



VOLUME #38 DECEMBER 2021 — JANUARY 2022



A Message from the Senior Enrichment Center

With Christmas just around the corner, most of you are probably thinking the same thing I am, “where did the year go?!”

This was my first full year as Executive Director of the Senior Activity Center. It has been a year of highs and lows. Highs being, “another newsletter is done!”. Lows being, “another newsletter already?” But in all seriousness, it has been a very rewarding year. The job is busy and challenging and the best part is working with the staff at the Friendship Café. We have learned to navigate through our days as a team and have had lots of laughs along the way. I want to thank them from the bottom of my heart for all of their hard work, kindness, humor, and dedication to the mission of the senior center.

Have a wonderful Christmas and may your New Year be filled with joy and peace.

Jody Van Lingen

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APPRECIATING OUR VOLUNTEERS



The Senior Activity Center and the Friendship Café could not operate without the help of volunteers. These dedicated individuals show up, week after week, month after month, donating their time to deliver meals and run the cash register in the café. There is a saying, "volunteers don't get paid, not because they're worthless, but because they are priceless." No truer words have been said. This holiday season we want them to know how much they are appreciated!

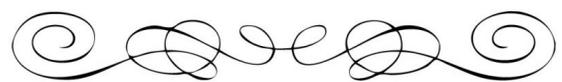


CARD PLAYING

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

LOOKING FOR BRIDGE PLAYERS

No need to be an expert, just come have fun!



COLORING AND CRAFTS

Tuesdays 9:00 to 10:30

Join us in the café and bring your creative side!

MORNING COFFEE

'Coffee with good friends makes our problems lighter.'

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



SPECIAL THANK-YOU'S

The Senior Activity Center, which includes the Friendship Café, is a non-profit organization that relies greatly on the generosity of individuals and organizations within the community. We were doubly blessed to receive two recent donations to contribute to the café. These gifts were the highlights of our month.

**Affinity Plus
Federal Credit Union**



Walking into work on a Monday morning and finding Affinity Plus employees here with a large package, wrapped in bright purple paper, was exciting in itself. Once unwrapped, we found a much needed KitchenAid Stand-Up Mixer, and in the perfect color, red!



Thank you Affinity Plus for understanding the value of giving within your community. We are very grateful to have been recipients!

No one was happier than our baker, Sandi.

Carol Ann Smith, a regular patron of the Friendship Café, was interested in donating a kitchen item in memory of her mom, Lucille Marie Smith, and in what would have been her 100th birthday on October 23rd. Lucille was an excellent cook and baker and volunteered at SAC's at the previous location.

It was decided the donation would be a new immersion blender, greatly needed!



Thank you, Carol Ann, for believing in our mission and understanding our important role in the community. We appreciate you!

Chef Eric works his magic with the new blender.



Ultimate Holiday Hot Chocolate Bar



A hot chocolate bar is the perfect thing to have on hand for casual holiday get-togethers, visits from grandkids on a cold winter day, or unexpected company that drops by. It's the easiest and tastiest way to enjoy hot chocolate. And the coolest thing is that everyone can jazz up their own cocoa, however they like!

TIPS:

- * Buy a great store-bought cocoa mix with quality ingredients and make it with whole milk (it just tastes better, honestly).
- * Serve it in a thermos to keep it hot.
- * Serve all your toppings in jars with lids so when the party is over, you can pop on the lids and save all of it for the next party.



TOPPING SUGGESTIONS:

- * Whoppers
- * Mint chocolate candies
- * Chopped peppermint bark
- * Chocolate chips
- * Toffee bits
- * Caramel bits
- * Candy canes (crushed or whole)
- * Wafer cookies
- * Mini marshmallows
- * Cinnamon Shaker/Sticks
- * Sprinkles
- * Whipped Cream (from a squirt can)
- * Chocolate Syrup

Wreath Hanging Hack

Place an upside-down Command Hook on the interior side of your door, loop your wreath's ribbon (or some fishing line or string) around the hook and drape it over the front of the door.



ILLUMINATED HOLIDAY JARS

Create illuminating holiday jars with cranberries, greenery and floating candles. Place the greenery (I trim mine from a bush outside) followed by fresh cranberries in a jar. Fill the jar with water allowing the cranberries and greenery to float. Add a floating candle to the top, and voila—you have a simple and inexpensive centerpiece to add color and light to your holiday table.



Happy New Year

Here's a great snack to have around for any New Year's get-together. My neighbor Nikki gave me the recipe many years ago and I've been making it ever since. And no, I don't know who Rose is but I'd like to thank her for this delicious, caramel-y snack!

ENJOY!

Rose's Snack

17 oz. Crispix Cereal
15 oz. Mini Pretzels
12 oz. Dry Roasted Peanuts

Mix together:

1 cup Butter
1/2 cup Light Corn Syrup
2 cups Brown Sugar

Boil for 1 1/2 minutes.

Put dry mix in roaster;
Pour boiling mix over dry mix.
Roast at 350 for 8 minutes
Stir intermittently.

Another fresh new year is here . . .
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!

This bright new year is given me
To live each day with zest . . .
To daily grow and try to be
My highest and my best!

I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!

~William Arthur Ward
Facebook.com/surfingrainbows

MARTIN LUTHER KING, JR. DAY

On January 17, 2022, the Dr. Martin Luther King, Jr. holiday will mark the 27th anniversary of the national day of service. This day was established to honor the life and legacy of Dr. King, and to encourage all Americans to volunteer to improve their communities.

We remember Dr. King as a husband, father, friend, and fierce advocate for the betterment of all people. Honor his memory by organizing, volunteering, and spreading the word. Remember to **MAKE IT A DAY ON, NOT A DAY OFF,** for you and those around you.

**FOOT CARE**

One-on-One basis,
\$40 / half an hour -
at the Senior Center

Call Petra Lindner at
763-280-4870
to schedule an appointment.

LEGAL AID

Mid-Minnesota Legal Aid
Free legal services
for age 60 and over

Call (320)253-0121
Or (888) 360-2889
to schedule an appointment.



DECEMBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Friendship Café Monday-Thursday Lunch—11:00-1:30			1 CHICKEN ALA KING OVER BISCUITS	2 WILD RICE HOTDISH	3 The Center is Closed	4
5	6 GOULASH	7 SWISS STEAK	8 UNFORGETTABLE CHICKEN CASSEROLE	9 RIBS AND SAUERKRAUT	10 The Center is Closed	11
12	13 CHOW MEIN W/RICE	14 BAKED CHICKEN	15 HAMBURGER GRAVY W/ MASHED POTATOES	16 SPAGHETTI W/ MEATSAUCE	17 The Center is Closed	18
19	20 BEEF STEW	21 CHICKEN FAJITAS W/ RICE/BEANS  Winter Begins	22 TATER TOT HOTDISH	23 HOLIDAY HAM DINNER	24 The Center is Closed Christmas Eve	25 
26	27 The Center is Closed	28 The Center is Closed	29 The Center is Closed	30 The Center is Closed	31 The Center is Closed NEW YEAR'S EVE	



JANUARY 2021



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



Q: We're considering going **SOUTH** for the winter. Do you recommend that?

S. Now Byrd

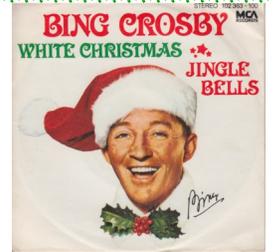
What is the best possible holiday present?

A broken drum—
you just can't beat it!

JUST FOR FUN

WHITE CHRISTMAS

by Bing Crosby



This song was first released in 1942. It went to #1 that year in America, and again reached the top spot in 1945 and 1947. The song appeared on various *Billboard* charts every year until 1963 when it finally dropped off the Hot 100.

A perennial seller for an entire generation, the song is by far the biggest-selling Christmas song of all time, and most likely the biggest-selling single of all time. Sales figures from the 1940s and 1950s are rough estimates so there's no way to know for sure, but Guinness World Records estimates "White Christmas" at #1 with 50 million sold, far ahead of the estimated 33 million for Elton John's 1997 tribute to Princess Diana, "Candle In The Wind '97," at 33 million. The only other song sometimes mentioned in this discussion is Bill Haley's "Rock Around The Clock."

songfacts.com

A: Yes, but I voodn't go any furdder south dan **Rochester, Minnesota**. (Dat vey, it von't be dat far to go if you forgot sumting and had to come back.)

PLUS, dey got da **MAYO CLINIC** dere ... dat's for peepke dat are allergic to **Mayonazze**, like Lena.

(I'd tell you a joke about **Mayonazze** rite here, but you might spread it :)

Vat da heck, I'll tell it anyvey: Vy voodn't da **Mayonazze** go back into da **fridge**? It didn't vant to see da **Salad Dressing** ... **Uffda!**

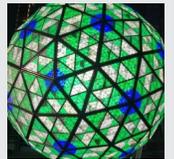
HAVE A GREAT VINTER!

Ole



Fun Facts about the New Year's Eve Ball in Times Square

- * The Ball is 12 ft. in diameter and weighs 11,875 pounds.
- * The Ball is covered with a total of 2,688 Waterford Crystal triangles.
- * The Ball is illuminated by 32,256 LED lights.
- * The Ball is capable of displaying a palette of more than 16 Million vibrant colors and billions of patterns that creates a spectacular kaleidoscope effect atop Times Square.



Sudoku Answers from page 10

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



It's a Scandinavian tradition to feed the birds on New Year's Day to ensure **GOOD LUCK** in the year ahead. Spread birdseed on your doorstep for **LUCK** in the coming year.



CHRISTMAS DECORATIONS

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



TREE
 STOCKING
 WREATH
 GARLAND
 CANDLE
 FIGURINE
 ORNAMENT
 TINSEL
 RIBBON
 TWINKLING
 LIGHTS
 BELLS



ELF
 PINECONE
 NUTCRACKER
 MISTLETOE
 CARDS
 FIREPLACE
 CANDY
 PAPER
 BOW
 NATIVITY
 SNOWFLAKE



BE KIND TO YOUR MIND & BODY

BELT OUT SOME CHRISTMAS CAROLS



If you're anything like me, you love singing along to Christmas songs at home, in the car, and pretty much anywhere they are playing! The holiday season is the perfect time for festive tunes and let's refuse to let any Scrooges lower our enthusiasm.

There's solid scientific evidence to prove that singing is, in fact, good for your body and your mind:

- ◆ Relieves Stress—Researchers found that the amount of cortisol (a stress hormone) was lower after singing, an indication that people felt more relaxed after they'd belted out a tune.
- ◆ Promotes Positive Feelings—When you sing in a group, whether it's a large choir or a smaller group, the act of collective singing causes your body to release endorphins. This hormone can help promote positive feelings and even change your perception of pain.
- ◆ Improves Lung Function—Because singing involves deep breathing and the controlled use of muscles in the respiratory system, it can be beneficial for certain lung and breathing conditions.
- ◆ Enhances Memory in People with Dementia—People with Alzheimer's disease and other types of dementia, experience a gradual loss of memory. Studies have shown that people with these conditions were able to recall song lyrics more easily than other words.

So the next time someone tries to dim the light of your holiday spirit, just tell them about the health benefits you're getting from singing loudly and proudly and maybe they'll start singing along!

Eat Mindfully



Mindful eating simply means that your meal should be savored and noticed. A meal should be a meaningful pause, not a distraction or a quick refueling pit stop amid the clutter and busy happenings of daily life.

Noticing your meal, and taking even a short amount of time to be present not only improves your experience of that meal, it is also a break, a chance to collect thoughts, breathe, take a minute of personal time before the whole day passes by unnoticed.

Take time to pay attention to the smell, texture and flavor; slow down and chew your food fully; think about how your food choice relates to your health; and remember to be GRATEFUL.

SUDOKU

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9. (answers on page 8)

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

December



December born are charmers as they have the trait of bringing a place to life. They are attractive personalities and have a very gentle heart as well.

The birthstone of December is the turquoise, which represents a host of positive personality traits, including happiness, honesty, and spirituality. It's also said to represent strength, serenity, and creativity. That about covers it all, right?!

December's flower is the narcissus, which symbolizes rebirth and respect.

If your birthday is on Christmas Day, December 25th, you are among few. This is the **rarest** birthday in the U.S.!

January



Kick off the New Year with all the January babies! Babies born in January are either a loyal, honest, and fearless, *Capricorn*, or a communicative, unique, open-minded and logical *Aquarius*.

January's birthstone is the garnet, which promotes balance and peace. The flower is the carnation.

January born are creative, natural born leaders. They are smart, chill, and extra healthy.

And that sums up all the wonderful traits of my January born daughter--Happy Birthday MJ! 

HACK

Clean Pots and Pans with Dryer Sheets

The Ultimate Cheat "Sheet" for Cleaning Pots, Pans and Glass Baking Dishes

- 1) Pour warm water in the dirty dish.
- 2) Place a dryer sheet on the surface of the water. Let it sit for 10-15 minutes, or even overnight for really baked-on messes.
- 3) Wipe dish with a wet sponge. Any caked-on grease and food should lift easily with the soft side of the sponge.





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E-mail: sacs@midconetwork.com
Web page: sacsmn.org
Facebook; SAC's Friendship Cafe

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 on 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.