

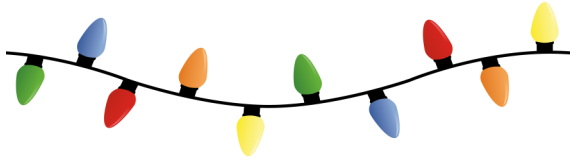
OPP NET HERALD

Opportunity Networks Newsletter

In this issue:

- Top Holiday Light Venues
- Travel New England
- Fundrasier Update: 10K Raffle Extravaganza
- Health and Wellness Update: Ice Skating
- Seasonal Weather Update
- Jamie's Culinary Corner
- The Premier of our Local Food Review!

Find Fun For the Whole Family Inside our Winter Newsletter!



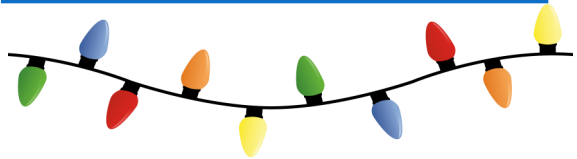
Read about the best light displays around on page 2

Editors:

Skyy

Andrew

Kayla



That delicious aroma? That's a lasagna cupcake, and it is leading you right to [page 8](#) for more details...



See more of Keesha's beautiful photography starting on page 10!

SCAN ME FOR TICKETS TO OUR \$10,000 RAFFLE!



Turn the Page for More Fun!

Holiday Light Venues of New England

By Liz

1.) The Gift Of Lights New Hampshire Motor Speedway

The event opens for the season on Thursday November 23, 2023 and goes through December 31, 2023. This is the 13th season and there are more than 3.5 million “twinkly” lights to be seen throughout the ride around the speedway.



There is a tunnel of lights including the 12 Days of Christmas and more.

2.) Charmingfare Farm

Santa’s Christmas at Charmingfare Farm. Get on a horse drawn wagon and enjoy a wagon ride around the farm. Along the way you will see beautiful light displays, and listen to sleigh bells. Dress warm and bring a blanket! There are 12 holiday scenes, a real animal nativity and the North Pole. Santa will be



available at the Reindeer Barn for everyone to visit and drop off letters.

There is also a campfire where you can purchase s'mores kits and get warm around the fire.

3.) Labelle Lights

Labelle Lights at Labelle Winery is in Derry, NH. The lights are located on a golf course. They have numerous theme weeks throughout the months of November and December including, ugly sweater week, santa costume week, frozen costume week, holiday pajama week and more. They also have a toy drive and snack drive where guests can donate either or to help those in need. LaBelle Lights are open starting November

warmth of your car. Snacks are provided. They even bring you hot chocolate and apple cider to your car. The Lightfest includes Christmas music and Christmas



cookie decorating inside of the Christ Church.

7.) Zoolights

Zoolights is located at Stone Zoo in Stoneham Massachusetts. This lighting show is taking place from November 17th to January 7th. Zoolights have tree-lined paths lit by thousands of pretty lights. Animals are there to see. You also get to visit the animals while you walk through. Meeting Santa is another option. It takes about one and one and a half hours to walk through the zoolights.

Winter Weather Report

By: Matt

Winter Weather Report 2023



Winter will start as it usually does December 21st, 2023. The Snowfall rate will be above normal for our area. We will also see colder than normal temperatures in our area. This is most likely an effect from the emergence of El Nino this year.

THE OLD FARMER'S ALMANAC WEATHER MAP FOR WINTER 2023-24



Tips and Tricks

- Ensure your gas tank is always at least half full. Because in case you get stuck you'll be able to keep warm.
- Make sure you keep an Emergency Kit in your car including Blankets, Candles, First Aid and shovel.
- Dress in appropriate clothing including multiple layers Hat, gloves and scarf as well as access to face protection.
- Drive at appropriate speeds for the weather conditions.
- Keep Pathways and driveway clear of Snow/Sleet as soon as possible. Because as time goes on it will solidify if let be.
- Be Careful of Ice/Black ice walk with small controlled steps while maintaining your balance.
- Your local Public works department/ Transfer Station will often have Sand/Salt for Free.
- Make sure all your devices are charged in case of a Power Outage.

Health and Wellness: Ice Skating at Conway Arena

By: Justin

Ice Skating at Conway Arena is a wonderful activity for everyone, despite your disabilities. The program is a wonderful way to connect with friends and the community, while also working on gaining new skills and independence on the ice.



Before I started going ice skating, I was scared at the thought of trying since I have never been before. When I first got on the ice, I was not very good. It was hard to keep my balance and I was afraid of falling. Luckily, the staff at Conway Arena were extremely positive and helpful. My first day ice skating, Chrissy (one of the staff) helped me get on the ice.

At first I was nervous, but she was patient and got one of the skate helpers for me to use. After helping me make my way onto the ice, Chrissy stayed with me the whole time to help me work on my footing and getting comfortable on the ice.

I'm not the only one who needed help when they first started. I talked with my friend, Bhaba, and he said that when he started skating he "needed extra help" and was "nowhere near as good as he is now". Before, Bhaba also needed assistance on the ice and after five years of skating he is basically a pro! He told me that ice skating helped him learn new skills, and thanks to it, he is now able to skate independently and play hockey. He is very proud of his increased skating abilities and new skills and so are the staff.



I talked with Chrissy to hear more about the program from her perspective. Chrissy has been one of the staff at ice skating for awhile and has been helpful and teaching others how to be more comfortable on the ice. She loves seeing the progression of clients skills develop on the ice and even told me about one of her favorite memories working with us. She told me about how a client had issues walking and the joy she felt when they continued to develop their skills and was able to skate from one side of the arena to the other without any help from staff or skate helpers.

Ashley's Local Food Stops: Moulton's Kitchen and Market

By: Ashley



Moulton's Kitchen and Market is located in the center of scenic Amherst, NH.

After my morning activity, whether it be zumba or karate, sometimes I need to purchase my lunch. Moulton's have become one of my favorite places for me to ask my staff to stop at. People at Moulton's have always been friendly and helpful when I place my order. I also enjoy the cleanliness and access to plenty of seating. While I have ordered many different things, today I am reviewing their "Hail Caesar" wrap. I chose to have it with a spinach wrap but there were many to choose from. The chicken tasted nice and crispy. The lettuce seemed fresh and crunchy. I really liked the dressing they put on it. The wrap was so big I chose to save half of it for later! I would give this wrap a 5 out of 5 stars!



Jamie's Culinary Corner: Lasagna Cupcakes

By: Jamie

Love lasagna but hate the time and effort involved? Well we at Opportunity Networks have a great hack for you, Lasagna Cupcakes! By replacing the noodles with wontons you get great serving size Lasagna with all the flavor but none of the hassle!



Ingredients:

- Cooking spray
- 1 lb of ground beef (93%) or any ground protein you would like
- 1 tsp oregano
- 2 tsp dried onion flakes
- Salt and pepper to taste
- Package wonton wrappers (not egg roll wrappers)
- 2 cups grated parmesan cheese
- 2 cups shredded mozzarella cheese
- 1 cup ricotta
- 2 tsp dried parsley
- 1 cup pasta sauce (we liked Rao's marinara)
- ¼ cup chopped fresh basil leaves as a garnish



Directions:

1. Preheat the oven to 375 degrees. Prepare muffin cups with cooking spray.
2. Heat a large skillet over medium-high heat. Add your ground beef (or subbed protein) with the oregano, dried onion flakes and salt and pepper. Cook until brown and crumbly.
3. Meanwhile prepare your cheese mixture in a mixing bowl with the parmesan, mozzarella, ri-

cotta and parsley. We found using our hands was a good method to ensure all the cheeses mixed together.

4. Next place wonton wrappers into each of the muffin cups so that they are flush with the bottom and the sides.



5. Scoop and flatten a small amount of the cheese mixture on top of the wontons, followed by the beef then pasta sauce. This will be topped with another wonton (we suggest cutting the edges off these wontons as we dont want them to stick up above the muffin cups, this will lead to them becoming hard in the oven). Depending on the size of your muffin cups you can do anywhere from 1-2 of these layers. Finish with a Wonton on the top covered with more of the cheese mixture.



6. Bake in the oven until the edges of the cupcakes are browned, 18-20 minutes. Let rest in tins for 5-10 minutes before running a knife around them to loosen and remove. Garnish with fresh basil to serve.



JAMIE'S FINAL RATING:

“These Cupcakes Get a Medal”

The World Through Keesha's Lens

By: Keesha

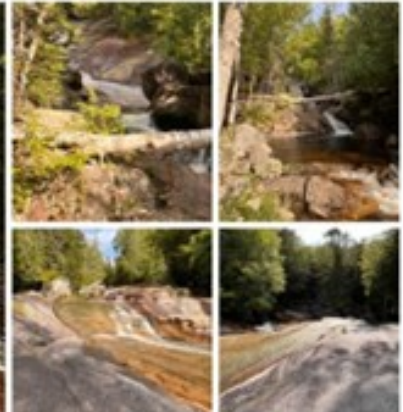
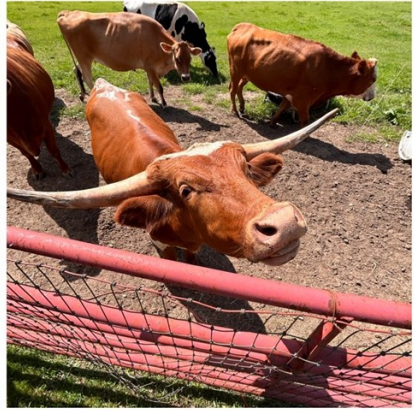
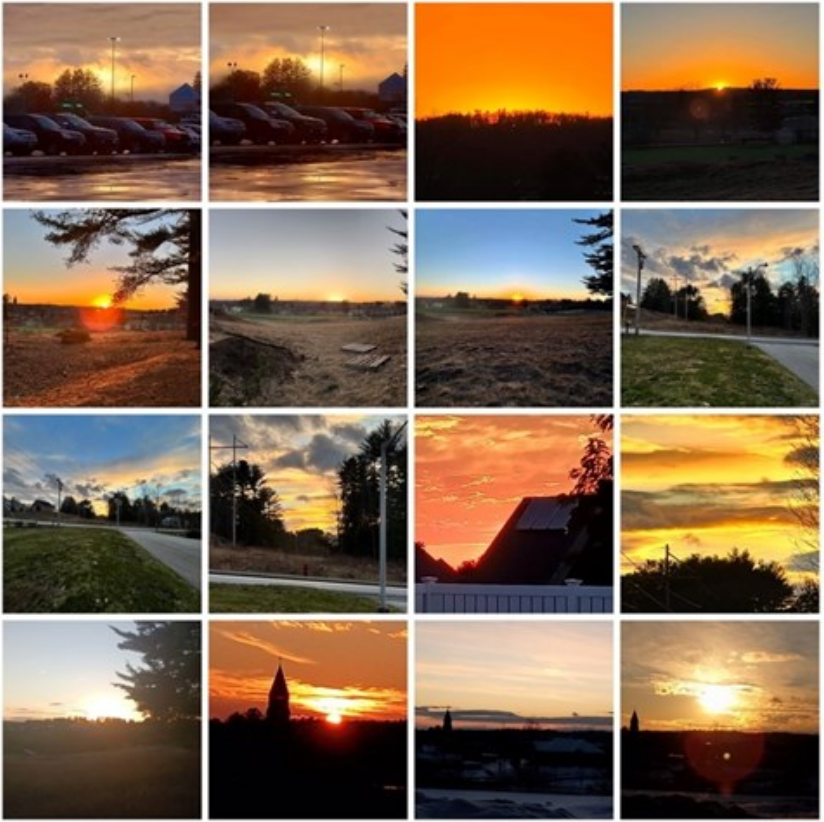
In High School, I had taken a photography class. I absolutely loved it because it showed how good I was working with a camera. After I graduated, I decided to continue my experience on taking pictures on my own and at Opportunity Networks. I have gotten better and better!

I can take many different pictures, whether it's landscape, people, or animals. Some of my favorite things to take pictures of are landscapes such as parks and sunsets. I also just got back from Odell NH Nash Stream Bog up by the White Mountains and North Percy Peak where I took a lot of beautiful photos of NH's mountains.

Last year, I participated at a fall festival at the Spring Hill farm in Chester with my mom and dad. While there, I decided to sell my pictures. I sold about 15 to 16 pictures the first time I ever went. I got a lot of money for my prints and was super happy to see how many people enjoyed my work. I plan on doing this again This year with some of my old pictures and quite a few new ones.

Here are some of the different types of pictures I take!!





\$10,000 Raffle Extravaganza!

By: Matt



On Friday December 1st, 2023 Opportunity Networks is having our yearly 10K Raffle at The River Casino & Sports Bar in Nashua, New Hampshire. The event will be held from 7:00P-9:00PM and all proceeds will go towards helping Opportunity Networks provide Services to Individuals living with developmental and acquired disabilities. A ticket for the raffle costs \$100.00 and will include Complimentary food and drink reception for you and 1 guest of your choice.

The ticket will also place you and the drawing for \$10,000!!! Additional Prizes Include \$1,000, \$750, \$500, \$250 and \$150 drawings! You do not need to be present to win the cash prizes! There is also a 50-50 raffle you may enter when you arrive at the event.



To buy tickets you can Scan the QR Code above or there is also a link on our website www.OpportunityNetworks.org

Travel New England: Winter

By: Margaret and Doug

1.) Snowport

Snowport is located on Seaport Boulevard in Boston Massachusetts across the street from Everlane and right next to the Current. The market features over 120 vendors and food options. The market is open from November 10th throughout December 31st. Snowport also has a Menorah lighting on Sunday, December 10th. The market will have their annual Christmas tree lighting on December 1st at 7:30pm. This event is also dog-friendly.



2.) New England Christmas Festival

2.) New England Christmas Festival is located at Earth Expo Center at Mohegan Sun in Uncasville,

CT. New England Christmas Festival offers more than 350 boutiques with handmade items like seasonal



decor, jewelry, spa items, kids clothing and toys. The New England Christmas Festival has won numerous awards and is also dog friendly.

3.) Tuscan Village

The Tuscan Village Holiday Market is located in Salem New Hampshire right next to the Rockingham Mall. Some call it the “ultimate holiday destination”. The Tuscan Village Market features



over 60 local businesses selling holiday items that make the perfect gifts. The Tuscan Village Holiday Market runs from mid November to December 31st. There are a variety of things the Tuscan has to offer, such as dinner by a fire pit, many food options, shopping, cornhole and so much more.

4.) Ice Skating on Frog Pond

Frog Pond is located at 38 Beacon St in Boston Massachusetts. Ticket prices are 6\$ for anyone over 4'8 and free for anyone under. Adult skate rentals are 12\$ and child skate rentals are 6\$. They also have season passes for guests who go often. The pond is open for skating November 27th for the season.



5.) Lookout Rooftop

Have you ever had dinner in an igloo? Boston offers many restaurants with igloo dining. You can rent an igloo at Envoy Hotel Rooftop Bar, Alibi Bar & Grill, Woodshill Peer 4 and 75 on Liberty Wharf. Prices will differ depending on which restaurant you decide to go to. This dining experience usually will last all winter long.

