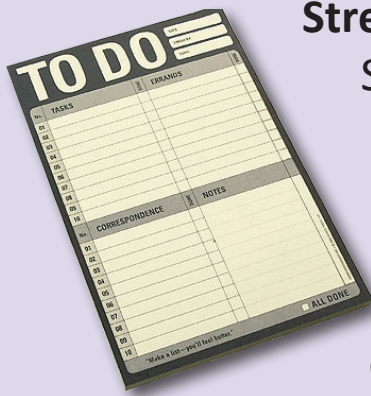


May is Mental Health Month!



Stress Less

Stress is a normal reaction to positive or negative situations. If you have stressful situations in your life, try self-help measures, such as talking things over with caring family or friends, practicing yoga or meditation, getting regular exercise and cutting back on your to-do list.

Friendships: Enrich your life and improve your health

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too. Investing time in making friends and strengthening your friendships can pay off in better health and a brighter outlook for years to come.



Improve your outlook
this Month!

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Log in to ConcordCentral.com to view your Community's Event Calendar!

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Movie Madness!

May Edition

Coming this month to Theatres



The Avengers - May 4th

The Avengers will bring together the super hero team of Marvel Comics characters for the first time ever, including Iron Man, Captain America, Thor, The Hulk and more, as they are forced to band together to battle the biggest foe they've ever faced.

Dark Shadows - May 11th

Entombed for 200 years after betraying vengeful witch Angelique Bouchard, 18th century vampire Barnabas Collins returns to Collinwood Manor in 1972, only to find his estate in ruins and his family plagued by macabre secrets in Tim Burton's reboot of the popular supernatural soap opera.



Men in Black III - May 25th

When the world is threatened, Agent Jay travels back in time to 1969, where he teams up with the younger Agent Kay to stop an evil villain named Boris from destroying the world in the future.



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Source: www.MovieInsider.com

Coloring Fun

A Special Place Just for Kids!



Recipes

Food for Concord Chowhounds

Easy Pork Tenderloin

Ingredients:

1 (2 pound) pork tenderloin
1 (1 ounce) envelope dry onion soup mix
1 cup water
3/4 cup red wine
3 tablespoons minced garlic
3 tablespoons soy sauce
freshly ground black pepper to taste

Place pork tenderloin in a slow cooker with the contents of the soup packet. Pour water, wine, and soy sauce over the top, turning the pork to coat. Carefully spread garlic over the pork, leaving as much on top of the roast during cooking as possible. Sprinkle with pepper, cover, and cook on low setting for 4 hours. Serve with cooking liquid on the side as au jus.



Roasted Garlic Broccoli

Ingredients:

2 heads broccoli, separated into florets
2 teaspoons extra-virgin olive oil
1 teaspoon sea salt
1/2 teaspoon ground black pepper
1 clove garlic, minced
1/2 teaspoon lemon juice

Preheat the oven to 400 degrees F (200 degrees C).

In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.

Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

