

the
friendship
 paper



VOLUME #35 JUNE 2021 — JULY 2021



You are my
SUNSHINE
 my only sunshine.
 you make me
HAPPY
 when skies
 are gray.
 You'll never know
 how much
I love you
 please don't take
 my **SUNSHINE** away.



**A Message from the
 Senior Enrichment Center**

Finally, this month we welcome summer! Time to take advantage of the extra-long days, the outdoors and the warm sunshine.

I'm sure many, or most of you have been vaccinated and are starting to return to some sense of normalcy, slow but sure. Covid-19 cases are the lowest they've been in nearly a year and with the new State of MN guidelines, the Senior Enrichment Center is ready to get back into action. Not all activities will resume immediately, but card players you'll be happy to know the time has come to get back to the tables (more information on the following page regarding activities).

During the Senior Center shutdown, we want to thank everyone who frequented the café. That bit of life kept us going. Please stop by when you are comfortable. We'd love to see you.

Jody Van Lingen
 Executive Director

INSIDE THE NEWSLETTER

A Message from the Enrichment Center... 1
 Reopening Information/Recipes.....2
 Father's Day/American Eagle Day..... 3
 Fourth of July/Recipes/Picnics.....4
 Notifications..... 5
 June Calendar.....6

July Calendar.....7
 Ole' and Just for Fun.....8
 Game.....9
 Be Kind to Your Mind/Body.....10
 June/July Facts..... 11
 Summer Poem12

REOPENING INFORMATION

We are happy to announce the first phase of reopening the Senior Enrichment Center.

Effective Tuesday, June 1st

MORNING COFFEE

'Coffee with good friends makes our problems lighter.'

8:30 am to 10:30 am
Monday –Thursday



Start your morning off at the Friendship Café. Bring a friend or two. Few things are as pleasant and comfortable as getting together with friends for a nice cup of coffee.

No-Bake Snack Mix

"Tangy, spicy, and insanely addicting!"

- 3/4 cup vegetable oil
- 1 1/2 tablespoons salt-free seasoning salt (such as Mrs. Dash Table Blend)
- 1 1/2 tablespoons dried dill weed
- 1/2 teaspoon cayenne pepper
- 1 (1 ounce) package dry ranch dressing mix (such as Hidden Valley Ranch)
- 17 1/2 oz. crunchy cheese puffs (such as Cheetos)
- 15 oz. savory snack mix with toasted cereal (such as Chex Mix)
- 15 oz. mini pretzels
- 12 oz. oyster crackers

Directions

Step 1

Whisk oil, seasoning blend, dill, and cayenne together in microwave-safe bowl. Microwave on medium (50%) power for 3 minutes; this helps the oil become a little thinner and easier to cover snack mix. Whisk in ranch mix until blended.

Step 2

Place cheese puffs, savory snack mix, pretzels, and oyster crackers into large container or large paper bag. Pour oil mixture in a little at a time, stirring evenly to distribute.



CARD PLAYING

Card games will resume with the same schedule

- ♦ **Bridge:** **Monday 1:00 pm**
- ♦ **Hand and Foot:** **Tuesday Noon**
- ♦ **Cribbage:** **Wednesday 9:30 am**
- ♦ **500:** **Thursday Noon**

BUNCO

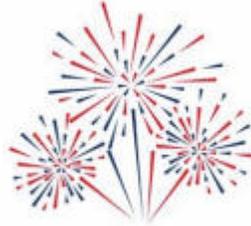
Bunco will be starting.
Details forthcoming.



**More activities to resume in the Fall,
including day trips!**



FOURTH of JULY



Fun Fact: On the very first 4th of July in 1776, America was home to only 2.5 million citizens. Today, it is home to over 333 million.

The Fourth of July is an amazing holiday. Everyone in the country celebrates, it does not discriminate against a single American. It's a day to come together as one U.S. Nation.

Who doesn't love a S'more?

There's nothing better than a summer gathering around a campfire making s'mores. The graham cracker, chocolate square and marshmallow combo is delicious, but there are clever ways to bring your s'more to the next level.

- ◆ Add some heat by spritzing your marshmallow with water and dust with cayenne pepper before roasting.
- ◆ Add bacon! Any bacon lover has probably realized how delicious the chocolate/bacon combo is.
- ◆ Plain old chocolate bars are not a requirement, try a Reese's Peanut Butter Cup instead. Yumm!
- ◆ Drizzle warm caramel sauce over the top.
- ◆ Swap out the classic graham cracker with a cookie, maybe chocolate chip, or if you're lucky enough to have Samoa Girl Scout Cookies around that is true next level!

LOADED BAKED POTATO SALAD

- ★ 5 lbs small unpeeled red potatoes, cubed
- ★ 1 teaspoon salt
- ★ 1/2 teaspoon pepper
- ★ 8 hard-cooked eggs, chopped
- ★ 1 lb sliced bacon, cooked and crumbled
- ★ 2 cups shredded cheddar cheese
- ★ 1 medium onion
- ★ 1-1/2 cups sour cream
- ★ 1 cup mayonnaise
- ★ 2 to 3 teaspoons prepared mustard
- ★ Place the potatoes on a greased 15x10x1 baking sheet; sprinkle with salt a pepper. Bake uncovered at 425 deg for 40-45 min or until tender. Cool.
- ★ In large bowl, combine the potatoes, eggs, bacon, cheese and onion. In small bowl, combine the sour cream, mayo and mustard; pour over potatoes and toss to coat.
- ★ Chill or serve immediately.

Packing your cooler for a Picnic

International Picnic Day is celebrated on June 18th so no better time than that to get out the ol' pic-a-nic basket.

Cold sandwiches, chilled salads and icy beverages really hit the spot on warm days. Here's a few tips on packing up the cooler:

- * Your cooler should be 25% ice and 75% food. Place the ice on the bottom and sides of the cooler.
- * Transfer chilled foods directly from the refrigerator, you don't want to put warm food in the cooler.
- * A full cooler will stay colder longer.
- * Large pieces of ice melt more slowly.
- * Avoid the sun's rays and place it in the shade when you get to your destination.



Don't Forget the Sunscreen



Up to 80 percent of the sun's rays can pass through clouds, so if you assume it's OK to forgo protection on an overcast day, think again.

Tired of your tablecloth blowing away?

A TWIN FITTED SHEET makes an excellent picnic table cover.

Six-Pack Picnic Caddy

Repurpose a six-pack to hold your utensils, napkins and condiments to help keep your picnic organized!





Dementia Friends

This one hour class is for anyone who knows someone living with dementia.

DATE: June 8th, TIME: 10:00 a.m.
LOCATION: Virtual Zoom Class

Caregiver Essentials

An educational program designed to assist family caregivers.

DATE: June 8th, TIME: 10:00 a.m.
LOCATION: Virtual Zoom Class

To register or for more information:
Contact Collette at 651-257-7905 or email collette@familypathways.org



Isanti County Commission on Aging

Open Position: Volunteer Coordinator
Status: Volunteer
Hours: Vary (more hours as activities resume)

The Cambridge Senior Enrichment Center is searching for an energetic Volunteer Coordinator to recruit volunteers and maintain volunteer records. This position would interface with the Executive Director to ensure that the Enrichment Center is adequately staffed to operate efficiently. Contact Jody Van Lingen @763-689-6555

FOOT CARE

**One-on-One basis,
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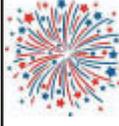
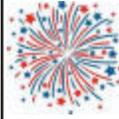


JUNE 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Friendship Café Monday-Thursday Lunch—11:00-1:30</p>		1 SPAGHETTI W/SALAD	2 CHICKEN STIR FRY W/ RICE	3 MEATLOAF W/ POTATOES	4 The Center is Closed	5
6	7 GOULASH	8 PORK CHOPS W/ MASHED POTATOES	9 SLOPPY JOES W/ POTATO SALAD AND BAKED BEANS	10 BAKED CHICKEN DINNER	11 The Center is Closed	12
13	14 PORK CHOW MEIN W/RICE  FLAG DAY	15 CHICKEN ALFREDO W/ NOODLES	16 CHILI MAC CASSEROLE	17 BEEF STROGANOFF W/ NOODLES	18 The Center is Closed	19
20 	21 TATER TOT HOTDISH  SUMMER BEGINS	22 BAKED FISH W/ POTATOES	23 PHILLY BEEF SANDWICH W/PASTA SALAD	24 LASAGNA W/ SALAD	25 The Center is Closed	26
27	28 CHICKEN PASTA SALAD	29 SALISBURY STEAK W/ MASHED POTATOES	30 CHEESY CHICKEN AND POTATO CASSEROLE			

JULY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friendship Café Monday-Thursday Lunch—11:00-1:30				1 PULLED PORK SANDWICH W/ ANTIPASTO SALAD	2 The Center is closed.	3
4 	5 MOCK CHOW MEIN	6 AU GRATIN POTATOES W/ HAM	7 BRATS W/ POTATO SALAD	8 SWEDISH MEATBALLS W/ MASHED POTATOES	9 The Center is closed.	10
11	12 SPAGHETTI HOT DISH	13 PARMESAN CRUSTED FISH W/CHEESY POTATOES	14 HAMBURGER GRAVY OVER MASHED POTATOES	15 CREAMY CHICKEN BREAST W/ RICE	16 The Center is closed.	17
18	19 PIZZA CASSEROLE	20 CHICKEN ALA KING	21 SLOPPY JOES W/JOJO POTATOES	22 PORK ROAST W/MASHED POTATOES	23 The Center is closed.	24
25	26 TATER TOT CASSEROLE	27 BAKED CHICKEN W/ POTATOES	28 SUB SANDWICH W/COLESLAW	29 MEATLOAF W/ POTATOES	30 The Center is closed.	31



Yust Ask Ole

Q My wife made a summer 'To Do' List ...How do I avoid this??

Ben Hidinout

Dear Ben ... Do vat I did:

Lena asked me to **fix da vashing machine;**

I said, "**Vat do I look like, da Maytag Repairman?**"

Den she asked me to **trim da bushes;**

I asked, "**Vat do I look like, Nortland Landscaping?**"

Den she wanted me to fix da **backed up sewer;**

I replied: "**Vat do I look like: Roto Rooter?**"

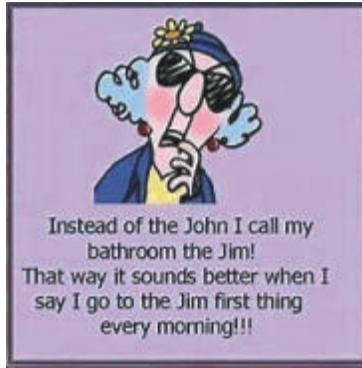
Our neighbor, Sven come over and fixed everyting ... Lena said he wouldn't accept payment ... **all he wanted vas a pan of Brownies OR a BIG SLOPPY KISS.**

I asked if she made him **Brownies?** ... She said: "**Vat do I look like ... Betty Crocker!**"

(I hope she gave Sven a smooch, cuz her brownies are da **kiss of death!**)

Your friend, OLE

Ole and Lena are performing **LIVE** at the Cambridge City Park on **June 3rd, 6:30 pm**



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

JOKE:

What time do you go to the dentist?

...answer on page 11

Forgetful Senior Citizens



JUST FOR FUN

CAT GOT YOUR TONGUE

Cats make an appearance in many different words and phrases. The catbird takes its name from one of its calls, which resembles the meow of a cat. Catcalls are the whistles, shouts and rude comments made by audiences when they don't like a performance. On the opposite end of the spectrum, the cat's meow—or in some cases the cat's pajamas—refers to anything considered outstanding. Both phrases date back to the 1920s. A semiprecious gem called cat's eye (usually chrysoberyl or chalcedony) is so-called because of the way it glows, like a cat's eyes in the dark.



Star Tribune June 4, 2020

There was an elderly couple who were in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, no, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

Sudoku Answers from page 10

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

Laughter is timeless.
Imagination has no age.
And Dreams are forever.
- Walt Disney

SUMMERTIME WORD SEARCH

W S U N S H I N E N Y U E L A
 M G A G W C S L A D N A S S M
 A N T A A I X F X A D L X T H
 E I K K T E L C I S P O P D N
 R M H L E H O L I D A Y S G B
 C M T A R Z G B V Q C P M T L
 M I M I M M O S Q U I T O S R
 T W R Q E U C I N C I P P G Y
 Z S A T L V A C A T I O N O M
 I U W T O B G Z O B J O Q M B
 L B F M N P O H F I P U F Z S
 H O T V W T Q Q G N I Y A L P
 L S U M M E R D E S C L A V I
 V A E C I R E W O L F N U S Z
 J U J O F D Y Y B E A C H W R

BEACH
 CREAM
 HOLIDAYS
 HOT
 ICE
 MOSQUITOS
 PICNIC
 PLAYING
 POPSICLE
 SANDALS
 SUMMER
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 SUNSHINE
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VISIT A FARMERS MARKET

- ⇒ **Taste real flavors and enjoy the current season** - The fruits and vegetables available at farmers markets are among the freshest and tastiest produce available.
- ⇒ **Support local farmers**— Frequenting local farmers markets will directly impact their business and give them much deserved support.
- ⇒ **All-natural**— Most food at a farmers market will not contain any added chemicals and are grown using the most naturally sustainable techniques.
- ⇒ **Learn tips and recipes**— By shopping at a farmers market, you can learn a lot about food preparation and take home plenty of new and exciting recipes.
- ⇒ **Enjoy the Outdoors** - Strolling around an outdoor market can be a great stress reliever and wonderful way to enjoy a morning or afternoon.

I encourage you to check out and support your local farmers market. Besides the fresh produce they have the best honey, jams, flowers, crafts, natural products and so much more!



***Cambridge Farmers Market—Saturdays, May 8th—Oct 30th**
9:00 am—1:00 pm—City Center Market Parking Lot



Drop a Line

Fishing is a great way for seniors to leave stressors behind, breathe in the fresh air, and relax their worries away. Spending time enjoying the outdoors while fishing can lower your heart rate and blood pressure, which in turn can lower your feelings of anxiety.

It's also a great family bonding activity. Fishing is a skill passed on through the generations, with grandfathers (or grandmothers...nod to my mom) taking the younger kids out to a familiar lake and instructing them how to hook a worm. That time spent with your family is priceless and it promotes feelings of security and well-being.

There are so many benefits to fishing and so few drawbacks. What are you waiting for?

DIY Floating Fish Basket

Pool Noodles + Laundry Basket

Clever!



SUDUKO

The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid contains all of the digits from 1 to 9. Got that? :)

Sudoku is a very popular numbers puzzle with many benefits, including improving concentration, reducing anxiety and stress, and improving thinking skills and memory.

This is a fairly simple one but great for anyone who hasn't played it before.

Give it a try and reap the brain benefits!

(answers on page 8)

	7			2		4	6	
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

June



June babies are Gemini thru the 20th and Cancer thru the end of the month. Gemini traits are versatile, expressive, curious and kind, and Cancer traits are intuitive, sentimental, compassionate and protective.

Rose is the birth flower of June.

June is fortunate enough to have two birthstones, pearl and alexandrite.

June 7th is National Chocolate Ice Cream Day and June 16th is Fresh Veggies Day...time to pay for all the chocolate ice cream!

June consists of the most daylight hours in the Northern hemisphere.

July



The month of July was named after Julius Caesar as it was the month he was born in.

July has two birth flowers, the water lily and the larkspur. The water lily is a symbol of a pure heart and the larkspur represents the lightness of heart.

The birthstone is ruby, considered by many to be the king of gems. It is said to protect against evil.

On average it is the warmest month of the year in the Northern hemisphere. And if you're doing everything right, then crops of corn are meant to be 'knee high by the fourth of July.'

Keeping Ants Away Naturally

If you find ants trailing through your house, it's likely that they are following the scent of their predecessors. Use a white vinegar spray and soapy sponge to clean their scent from this pathway.

Ants also dislike peppermint, so if you know where they're entering you can use a cotton ball soaked in peppermint essential oil to deter them.



Answer: Two-Thirty "tooth-hurty"...of course!

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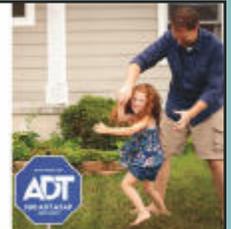
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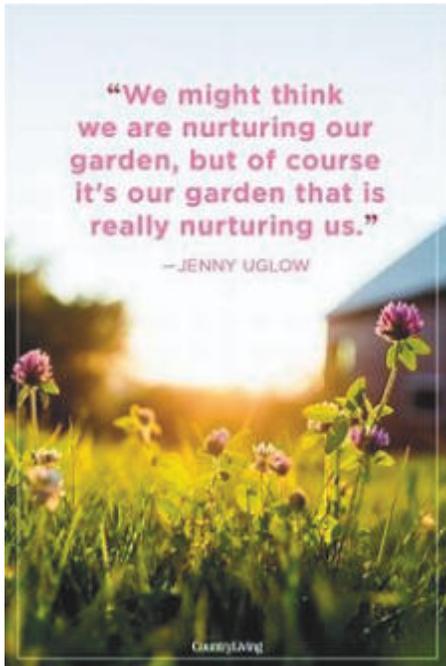
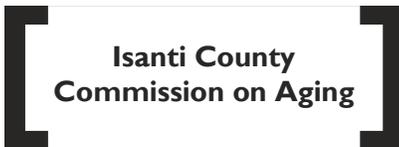
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A PLACE WHERE FRIENDS MEET



**May the summer days
spread sunshine in
your life.**

Meals at SAC's Enrichment Center

The Friendship Café is currently open for takeout, delivery, and dine-in on Monday through Thursday, from **11:00 am to 1:30 pm**. For dine-in, COVID-19 precautions are implemented and signage is posted on the doors with established protocols.

If you are interested in delivery, call us **(763-689-6555)** the night before or the morning of between 8 am and 10 am. Please state your name, phone number, and address.

A weekly meal package for delivery is available for \$25, which includes 4 main entrees a week, delivered Monday-Thursday, plus a bagged lunch of soup, bread and fruit for Friday. Call Sunday to order & provide your name, phone number, and address.

Mission and Goals of The Senior Enrichment Center

The mission of our organization is to provide seniors in Isanti County with resources in which topical information on senior issues, nutritional, recreational and minor medical needs are met for our senior population age 55 and over. The goals are to ensure that seniors in different age brackets will remain active and engaged in their community, using the Senior Enrichment Center as a resource center and place to gather.