

February 2015

PHA Post



Family Housing

Plattsburgh Housing
Authority

518-561-0720

pha@plattsburgh.com

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In order to live a healthy lifestyle, you should participate in an hour of fun-filled physical activity a day. Even though it is still winter, have no fear! Here are some fun activities that are under \$5!

Plattsburgh City Rec Center Family Fun Night-

\$5 a family Saturday Nights in March 6-8 pm.
Bounce House, Basketball, Scooter Boards and more!

Free Open Skate Scotts Memorial Rink-

52 McAdam Rd Chazy, NY. Every Sunday in March
4:30-6 pm

Ausable Chasm Winter Waterfall Walk- 9am-4
pm. \$5 a person 5 & under free

You **don't** always get what you
wish for but you **always** get what
you *work* for!



Tips for Being A Good Renter and A Great Neighbor!

Paying Rent! Paying your rent on time shows responsibility, character and helps build a good reputation.

Showing Respect! You, as well as your neighbors, have the right to peaceful living. Remember to keep the noise level low and treat your neighbors how you want to be treated.

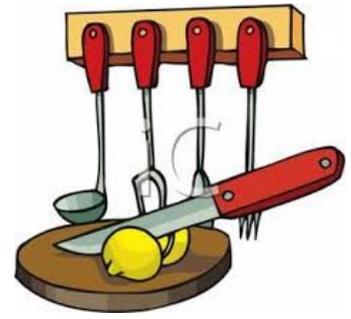
Being A Positive Role Model! You are responsible for yourself and your surroundings. This includes your children. Show your kids what it's like to be a good neighbor!

Get to know your neighbors! Friends make life easier and more enjoyable. Be nice to the people around you and your life can drastically change for the better.

Smile! Smiling just makes you feel better and improves the quality of life. If someone smiles towards you make sure to repay the favor.



Easy Eats Cooking with Kids



The winter months leave very little activities for children which can make them a little stir crazy. A fun way to relieve some energy, plus help take the workload off you is to have your kids help you in the kitchen! This will give them a sense of accomplishment and help them to become more independent. This months Homemade Chicken Noodle Soup and Grilled Cheese Rolls are perfect for any cold winter night.

What You'll Need...

- 2 Tablespoons olive oil
- 1 Medium Onion
- 1 Medium Carrot
- 1 Large celery
- 1 Medium Potato
- 6 cups Chicken Stock
- 1/2 lbs. Diced Chicken Breast Fillets
- 1/2 Box of Spaghetti
- 2 Tbls Chopped Parsley Leaves
- Wheat Bread
- American Cheese
- 1 Tablespoon Butter

Step 1– Heat oil in a saucepan over medium heat until hot. Add chopped onion and cook for 3 min, stirring often. Add chopped carrot, celery, and

Step 2– Add stock and bring to boil. Then reduce heat, cover, and let simmer for 15 min. Add chicken and pasta, cover and let cook for 8-10 min. Add parsley.

Step 3– While the soup is cooking cut crusts off the bread and flatten with a rolling pin. Place cheese slice on bread and roll it up!

Step 4– Melt the butter in pan. Place the rolls in the butter for 5 min and roll to crisp all sides.

March 2015



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Day- light Savings Time	9	10	11	12	13	14
15	16	17 St. Pat- rick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31				