

Chisago County Senior Center
38790 6th Ave
North Branch, MN 55056

Non-Profit
Organization
Postage Paid

February 2023

Senior Center News

Chisago county Senior Center | 38790 6th Ave | North Branch, MN | 651-674-8658



Celebrating February

Library Lovers' Month

Black History Month

Mend a Broken Heart Month

Groundhog Day

February 2

Thank a Mail Carrier Day

February 4

Pizza Day

February 9

Get Out Your Guitar Day

February 11

Super Bowl LVII

February 12

Valentine's Day

February 14

World Human Spirit Day

February 17

Carnival

February 16-21

Presidents' Day (U.S.)

February 20

Mardi Gras

February 21

Finding a Lost Art

You may not realize it, but if you send a valentine through the mail on February 7, you are celebrating Send a Card to a Friend Day. Despite the ubiquity of electronic communications like text messages and social media posts, the art of sending mail by post has not been lost entirely. Sending a thoughtful letter to a friend or loved one is a surefire way to show that special someone exactly how dear they are to you.

While a greeting card purchased from a store is a nice gesture, the best card-sender does more than just sign their name. Demonstrate thoughtfulness by personalizing your message. Reflect on a memory or moment you shared with your loved one that really meant something to you. List the qualities you most admire about your friend or what you most miss about them, or thank them for a valuable lesson they taught you. Finally, sign off with a thoughtful question and encourage them to write back. Handwriting a letter won't just make their day, but the act of writing is a powerful one for you, too. Writing has been proven to reduce stress, strengthen memory, and sharpen your wit, all at the same time. If you feel particularly inspired, you could compose an original poem. After all, it is believed that poetry is what gave us the Valentine's Day we know and celebrate today.

While Valentine's Day has been celebrated as the religious feast day of St. Valentine since the fifth century, it wasn't until 1382 that Valentine's Day became a secular holiday for romantics. That was when Geoffrey Chaucer, the writer from the High Middle Ages best known for *The Canterbury Tales*, penned his poem *Parlement of Foules*. In this poem, he declares Valentine's Day as the date when mating season begins for both birds and humans. Over the following centuries, young lovers seized on February 14 as the day to express their adorations with the sending of flowers, chocolates, jewelry, and of course, valentines. If you plan on sending one of this year's 190 million Valentine's Day cards, make sure to personalize it for the one you love.

Mission Statement
" Our mission is to enrich the lives of Chisago County senior citizens & to support their individual lifestyles"

Board of Directors
Carol Gilquist, President
Carol Stradinger, Vice President
Judy Nelson, Secretary
Todd Fisk, Treasurer

Directors:
Jon Ekstrom, Gary Fladland,, Connie Kaiser,
Joe Kolb, Pat Menne-Hannigan,
Betty-Anderson Schlipp, Gwen Swenson,
Marge Scheele & Pam Schultz

Board Meeting every 3rd Thursday of the month at 9:30am at the senior center
OPEN TO ALL!

**SPRING CRAFT
SHOW!**
MARCH 18
9-4pm
**CHISAGO COUNTY
SENIOR CENTER**



WINTER WORD SCRAMBLE!

1. NEDIDGLS _____
2. ENTMTIS _____
3. NOSMAWN _____
4. ZADZIRBL _____
5. FSFERAUM _____
6. IIKGNS _____
7. OTOBS _____
8. HKYECO _____
9. GSKINAT _____
10. IICSHGNFE _____
11. REBNOIF _____
12. ITEFRBOTS _____
13. WONSWOPL _____
14. OFYRTS _____
15. IIDRFG _____
16. ECSSIOLT _____
17. LILYHC _____
18. YUJNAR _____
19. OCOAC _____
20. WNNOSSHES _____

VALENTINES DANCE!

THURSDAY, FEBRUARY 16 1-4PM

CHISAGO COUNTY SENIOR CENTER

\$7 ADMISSION

LIGHT LUNCH

PROVIDED AT BREAK

WATER, POP & SET
UPS AVAILABLE



An Inconvenient Truth

Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace handwashing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22, Inconvenience Yourself Day. Convenience frees us from toil and gives us more free time, but should we instead enjoy physical labor? Shopping on Amazon means we never need to leave the house or interact with others. But have we become too isolated? Inconvenience certainly requires more effort, but effort can lead to great benefits, like socializing with friends or learning a worthwhile new hobby. Effort creates feelings of self-worth. Perhaps a little inconvenience is a good thing.

Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to "woolen cloth." In the 17th century,

Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.

Meals for Two!



Lazy Lasagna for 2

Ingredients

- 1 cup meatless pasta sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 cup 4% cottage cheese
- 1-1/2 cups cooked wide egg noodles
- 2 tablespoons grated Parmesan cheese
- Chopped fresh parsley, optional

Directions

- Warm the pasta sauce; stir in mozzarella and cottage cheeses.
- Fold in noodles. Pour into 2 greased 2-cup baking dishes.
- Sprinkle with Parmesan cheese.
- Bake, uncovered, at 375° until bubbly, about 20 minutes. If desired, top with parsley.

Nutrition Facts

1 lasagna: 399 calories, 16g fat (8g saturated fat), 68mg cholesterol, 1120mg sodium, 37g carbohydrate (12g sugars, 3g fiber), 25g protein.

Join us Tuesday
February 7 at 1:30 for
old time movies with
Tracy Toltzman!



CRAFT SELLERS
WANTED!

We will be hosting a Craft Fair on
March 18 9-4pm

Vendors Wanted-homemade crafts only
For more information Call Debbie Ardolino
651-243-5220

Save
the
Date

MAY 6

Our Tables Around Town Event!
The Senior Centers Largest
fundraising event!
More details coming soon!!