

JANUARY 2020 | VOL. 1

POWELL GRAND NEWSLETTER

Community Information

COMMUNITY REMINDERS

Trash Compactor Tips!

As we enter the new year we wanted to send out a few friendly reminders:

- All cardboard boxes are to be broken down to prevent the compactor from getting jammed.
- All bulk items should also be broken down into small pieces before going inside the compactor. For large furniture you should contact the Furniture Bank of Central Ohio for a free pick up.
- Please do not open the door to the compactor while it is running. It will cycle itself so there is no need to push any buttons.
- If the compactor is backed up or jammed please contact the leasing office as soon as possible.

In And Around Powell

KidX: Frozen Fun | Polaris Fashion Place (lower level by the play area)

Friday, January 3rd 11:00 am - 12:30 pm

Visit your favorite snowy movie characters for a winter wonderland of fun! Take pictures with the fairest snow queen and snow princess in the land. Don't forget about the silly smiling snowman! Take a break from the cold and enjoy crafts, giveaways, music and more. This is a free event!

Powell Winter Market | Swan Lake Event Center
Saturday, January 11th from 9:00 am - 12:00 pm



Join us for The Powell Winter Market! Our local makers & growers will have a little bit of something for everyone this winter season! For more information, visit the Powell Winter Market Instagram or Facebook page.



TAKE AND BAKE PIZZA PARTY

January 22nd | 5:30 PM - 7:00 PM | Powell Grand Clubhouse

Don't worry about dinner this week...we've got you covered!

Choose from a variety of crusts and toppings and then take it home to bake!

Please RSVP by January 20th to pg@sregroup.com or (614) 766-4600.



FREE FITNESS CLASSES!

AT THE POWELL
GRAND **GYM**

Enjoy a free weekly workout with our resident trainer Anthony! These classes have limited spots and are for residents only. You can sign up in the cafe area.

WHAT WE **OFFER**

The classes will be held every Monday beginning January 6th at 6:30 pm. Please call the leasing office if you have any questions.



POWELL GRAND
COMMUNITIES

CONVENIENT RESORT LIVING

Recipe of the Month

ONE PAN BALSAMIC CHICKEN AND VEGGIES

This One Pan Balsamic Chicken and Veggies couldn't get any easier!
This is a a 20 minute meal that is sure to please!

1/4 cup + 2 Tbsp Italian salad dressing
3 Tbsp balsamic vinegar
1 1/2 Tbsp honey
1/8 tsp crushed red pepper flakes
1 1/4 lbs chicken breast tenderloins
2 Tbsp olive oil
Salt and freshly ground black pepper
1 lb fresh asparagus , trimmed of tough ends, chopped into 2-inch pieces
1 1/2 cups matchstick carrots
1 cup grape tomatoes , halved



- In a mixing bowl whisk together salad dressing, balsamic vinegar, honey and red pepper flakes, set aside.
- Heat olive oil in a 12-inch skillet over medium-high heat. Season chicken with salt and pepper to taste, then place chicken evenly in skillet.
- Cook about 6 - 7 minutes, rotating once halfway through cooking, until chicken has cooked through (meanwhile, chop asparagus and tomatoes). Add half the dressing mixture to skillet and rotate chicken to evenly coat.
- Transfer chicken to a large plate or a serving platter while leaving sauce in skillet. Add asparagus and carrots to skillet, season with salt and pepper to taste and cook, stirring frequently, until crisp tender, about 4 minutes. Transfer veggies to plate or platter with chicken.
- Add remaining dressing mixture to skillet and cook, stirring constantly, until thickened, about 1 minute. Add tomatoes to chicken and veggies and drizzle dressing mixture in pan over top (or return chicken and veggies to pan and toss to coat).