

Acton Seniors Centre offers ways to fight the winter blues in January

By **JULIE CONROY**
Acton Seniors Centre

In the New Year, the Travel Desk is planning two trips to fight the winter blues. The first is to Cambridge and Flamborough on

Thursday, Jan. 14 to shop at Southworks Outlet Mall and then enjoy the buffet lunch at the Holiday Inn in Cambridge before going to visit Flamboro Downs.

The second trip is on Wednesday, Feb. 10 with lunch at Burlington's Mother Tuckers

MarketPlace for lunch, followed by a performance of *Swing Away the Winter Blues* at the Sanderson Centre in Brantford.

Jane asked me to mention the next Birthday Tea will be held on Tuesday, Jan. 12 at 2 p.m. This is to celebrate all members who were born in December or January (That means me!).

On Tuesday, Jan. 26 Pauline Barlow will be teaching us how to create a fridge magnet. You will be painting roses using a toothpick. There is a charge of \$5 to cover the cost of materials. It is very important that anyone who wishes to participate, sign up as Pauline has to purchase the ma-

terials required. The signup sheet will be at the front desk from Jan. 8 to Jan. 22 as only 20 people can be accommodated.

There is a signup/information sheet in front of the front desk to see if there is any interest in visiting the Halton Hills Sports Hall of Fame in Georgetown. Check out the information on the various signup sheets.

Another way to fight the winter blues is to plan on attending the Chinese Dinner on Thursday, Jan. 7. Real tells me it features all things Chinese— food, fruits and entertainment. Knowing Real and his committee, it will be excellent.

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What's Cookin': Sushi Rice

Makes approximately 8-10 half nori sheets

Ingredients

- 2 1/4 cups water
- 2 cups Japanese rice, rinsed and drained
- 1/3 cup rice vinegar
- 1/4 cup granulated sugar
- 2 tbs mirin
- 2 tsp salt

Method

In a large saucepan, cover and bring water and rice to a boil. Boil for 2 minutes, reduce heat to low, cook for 15 minutes.

Remove from heat, let stand, covered for



Lori Gysel & Gerry Kentner



15 minutes.

Meanwhile in a small saucepan, bring vinegar, sugar, mirin and salt to a boil, stirring just until sugar dissolves. Let cool. Spread rice in a large shallow dish. Sprinkle with half of the vinegar mixture; toss with a fork. Toss with remaining vinegar mixture. Cover with a damp towel, refrigerate for 45 minutes or until at room temperature. Roll sushi.

E-mail your questions and comments to Lori and Gerry at whatscookin@independent-freepress.com

Look for Lori and Gerry's What's Cookin' column on www.independentfreepress.com

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