

the
friendship
paper

VOLUME #39 FEBRUARY 2022— MARCH 2022



A Message from the Senior Activity Center

The holidays are over and now we settle into the dead of winter. The sense of dead here goes back to the 16th century, meaning the period most characterized by lack of signs of life or activity. I’d say it applies.

Christmastime at the senior center was festive with twinkling lights in the café and a delicious holiday ham dinner before the break. The staff enjoyed a holiday party hosted by the Board of Directors and nearly all members attended. That was a meaningful thank you for a year of hard work and dedication.

If you’re lucky you’ve headed South for the rest of the winter or have a warm weather vacation planned. We are all still painfully aware of the restraints the pandemic has put on our lives but let’s go forth with caution and safety and remember to see the good things around us.

Jody Van Lingen, Exec Director

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NEW WEBSITE!

www.cambridgesac.org

The Cambridge Senior Activity Center is excited to announce we have an informative new website!

You can expect to find:

- the monthly menu for the Friendship Café
- information about the café, the full menu, and the meal delivery program
- events and activities calendar
- the bi-monthly newsletter
- news and newspaper articles
- donation information -

As a non-profit we rely greatly on the generosity of individual and community donations.

There is an easy on-line payment button, or a printable form to accompany a donation by mail.

Please check it out!



THANK YOU TO THE CAMBRIDGE LIONS CLUB FOR THE GENEROUS DONATION

The donation will be put toward a new coffee maker in the Friendship Café. Nothing is more important than a warm cup of coffee while enjoying a meal in the café and we will gratefully remember the Lions whenever a pot is brewed!

Pictured: Jody Van Lingen, Executive Director, Jeannie Winselman, ICCOA Board Chair, and Dave Findell, Lions Member and volunteer driver for our meal delivery program



WE ARE FEATURED FEBRUARY 2022

Isanti County Commission on Aging
(dba Cambridge Senior Activity Center)

The City Center Market Round It Up program offers shoppers a chance to “round up” their grocery bill for recipient organizations that share their commitment to a healthy community. A different nonprofit is featured each month (we are February!) When you round up your purchase to the nearest dollar, those extra cents are given directly to a local organization doing amazing work for people who need it. What a simple way for us all to help make a difference in our community. Please shop **City Center Market** and show your support!



The Newsletter Ladies

This dedicated group of volunteers faithfully shows up every-other month to prepare the newsletter for mailing. I couldn't do it without them!

THANK YOU!



HAPPY 103rd Birthday To Alma!

Alma comes to the senior center every Thursday to play cards. She's still a spunky lady and we love seeing her smiling face!



Come Travel With Me

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Carline Sargent

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612-270-3403

2022 Worry Free Group Travel Opportunities

September 23-October 1, 2022

Washington D.C., Niagara Falls & New York City

December 3-11, 2022

Tropical Costa Rica

We are excited to be partnering with Carline Sargent of 'Come Travel with Me' for day trips from the Senior Activity Center! We are looking forward to planning for spring and summer. We'd love your suggestions on where you'd like to go...plays, sporting events, restaurants... Please contact Jody at the senior center (763-689-6555).

MORNING COFFEE

'Coffee with good friends makes our problems lighter.'

8:30 am to 10:30 am Monday -Thursday

CARD PLAYING

- ♦ **Bridge:** Monday 1:00 pm
- ♦ **Hand and Foot:** Tuesday Noon
- ♦ **Cribbage:** Wednesday 9:30 am
- ♦ **500:** Thursday Noon
- ♦ **Bunco:** 3rd Thursday/
Month 10:00 am

COLORING AND CRAFTS

Tuesdays 9:00 am to 10:30 am

Join us in the café
and bring your creative side!



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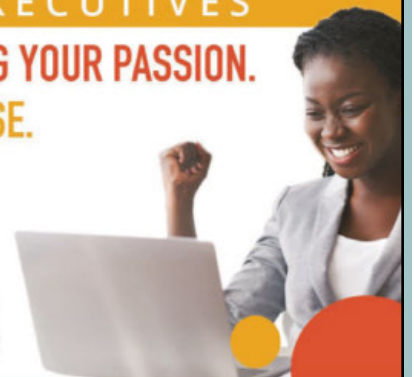
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SUPER BOWL SUNDAY



Super Bowl LVI (56) will take place on Sunday, **February 13, 2022** at SoFi Stadium in Los Angeles—the home of the Chargers and Rams

Gear up for the game with this delicious pizza sandwich!

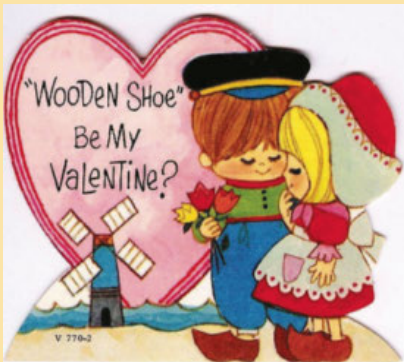
EASY STROMBOLI

Ingredients

1/2 lb ground beef
 1 can refrigerated Pillsbury Classic Crust Pizza Crust
 1/4 cup (or so) pizza sauce
 Additional toppings if desired (onion, peppers, mushrooms, pepperoni....)
 1 cup shredded mozzarella

Steps

Heat oven to 400 deg. Spray cooking sheet with nonstick spray.
 Brown ground beef. Drain. Set aside.
 Unroll dough. Press out to 12x8 rectangle.
 Spread on sauce. Top with ground beef, additional toppings, and cheese.
 Fold edges over and press to seal.
 Bake 15-20 minutes or until crust is golden brown.



HAPPY VALENTINE'S DAY

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the “Mother of the Valentine,” made elaborate creations with real lace, ribbons and colorful pictures known as “scrap.” Today, according to the Greeting Card Association, an estimated 1 billion Valentine’s Day cards are sent worldwide each year!

Trivia: Who created the first Valentine’s Day box? Is it Russell Stover, Louis IV, Richard Cadbury, or Milton Hershey?

Homemade Rose Sugar Scrub

With Valentine’s Day just around the corner, who doesn’t love to get a little something to pamper themselves? Or you can just make it for yourself to soothe that rough and dry winter skin. This gentle rose body scrub will slough off dead skin cells and leave you soft and glowing.

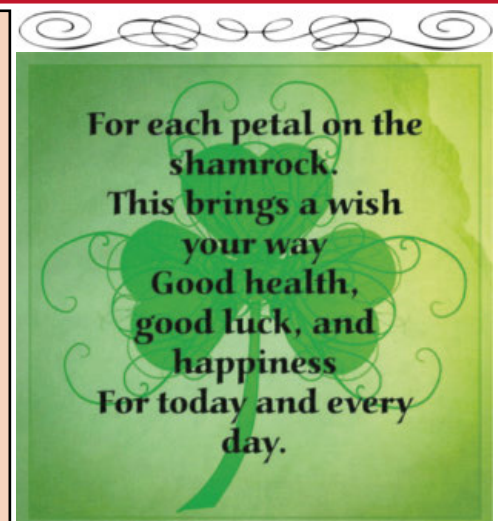
Ingredients

Petals from 1 Rose
 1/2 cup Coconut Oil
 1 cup White Sugar
 8-10 Drops Rose Essential Oil

Add rose petals to blender or food processor until chopped up small.

Add all ingredients into a medium bowl and mix together with your hands, fork, or hand blender.

Scoop into jar and seal.



Answer: “In 1822, John Cadbury opened a tea and coffee shop in Birmingham, England. He soon expanded chocolate manufacturing and in 1861 his son Richard greatly increased sales by packaging Cadbury chocolates in the world’s first heart shaped box for Valentines Day.”

**Dementia Friends
Family Sessions**



This private education session is for people of all ages who know somebody living with dementia.

- Learn the difference between dementia and normal aging
- Learn 5 key messages
- Learn how to better communicate with someone diagnosed with dementia

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For more information:
Contact Collette at
collette@familypathways.org

Blood Pressure Checks



Nursing students from Anoka-Ramsey Community College will be at the Friendship Café on Thursdays, 2/10, 2/17, 3/3, 3/10, and 3/31, giving free blood pressure checks from 11:00 to 1:00. Each week there will be a special topic with the opportunity to answer a question for a prize. Stop by and take advantage of the opportunity and give these great students a chance to practice their skills!

FOOT CARE

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FEBRUARY 2022






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Friendship Café</p> <p>Monday-Thursday Lunch—11:00-1:30</p>		<p>1</p> <p>STUFFED PEPPERS</p>	<p>2</p> <p>FISH AND CHEESY POTATOES</p>	<p>3</p> <p>BBQ CHICKEN</p>	<p>4</p> <p>The Center is Closed</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>TATER TOT HOTDISH</p>	<p>8</p> <p>CHICKEN ALA KING</p>	<p>9</p> <p>PULLED PORK SANDWICH</p>	<p>10</p> <p>HAMBURGER GRAVY W/ MASHED POTATOES</p>	<p>11</p> <p>The Center is Closed</p>	<p>12</p>
<p>13</p> <p><i>Happy Valentine's Day</i></p>	<p>14</p> <p>PARMESAN CHICKEN W/ SALAD AND GARLIC BREAD</p> <p>VALENTINE'S DAY</p>	<p>15</p> <p>SLOPPY JOES W/ JOJO POTATOES</p>	<p>16</p> <p>CHICKEN CHOW MEIN</p>	<p>17</p> <p>RIBS W/ SAUERKRAUT AND BOILED POTATOES</p>	<p>18</p> <p>The Center is Closed</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>GOULASH</p> 	<p>22</p> <p>HAM AND POTATOES</p> <p>WASHINGTON'S BIRTHDAY</p>	<p>23</p> <p>CHICKEN ENCHILADA</p>	<p>24</p> <p>MEATLOAF W/ MASHED POTATOES AND GRAVY</p>	<p>25</p> <p>The Center is Closed</p>	<p>26</p> 
<p>27</p>	<p>28</p> <p>CHICKEN POT PIE</p>					



MARCH 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Friendship Café Monday-Thursday Lunch—11:00-1:30		1 PORK CHOPS AND POTATOES	2 PARMESAN CRUSTED FISH	3 SWEDISH MEATBALLS W/ MASHED POTATOES AND GRAVY	4 The Center is closed.	5
6	7 MOCK CHOW MEIN	8 LASAGNA	9 CHICKEN FAJITAS	10 SALISBURY STEAK W/ POTATOES AND GRAVY	11 The Center is closed.	12
13 Daylight Savings	14 BEEF STEW	15 CHEESY HAM CASSEROLE	16 SLOPPY JOES W/JOJO POTATOES	17 CORNED BEEF AND CABBAGE 	18 The Center is closed.	19
20 	21 BEEF STROGANOFF	22 BAKED CHICKEN W/ BAKED POTATO	23 WILD RICE CASSEROLE	24 MEATLOAF W/ MASHED POTATOES AND GRAVY	25 The Center is closed.	26
27	28 TATER TOT CASSEROLE	29 SPAGHETTI W/MEAT SAUCE	30 CHICKEN CHOW MEIN	31		



Q: I'm out of ideas for **Valentine's Day** ... what's the **best gift** you ever gave Lena?

Ben Tinken

A: Dear Ben,

By far da best gift I ever got Lena vas last year ven I got her vat she asked for ... **DIAMONDS!**



Dis year I'll get her **HEARTS**;
next year: **SPADES**; den **CLUBS** ...
Den no von will be able to say dat
Lena's not playin' vit a **FULL DECK** :)
Happy Valentine's Day to **ALL!**

Ole

JUST FOR FUN

GRANDMA MOMENT

I go to KFC to get the grandkids something to eat. They wanted kids meals with the leg, so when ordering I said, "two kids meals with the leg, please". The drive-thru attendant replied, "which side?" In complete silence I contemplated such an odd question. "I guess the right side", I said, "I don't know what the difference is?" After several moments of laughter she said, "no, which side to go with the leg.... mashed potatoes or wedges!"



Betty White 1922—2021

An archeologist is the best husband a woman can have. The older she gets, the more interested he is in her.

—Agatha Christie

STRANGE PHOBIAS

Fear of the number **13** is called **triskaidekaphobia**.

Irrationally **scared of clowns**? You might have **coulrophobia**.

Hippopotomonstrosesquippedaliophobia
For people who have a **fear of long words**, the name of this phobia really doesn't help!

Arachibutyrophobia is actually the **fear of peanut butter sticking to the roof of your mouth**.

Seriously!

"You don't fall off the planet once you pass a given age," Betty White said on the *Today Show* in 1991. "You don't lose any of your sense of humor. You don't lose any of your zest for life or your lust for life." And she practiced what she preached.



At my age the only pole dancing I do is to hold on to the safety bar in the bathtub.

Jewels

Sudoku Answers from page 10

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

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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

Chicken Scratch NY

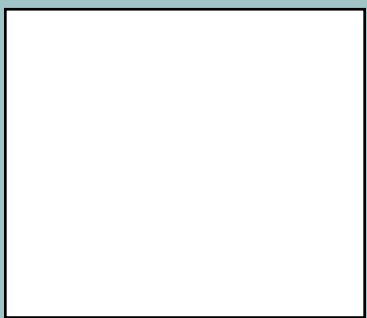
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BE KIND TO YOUR MIND & BODY

WALKING VS. RUNNING

You've probably heard that sitting is the new smoking, and that exercise can help lower the risk of heart disease. But if you're under the impression that in order for cardio to count, it has to be high intensity like running, you may be delightfully surprised to learn that walking for a healthy heart could be all you need. It has a similar impact on the risk reduction of high blood pressure, cholesterol, diabetes, and coronary heart disease, according to a study in the journal *Arteriosclerosis, Thrombosis, and Vascular Biology*.

Running and walking are very important for cardiovascular health for multiple reasons. They provide physical exercise which would help burn calories, cardiovascular and muscular toning, improve heart rate variability, decrease blood pressure, increase endorphin release providing a positive internal modulation, decrease stress, and improve overall health.

Running and walking will both get you to your baseline cardio fitness goals, but running will just do so faster. If speed isn't an issue, walking does have its advantages: it may be easier to fit into a person's daily routine, it doesn't require special shoes, and it's easier on the joints.

One of the best things about walking is that it can truly be done anywhere: you can go out for long dedicated walks, you can also simply walk up and down your hallway in your building, around your living room in your house, or even walk stairs repetitively.

Walking is also a preferred method of exercise for the longest-lived people on Earth. Walking is relatively easy and based on the current scientific data if a person can walk at least 30 minutes, three times a week, it provides sufficient physical exercise to keep the body active and healthy. So feel free to go your own speed, just get out there and do it!

MSN Health/Wellness

Skip the Fountain Soda

Get this: 7-Eleven sells a whopping 45 million gallons of fountain soda each year. That's enough soda to fill 68 Olympic-sized swimming pools, according to the chain. But be cautious before filling up your cup, and here's why: Thanks to moisture that collects inside the machine, soda dispensers are prime environments for mold. Banish the Big Gulp and opt for water, instead. Given soda's negative health effects and cost, you will be doing your wallet and waistline a huge favor. rd.com

Eat an Apple to Beat the Stress



Eating an apple when your nerves are frazzled helps you feel 52% calmer in five minutes. Scientists at the Smell and Taste Treatment and Research Foundation say that a unique compound (malic acid) in the fruit triggers the release of mood-boosting endorphins.

SUDOKU

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. (answers on page 8)

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

February Baby

February babies are the free spirits of the calendar year as they frequently have a changing personality that can be temperamental one minute and quiet and shy the next. Many are deep thinkers who love to explore new goals and dreams and take daring risks to reach their ambitions. Many February babies are attractive and easily make friends, although they are not prone to showing romantic love very openly.

www.kidloland.com

February 9th is National Pizza Day

And Happy Birthday to my Dad!

March Baby

March babies can be very sympathetic to others and love to take care of them and to create a feeling of peacefulness. They are affectionate and attractive, but also can be reserved in their outward expressions. Babies born in March will always return kindness and can easily see when others need some help or emotional boosting.

www.kidloland.com

March 3rd is National I Want You to be Happy Day

So be happy!



HACK

Handy Uses for Toothpaste

- ◆ A little toothpaste does an amazing job of removing scuffs from leather shoes. Just squirt a dab on the scuffed area and rub with a soft cloth. Wipe clean with damp cloth.
- ◆ The mild abrasive in non-gel toothpaste is just the ticket for scrubbing the gunk off the bottom plate of your clothes iron. Apply the toothpaste to the cool iron, scrub with a rag, then rinse clean.
- ◆ Rub toothpaste on the front or back of your phone (wherever there are scratches). The toothpaste will reduce the look of the scratches and make your phone screen look much better.

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A PLACE WHERE FRIENDS MEET

**Isanti County
Commission on Aging**



Meals at SAC's Enrichment Center

The Friendship Café is currently open for takeout, delivery, and dine-in, Monday through Thursday, from **11:00 am to 1:30 pm**.

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 \$27.50, which includes 4 main entrees a week, delivered Monday-Thursday, plus a bag lunch of soup, bread and fruit for Friday. Call to set up your plan.

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.