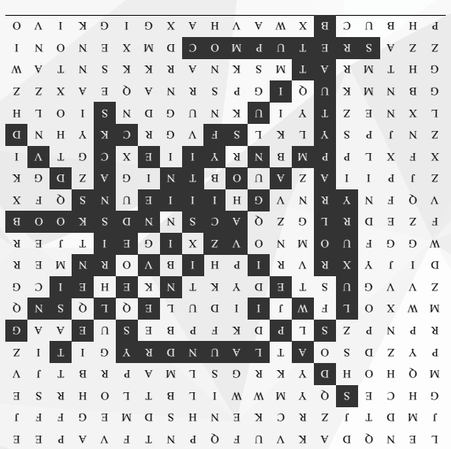
7. Activity of riding downhill on a piece of wood or plastic in the snow

8. Worn on your feet to keep out the snow



ANSWER KEY

WORD SEARCH



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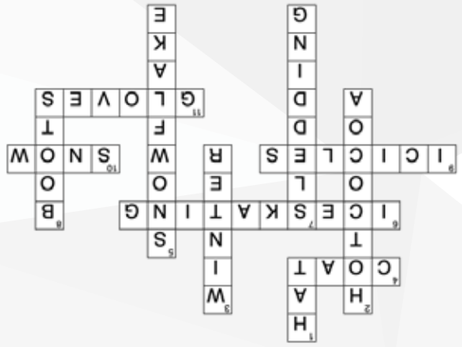
CROSSWORD PUZZLE