

TRIANON

A Monthly Newsletter for the Residents of Le Trianon Condomunium

Volume 16 Issue 7

January 2021

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IMPORTANT #'S

Main	(305)	861-9574
Security	(305)	861-8424
Fax	(305)	865-0098

OFFICE HOURS

Monday - Friday 9:00 AM - 4:30 PM

Le Trianon Condominium

6061 Collins Avenue Miami Beach, FL 33140 LetrianonCondominium@ outlook.com



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(305) 981-3503 or info@cgpnewsletters. com to advertise in one of our newsletters or to get a free newsletter for your property.



CORONAVIRUS COVID-19

Vaccination Information & Appointments

Miami-Dade County and the Florida Department of Health in Broward County have begun COVID-19 vaccination opportunities for seniors age 65 and over. Get detailed information and schedule an appointment at a location convenient for you at miamidade.gov/vaccine, browardcovidvaccine. com or broward.org/CoronaVirus.



Covid-19 Testing

Do you think you may need to get tested for Covid-19? Miami-Dade County has a list of testing sites available throughout the county. Find a location most convenient for you at miamidade.gov.



Stay informed regarding City services and operations. The City follows strict guidelines to keep its community safe. Updates are provided as necessary on the City's designated Coronavirus web page. Visit cityofaventura.com/coronavirus.

Coronavirus

Covid-19 Assistance Programs

Miami-Dade County along with partner organizations have developed assistance programs to help those affected by the Covid-19 pandemic. If you are in need of assistance, visit miamidade.gov/covidhelp for more information and resources.





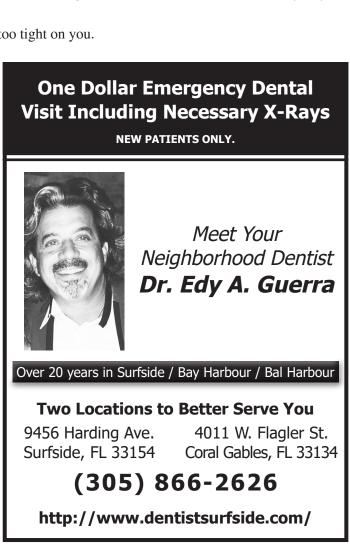
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TOASTING TO A NEW YEAR

Toasts have existed for almost as long as drinking itself. To help you bring in the New Year properly, here are some great Irish toasts.

- In the New Year, may your right hand always be stretched out in friendship but never in want.
- May you be in heaven a full half hour before the devil knows you're dead.
- May you be poor in misfortune, rich in blessings, slow to make enemies, quick to make friends. But rich or poor, quick or slow, may you know nothing but happiness from this day forward.
- May the roof above us never fall in, and may we friends gathered below never fall out.
- Here's to you and yours and to mine and ours, and if mine and ours ever come across
 you and yours, I hope you and yours will do as much for mine and ours as mine and ours have done for you and yours.
- May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door.
- May the Lord keep you in his hand and never close his fist too tight on you.



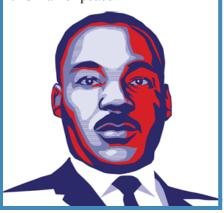


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Honoring Martin Luther King, Jr.

Since the age of 17, Martin Luther King was a Baptist minister who dedicated his entire adult life to fighting racism and segregation in the United States. Influenced by Gandhi's example of nonviolent persuasion, he organized peaceful boycotts and demonstrations, including the Montgomery Bus Boycott in 1955. In 1963, King headed a massive civil rights campaign in Birmingham, Alabama. This crusade was followed by major drives for voter registration, desegregation, and better housing and education in the South. Honoring his hard work and fortitude in the civil rights movement, King was awarded the Nobel Peace Prize in 1964. On April 4, 1968 he was assassinated in Memphis, Tennessee. Since 1986 the third Monday in January has been designated a legal holiday to honor this man of peace.





Eileen Higgins



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SOUPS & STEWS FOR COLD WINTER DAYS

Cheese and Broccoli Chicken Soup

1/2 cup butter

1 cup all-purpose flour

11 cups water

3 cubes chicken bouillon

6 ounces boneless chicken breast, cut into 1/2 inch chunks

2 heads fresh broccoli, trimmed and chopped

1-1/2 teaspoons salt

1 teaspoon ground black pepper

1 cup light cream

3 cups shredded Cheddar cheese

Melt butter over medium heat in a 5-quart pot. Add the flour, stirring constantly until a thick paste forms. Remove mixture from pot and set aside. In the same pot, combine the water, bouillon cubes, chicken, broccoli, salt, and pepper. Bring to

a boil over high heat. Reduce heat to medium low and simmer for 45 minutes or until broccoli is tender. Stir in flour mixture a little at a time until soup thickens. Simmer an additional 5 minutes. Reduce heat and stir in cream. Mix well. Add cheese one cup at a time. Your soup is now ready to serve. Makes 5 servings.

Crock Pot Vegetarian Chili

1 (11 ounce) can condensed black bean soup

1 (15 ounce) can kidney beans, drained and rinsed

1 (15 ounce) can garbanzo beans, drained

1 (16 ounce) can vegetarian baked beans

1 (14.5 ounce) can chopped tomatoes in puree

1 (15 ounce) can whole kernel corn,

drained

1 onion, chopped

1 green bell pepper, chopped

2 stalks celery, chopped

2 cloves garlic, chopped

1 tablespoon chili powder

1 tablespoon dried parsley

1 tablespoon dried oregano

1 tablespoon dried basil

Place all the ingredients in a crock pot. Stir well and cook for at least two hours on a high setting. Makes 8 servings.





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