

# A COMMUNITY OF WELLNESS

**NEWSLETTER 17**  
**COLBY DUDAL**

# #CCGOLF

Throughout the entire summer, Community Crossroads is holding our first annual Virtual Golf Challenge. All you need to do is register [HERE!!](#)

Then, play a game of 18-hole, 9-hole, miniature or backyard golf. While at the golf course, take a photo of yourself or with the group you are with and post it on your social media pages. When posting make sure you tag us and use the #ccgolf or #cc2020VirtualGolf hashtag. By registering, you will be entered into a chance to win some awesome prizes. One of the prizes is four rounds at a golf course of your choosing (up to \$200.00). If this sounds interesting to you, sign up **TODAY!**



FIRST ANNUAL

## VIRTUAL GOLF TOURNAMENT FUNDRAISER

*Runs throughout the Summer*

Register now: [www.communitycrossroadsnh.org](http://www.communitycrossroadsnh.org)  
Only \$30 to participate

Community  Crossroads  
GUIDANCE. SUPPORT. ADVOCACY.

# #CAMPTONSAFUN

Xfinity has opened a summer camp that is ‘tons of fun’ - Camp Tonsafun! From learning how to tie-dye to building an epic obstacle course, new lessons will be available every week right at home on X1 and Flex. Learn more below, and get ready for a summer to remember!

## Camp Tonsafun: What is it?

While most summer camps are closed this year, we’ve opened one - right in your living room! Camp Tonsafun is a virtual summer camp destination that teaches kids about arts and crafts, fun experiments, music, cooking and sports.

You can catch sports tips from world-class athletes, get hands on with arts and crafts, take music lessons, and more, all from our NBCUniversal family and other partners.



It’s like any summer camp, complete with our Camp Director, Jade Catta-Preta (also the host of E!’s “The Soup”) and camp counselors from our NBCUniversal family, Team USA and other valued partners who teach lessons in music, sports, experiments, cooking, or arts and craft. Learn to animate a Minion with Illumination and Brad Ableson, co-director of Minions: The Rise of Gru, be a smart ninja with Jessie Graff from American Ninja Warrior, make a magnificent mango dessert with Carmen Aub, actress from El Señor de los Cielos, and more! - From Xfinity.com

# CHALK GAMES

There are so many fun games to play during the summer and sometimes the only items needed to play them are a good imagination and some chalk.

Bean bag toss is a classic game and you can create a board just by using chalk. At Walmart, you can find the kit that includes bean bags, chalk and directions on how to play.

This game will make any summer day a little brighter!

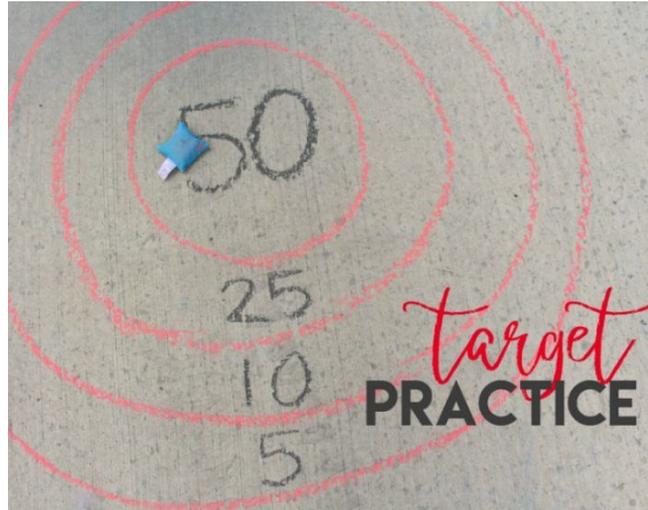


Drawn by Colby

# CHALK GAMES



Alphabet Hopscotch - This game can help kids learn the letters of the alphabet or if they already know the alphabet, better learn how to spell words! - [learningresources.com](http://learningresources.com)



For this game, all you need to do is draw a target and add point values for each landing space! - [makeandtakes.com](http://makeandtakes.com)



Use chalk to create a checkerboard and play checkers with rocks or stones that you find outside! Just make sure you have a way to keep track of which player has which rocks - [makeandtakes.com](http://makeandtakes.com)

# LUAU & KARAOKE



“These guys were celebrating over the 4th of July weekend with a Luau party & Karaoke. They had a Ukulele to play, a bean bag toss game and all the Hawaiian theme decor. We gave them the choice to wear lei’s either as a necklace or head piece. The gentlemen at his home have been unable to plan a summer vacation, so the summer vacation came to them, even if just for a little bit!” -

Sent in by Jen H.



# HOMEMADE M&M GRANOLA BARS

**Ingredients:** 2 ½ cups rolled oats, ½ cup peanuts (roughly chopped), ¼ cup honey, ¼ cup butter, ⅓ cup brown sugar, ¼ cup creamy peanut butter, 1 teaspoon vanilla extract, ¼ teaspoon kosher salt, ½ cup mini chocolate chips (divided), ¼ cup M&M baking pieces.

**Step 1:** Preheat the oven to 350 degrees F. Line a 9-inch square baking dish with parchment or foil. Lightly grease with nonstick cooking spray.



**Step 2:** Place the oats on a rimmed baking sheet.

**Step 3:** Bake for 8-10 minutes, or until lightly toasted.

**Step 4:** Place the nuts and oats in a large bowl.

**Step 5:** While the oats are toasting, add the honey, butter and brown sugar to a small saucepan. Cook over medium heat until the butter melts and sugar dissolves, stirring occasionally.

# HOMEMADE M&M GRANOLA BARS

**Step 6:** Remove from heat, and stir in peanut butter, vanilla and salt.

**Step 7:** Pour peanut butter mixture over the oat/nut mixture; stir to combine. Make sure that all of the oats are coated in the peanut butter mixture.

**Step 8:** Let mixture cool to room temperature, about 30 minutes.

**Step 9:** Stir in half mini chocolate chips.

**Step 10:** Pour oat mixture in the prepared pan. Use a rubber spatula to firmly press the mixture into the pan.

**Step 11:** Sprinkle remaining chocolate chips and M&M's over the top of the bars, and gently press into oat mixture.

**Step 12:** Chill granola bars for at least 2 hours.

**Step 13:** Lift from pan and cut into bars.

**Step 14:** Store bars in fridge.

From [ihearteating.com](http://ihearteating.com)

Drawn by Colby



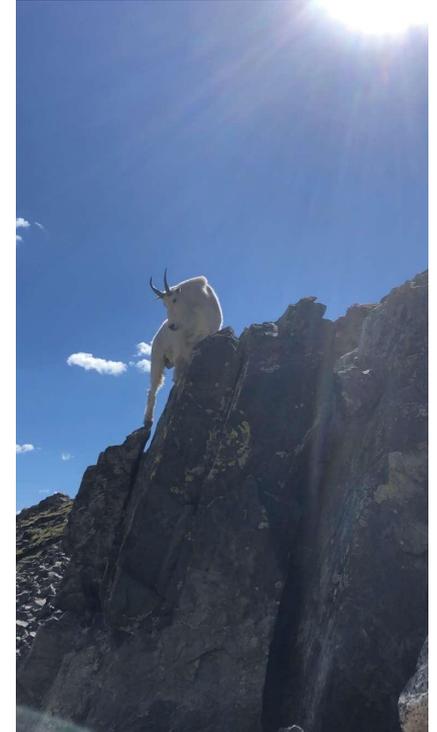
# ENJOYING NATURE



**My son is in the process of hiking the 14,000 footers in Colorado. He sent me a few pics of his latest hike this past weekend.**

**Pics are from the peak of Mt Gray 14,278 ft. (yes, that is snow)**

**- Sent in by Tina**



# CHECK OUT OUR WEBSITE

[Meet the Board...Laurie Giguere](#)

[31st Annual Golf Challenge - Save the Date](#)