Four Seasons Senior Center NEWSLETTER

2021 APRIL NEWSLETTER

LOCATION
114 Center St W
Roseau, Minnesota 56751

PHONE NUMBER
218-463-1331

WEBSITE
https://goroseau.com

WHO WE ARE

The Four Seasons Senior Center provides a place for senior citizens of Roseau and the surrounding areas to enjoy educational, social and recreational activities. The center also provides opportunities for seniors and volunteer their talents at various activities; to provide nutritional meal preparation site for congregate and home-delivered meals for seniors and the disabled, and to provide meeting room facilities for community groups and family gatherings on a rental basis.

WELCOME!

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HOURS OF OPERATION
Monday: 8:00 am-4:00 pm
Tuesday: 8:00 am-4:00 pm
Wednesday: 8:00 am-4:00 pm
Thursday: 8:00 am-4:00 pm
Friday: 8:00 am-1:00 pm
Saturday: Closed
Sunday: Closed

The History of Aprons

Remember making your first Apron ??

I don't think our kids know what an apron is..

The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold grandma wrapped it around her arms.

The big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folks knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER when:
Grandma used to set her hot baked apple pies on the window sill to cool.

Her granddaughters set theirs in the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron.

This sure brings back memories of years past of my grandmother!

I remember getting so many aprons for helping at weddings and special occasions that were made out of net. Do you remember getting them? They didn't help for any spills but just that you had an important job helping out with the lunch. One couldn't do much with them . But feel important !

Thanks for the memories!!

MACKINAC ISLAND

SUNDAY-SATURDAY
SEPTEMBER 19-25, 2021
$625 PER PERSON
(DOUBLE OCCUPANCY)

PRICE INCLUDES:
***6 NGHTS LODGING INCLUDING 4 CONSECUTIVE NIGHTS IN NO. MICHIGAN.**
***10 MEALS: 6 BREAKFASTS AND 4 DINNERS.**
***GUIDED TOUR OF MACKINAW CITY.**
***VISIT TO MACKINAC ISLAND, INCLUDING A GUIDED CARRIAGE TOUR.**

TRIPS & TOURS

*Boat ride through the Soo Locks and free time & sight -seeing in Sault Sainte Marie
*Visit to Mackinaw Crossings
*Admission to Colonial Michillimackinac
* and much more

$75.00 DEPOSIT DUE UPON SIGNING. THE REMAINDER WILL BE DUE May 1, 2021.

NOTE FROM DIAMOND TOURS:
ALL TRAVELERS NEED A COPY OF THEIR COVID-19 VACCINATION RECORD CARD. IF YOU DON'T HAVE THE SHOT YOU CANNOT GO ON TRIP.

We will be traveling with Diamond Tours out of Mpls., MN.

It is fun when we can travel together and get to know each other better.

CZEH, WILSON & WILMER
Certified Public Accountants
Ph: 218-463-1750
Fx: 218-463-1450
info@cpwcpa.com
102 2nd St SE | PO Box 10 | Roseau, MN 56751

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paula@asmustax.com
www.asmustax.com

APRIL 2021 LUNCH MENU

LSS MEALS are served at Four Seasons Center Mon—Fri. . The hours are 11 AM—12 Noon. Meals-on-Wheels are deliver-Ed around 11 AM. If you would Like to have a meal reserved For yourself please call 463-1331 the day before or no later Than 9:30 AM the day of.

The Twin's Café of Badger Prepare and cook the meal For us & we pick up The food and serve you. The Meals are very tasty and hot. The suggested cost per meal Is $5.00 for people over the Age of 60 and for those under 60 the suggested price is $8.75.

Milk is served with each meal.

Eat Right, Bite by Bite!

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits-fresh, canned, frozen or dried-instead of juice. The sugar naturally found in fruit does not count as added sugar.

Keep Visible Reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

Experiment with Flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

Think about Variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

Don't Forget the Fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

Include Fruit at Breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice, or, try mixed fruit with yogurt.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**Meals are subject to change! * ALL Meals are served with milk!*	**Call day before or NO LATER than 9:30 AM Day of to reserve a meal!*	**Snap Payments are accepted in lieu of donation!*	1 Potato Dumpling Sausage Pattie, Bun Apple Sauce Cookie	2 BBQ Ribs, Bun Baked Potato Fruit Salad, Bar
5 Spaghetti & meat Sauce, coleslaw, Garlic Bread Brownie	6 Baked Chicken, Bun Potato Salad, Baked Beans, Sr. Cream Raisin Bars	7 Pork Roast, Bun, Dressing, Mashed Potatoes, Gravy Normandy blend Vegetable, Dessert	8 Sloppy Joe, Cheezy Potatoes, Peas & Carrots, Dessert	9 BBQ Ribs, Bun Baked Potato, Green Beans Fruited Jello with Topping
12 Tater tot hotdish, Mixed vegetables, Bun, Raspberry Dream Cake	13 Pork Chop, Bun Mashed potato, gravy, glazed carrots and dessert	14 Roast Beef, Bun Mashed potatoes Gravy, Buttered Beets, Bread Pudding w/ toppin	15 Chili, crackers, Egg Salad on Bun Cookie	16 BBQ Ribs, Bun, Baked Potato, Vegetables, Pudding w/ top
19 Chef Salad/dressin Garlic Bread Poke Cake	20 Meatballs, Gravy, Mashed potatoes, Bun, Vegetables Dessert	21 Pork Roast, Bun, Dressing, Corn, Mashed pot/gravy Angel food cake/ Strawberry /top	22 Cheeseburger on bun, Baked Beans Dessert	23 BBQ Ribs, Bun Baked Potato, Vegetables, Bar
26 Beef taco salad, cheese, lettuce, onions, beans, br. Stick, cookie	27 Scalloped Potatoes, Fish, Mixed Veggies Bun, Cup Cake	28 Roast Beef, Gravy, Mashed Potatoes, Buttered Beets, Bun, Dessert	29 Kielbasa, & Fried Potato Skillet, Bun, Baked Beans Dessert	30 BBQ Ribs, Bun Baked Potatoes Vegetables & Bar

05 RECIPES

TRY THEM AT HOME!

Lime Chiffon Dessert

1-1/2 cups crushed graham cracker crumbs
1/3 cup sugar
1/2 cup butter or margarine
Filling:
1 pkg. 3 oz. lime gelatin
1 cup boiling water
2 pkgs. (1-8 oz & 1-3oz.) cream cheese (softened)
1 cup sugar
1 tsp. vanilla
1 (16 oz. whipped topping

Combine 1st 3 ingredients, save 2 Tblsp for topping. Press crumbs into pan. Dissolve water & gelatin, Beat cream cheese & sugar and vanilla. Add gelatin then fold in whipped topping. Set

Fried Egg Candy

1 package (15 oz.) pretzel sticks
1 package (12 oz.) vanilla or white chips
48 yellow M & M's

Place pretzel sticks on wax paper in groups of two, leave a small space between each. Microwave vanilla chips until melted. Drop by tablespoon over each pair of pretzel sticks. For "yolks" place 1 or 2 M&M's in the center of each "egg". Yield about 3 1/2 doz.

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Mon through Thurs 11:00a – 6:00p
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CHRIST IS RISEN
HE IS RISEN INDEED!!

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DONUT DAYS—Monday
April 12 & 26
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BELTONE HEARING—Wed.
April 7th & 21st.—9 AM
Call Dan at (218) 681-1193 to make an appointment
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LOLA'S HEARING—FRIDAY
April 16th—9 AM
Call Dave at (218)689-5188
For an appointment.
****

INCOME TAX SERVICE
Friday, April 2nd & 9 & 16TH
10 AM—1 PM
****

OPEN BOARD MEETING
Wednesday, April 14th
9 AM
****

WHIST CARDS
Monday, Apr. 5, 12, 19 & 26
1:00 PM
If you like to play whist please come and join us.
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PINOCHLE
Thursday, Apr. 1, 8, 15, 22 & 29
1:00 PM
Come and enjoy the fun!
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AARP SAFE DRIVING CLASS

There will be NO Safe Driving Class until at least September. Michelle Hulst, Instructor, told me that she was notified that AARP had informed her that they aren't able to have classes yet due to the Covid-19 pandemic.

If you have been notified by your insurance company that for a reduction in charges for the insurance you need to have the Safe Driving class. Michelle told me for you ask the Insurance Company that the classes aren't held now due to the Covid-19 and see if they will extend the discount longer until classes can be held.

We will inform you about any changes.
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CARAMEL ROLLS & COFFEE
We serve caramel rolls and coffee on Mon. April 5 & 19th for $2.00. This is a little fund raiser for the quilting table. This is also a good time to come and join some of your friends for coffee. We do social distancing. Face masks are also required in the Center.

THOUGHTS OF EASTER

I awoke before dawn this Easter morn,
Laid very still and just thought.
Not of the eggs and bunnies that Easter brings,
But the gift of life that it brought,
I thought of that cross he carried,
That crown of thorns on his head,
The nails into his body they buried,
Betrayed by even those that he led,
Up that road to Calvary,
Totally sinless too,
Jesus paid the ultimate out of love,
He died for me, for you,
Love keeps no records of right or wrong,
Love doesn't keep a score,
To our Father in heaven we all belong,
Just as on that day long before,
I looked in the room at my sleeping sons,
Tears slipped from my eyes,
God had done more than I could have done,
To just watch as my son suffered and died,
My Easter held such meaning then,
As I watched the dawn breaking through,
Just thinking of that day so long ago,
When God did what I could not do.

IMPORTANT NEWS

QUILTS, TABLE RUNNERS & MORE

New quilts and table runners are appearing as the quilting ladies are busy sewing and coming up with some very nice looking quilts. Table runners are also a great gift to give someone or for yourself. Stop by and check them out. We have some great dish cloths, towels and potholders also have baby quilts for your little family member. Four Seasons Center is a great place to shop.

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DISCOVER ROSEAU

FOUR SEASONS SENIOR CENTER
is located at 114 Center Street W
Roseau, MN. 56751
218-463-1331

We are located one (1) block West off of Center Street . Our business sign is on the outside of the building. You can't miss it,

SHOPPING

UNIQUE BOUTIQUE

Four Season's Senior Center has a great little shop where you can purchase used clothing and other items. All items are in very good shape and some are brand new with the store tags still attached.
Unique Boutique is the place to purchase great items for children . We also have a lot of great reading books for your self or your child. Puzzles, games and other toys available also. Store hours are 8 AM—4 PM, Monday—Thursday, Friday 8 AM—1 PM for your shopping convenience.

Four Seasons Senior Center, Inc.
114 Center Street West
Roseau, MN 56751

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