Senior Highlights
February 2012

Call your neighbors, tell your family, bring a friend – just come to the pancake breakfast on Friday, February 3 at the Lighthouse located at 37th Ave. and Hart Boulevard. It will be held from 8:30 – 10:30 a.m. and only costs $3.00 per person. All proceeds will go to the senior center so we hope to have a BIG crowd. Paula and I will once again be your “hostesses with the mostest” and will provide service with a smile! We hope to see you there!

We have a number of special events during the month of February so please be sure to read your newsletter carefully as some need pre-registration. We are going to have an early Valentine’s gathering on February 10; a potluck lunch on February 23; income tax service starts; and we have a couple of outings/trips during the month. That should keep us all out of trouble!

O.K. I’ll now fess up that I, Karen Moeller, threw a GUTTER BALL in one of our Wii bowling games last month! The other bowlers, rather than feeling sorry for me, actually hooted, laughed, snickered, and said I needed to put it in the newsletter – so here it is for everyone to read! I do admit I’ve been in a slump and may need a little extra practice! It’s all in fun and we actually laugh a lot!

This month we celebrate both Valentine’s Day and President’s Day. Below you will find a few trivia questions pertaining to both of these holidays. See how well you do. Answers can be found on the bottom of the next page.

1. Which President never married?
   a. James Polk       b. Benjamin Harrison    c. James Buchanan

2. In which movie did Nancy Reagan play opposite her husband Ronald?
   a. Bedtime for Bonzo       b. Hellcats of the Navy    c. Rockne, All American

3. Which state has provided the most native-born sons as Presidents?
   a. Virginia       b. Massachusetts     c. Ohio

4. Approximately how many red roses will be sold for Valentine’s Day?
   a. 100 million       b. 90 million     c. 110 million

5. Which state produces 60% of American roses?
   a. Idaho       b. Texas     c. California

6. Who receives the most Valentine’s Day Cards?
   a. Mom’s       b. Teachers     c. Children         d. Wives

   GOOD LUCK! See you at the center!

Midday Matinee
Friday, February 3 and 24 – 1:30 p.m.

Please note that our movies this month will take place on the first and last Friday’s of the month. Showtime is at 1:30 p.m. in the senior center. Titles and descriptions for this month’s movies are listed below.

Friday, February 3 – “Mr. Popper’s Penguins”
Growing up in Brooklyn, young Tommy Popper looked forward to the moments when, on his tiptoes to reach a ham radio in his bedroom, he could talk to his world-traveling father. Years later, Tommy is now Mr. Popper, a highly successful real estate developer in Manhattan. Amicably divorced from Amanda, with two children he sees on alternate weekends, Mr. Popper lives the life of luxury in his ultra-modern Park Avenue apartment and is well on his way to becoming partner at his prestigious firm. That is until the morning a final gift from Popper’s late father, a souvenir from Antarctica, arrives in a crate at Popper’s front door!
Friday, February 24 – “Growing the Big One”
Seattle radio talk-show host Emma Silver inherits Grandpa Walt’s pumpkin farm in Valleyville. She didn’t plan to respect his last will, she should run it, but loses her job and is forced to accept his wishes. In order to keep the farm, she must pay up a $75,000 mortgage. To that end she hopes to win the pumpkin growing contest using grandpa’s winner seed line and cultivation log. Neighbor Seth Cullen, the town’s handyman, but actually a Stanford engineering graduate, has a hard time convincing her they need to team up.

*Health Insurance Counseling
Thursday, February 9 – 9:00 a.m. – Noon

Health insurance counseling services are available to Medicare beneficiaries and those soon to start Medicare on Thursday, February 9 from 9:00 a.m. – noon in the senior center. This program can assist you with a variety of needs including Medicare questions, help in choosing or changing a supplement, prescription drug cost options, Medicare bills and more. To get your questions answered or to schedule a free individual appointment, please call the Senior Linkage Line at 1-800-333-2433. This program is sponsored through the Metropolitan Area Agency on Aging. It is not affiliated with any insurance company. You must make an appointment to use this service.

Blood Pressure
Friday, February 10 – 9:00 – 10:00 a.m.

Seniors are encouraged to have their blood pressure checked on Friday, February 9 from 9:00 – 10:00 a.m. in the senior center. This is a free service provided by our local fire department. Please note you can stop by the fire station anytime during the week to have it checked as well, as long as the firefighters are not out on a call.


The senior center will be closed for President’s Day on Monday, February 20.

Income Tax Service
Tuesdays and Thursdays – 9:00 a.m. – Noon
February 2 through April 12

Free income tax service will be offered every Tuesday and Thursday morning from 9:00 a.m. – noon at the senior center. This is for seniors age 60 and older and low to middle income individuals. You do not need an appointment. Simply come to the senior center and sign in. It is on a first come first served basis. Please bring Social Security cards, your 2010 return, all 2011 tax information as W2’s from employment, 1099’s for pensions, social security, interest and dividends, miscellaneous income, records of contributions and medical expenses. For RENT CREDIT bring the CRP from the landlord. For REAL ESTATE REFUND bring property tax statement for taxes payable in 2012.

Make Your Own Sundae Party
Friday, February 10 – 1:30 – 3:00 p.m. ($2.00 per person)

I scream – you scream – we all scream for ICE CREAM! Join us on Friday, February 10 for a “Make Your Own Sundae” party in the senior center. You can stop in any time between 1:30 – 3:00 p.m. This is an early Valentine’s treat you won’t want to miss it. We will have a variety of toppings to choose from and you can be as creative as you want in making yours! There will be a $2 donation collected the day of the event. You DO NOT need to pre-register. We’ll have plenty of ice cream and maybe a cookie or two! See you on the 10th! Oh, and WEAR RED!

*Potluck Luncheon
Thursday, February 23 – 12:00 Noon

It’s about time we had another potluck luncheon so join us on Thursday, February 23 at noon in the senior center. Everyone is to bring a dish to share – hotdish; salad; dessert and I will provide plates, utensils and beverage. You do need to pre-register so I know how many to plan for. Call the Recreation Office at 763-706-3730 and leave your name if you plan on attending. I can already taste the many good dishes!
**Senior Dining Program**

Parkview Villa (Menu in Newsletter)

The senior dining program is available at Parkview Villa, 965 40th Ave. N.E. five days a week at noon. You just need to buzz in at the main entrance. The suggested donation is $3.50 for seniors over 60 and $6.50 for those under 60. To attend you must call Joan at 763-789-7018 three (3) days in advance to register.

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**Senior Foot Care**

Monday, February 27 (763-560-5136)

“Happy Feet Footcare, Inc.” will be taking appointments for Monday, February 27. They are here the 4th Monday of every month. Visits take place in the Mathaire/McKenna Room across from the senior center. To make an appointment you must call 763-560-5136. Please note the cost is $32 and is payable at the time if service. “Happy Feet” nurses specialize in routine foot care for seniors and those with diabetic feet. They work on corns, calluses, thick or curled toenails and ingrown nails if they are not well advanced. Don’t forget – you do need to make an appointment.

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**Outreach Corner**

Nancy Shaw, Senior Outreach Worker, ACCAP

I hope you are all enjoying this wonderful warm weather and no snow (except now we have some since I wrote this)! I have to admit I did miss the snow but don’t like driving in it. I also miss those days when it is gently snowing outside and it puts me in the mood to bake cookies or make some warm cozy foods. Speaking of that and knowing that as we age what we eat and what agrees with us does change. The University of Minnesota Extension offers good information through a program called “Simply Good Eating for Seniors”. It has information on nutrients that help us as we age; the recipes they provide are easy; and they use inexpensive ingredients. They have recipes on line that you can access and there is also a book you may purchase that has valuable information. To get further information you can go on line to: [http://shop.extension.umn.edu](http://shop.extension.umn.edu) and then type in the search area “Simply Good Eating for Seniors”. It will show some options for books that can be purchased and when you click on one of the books to see a sample, at the bottom on the right of the screen it offers recipes if you click on seniors. You can also call 1-800-876-8636 for information. Remember if you have any questions about available programs in the community, everything from transportation options, telephone assistance, medical assistance, food support, housing options etc. give me a call. I can come to your home or meet you at the Southern Anoka County Office in Columbia Heights to discuss the different programs you might qualify for. (Nancy Shaw – 763-783-4741)

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**To Your Health**

By: Judy Trempe, Aerobics Instructor

I hope you have made exercise a part of 2012. As always, anytime you start a new physical activity, it is important to check with your doctor.

Last month we talked about how to warm up our body before we exercise. This month we will concentrate on the vigorous part (often called aerobics) of the exercise regimen. Once our body is warmed up, we should push ourselves to work as hard as we can to challenge our body to become stronger. So whatever physical activity you have chosen – increase the momentum. If you are walking, increase your speed and swing your arms; if you are biking, pedal harder, etc. You can tell that you are working hard when you start to sweat, breathe hard and feel your heart pumping faster. One objective to exercising vigorously is to make our cardiovascular system more efficient. Our heart is a muscle so if we challenge it to beat at a higher rate it will become stronger – just like lifting weights increases your arm muscles. Our lung capacity also becomes greater with aerobic exercises. If we force our lungs to work harder they will become more efficient and physical activity will become easier to perform. Our body is the only machine that the more you work it, the more efficient it gets!

When we are exercising we should take special care to keep our body alignment correct. Think of being as tall as you can. A slouched posture makes breathing more difficult. During exercise, keep yourself well hydrated by taking sips of water every ten or fifteen minutes. You may need more water during hot weather. The fast part of your exercise regimen should last fifteen to thirty minutes. Once you have challenged yourself and have exhausted your muscles, it is time to cool down, another important part of the exercise program. Next month we will learn the proper way to cool your body down after your exercise workout.
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February

<table>
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<tr>
<th>Date</th>
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| 1    | 8:50 – Walking Group  
No Wi Today |
| 2    | 9:00 – Noon Income Tax  
*9:00 – Aerobics  
11:45 – Golden Age Club (meet upstairs in bar area) |
| 3    | 8:30 – 10:30 Pancake Brkfst. at the Lighthouse  
10:00 – Cribbage  
1:30 – Movie “Mr. Popper’s Penguins” |
| 4    | 8:50 – Walking Group  
10:00 – 500 Club  
1:30 – Wii Wed. |
| 5    | *9:00 – Aerobics  
9:30- Shuffleboard  
9:30 – Bridge  
2:00 – Bingo |
| 7    | 9:00 – Noon Income Tax  
10:00 & 1:30 GAMES |
| 8    | 8:50 – Walking Group  
10:00 – 500 Club  
1:30 – Wii Wed. |
| 9    | 9:00 – Noon Income Tax  
*9:00 – Noon Health Insurance Counseling  
*9:00 – Aerobics  
*9:30 – Hist. Cent |
| 10   | 9:00 – 10:00 Blood Pressure  
10:00 – Cribbage  
1:30 – 3:00 “Make Your Own Sundae” Party |
| 11   | 9:00 – Noon Income Tax  
10:00 – Cribbage |
| 12   | *9:00 – Aerobics  
9:30- Shuffleboard  
9:30 – Bridge  
2:00 – Bingo |
| 13   | 9:00 – Noon Income Tax  
10:00 & 1:30 GAMES |
| 14   | 8:50 – Walking Group  
10:00 – 500 Club  
1:30 – Wii Wed. |
| 15   | 9:00 – Noon Income Tax  
*9:00 – Aerobics  
11:45 – Golden Age Club |
| 16   | 9:00 – Noon Income Tax  
*9:00 – Aerobics  
12:00 – Potluck Luncheon |
| 17   | 10:00 – Cribbage |
| 18   | 9:00 – Noon Income Tax  
10:00 – Cribbage  
1:30 – Movie “Growing the Big One” |
| 19   | Senior Center Closed for President’s Day |
| 20   | 9:00 – Noon Income Tax  
*9:00 – Refresh. Defensive Dr.  
10:00 – Games  
2:00 – Bingo |
| 21   | 8:50 – Walking Group  
10:00 – 500 Club  
1:30 – Wii Wed. |
| 22   | 9:00 – Noon Income Tax  
*9:00 – Aerobics  
12:00 – Potluck Luncheon |
| 23   | 10:00 – Cribbage  
1:30 – Movie “Growing the Big One” |
| 24   | *9:00 – Foot Care  
*9:00 – Aerobics  
9:30- Shuffleboard  
9:30 – Bridge  
2:00 – Bingo |
| 25   | 9:00 – Noon Income Tax  
10:00 & 1:30 GAMES  
1:00 - Newsletter |
| 26   | 8:50 – Walking Group  
10:00 – 500 Club  
1:30 – Wii Wed. |
| 27   | *Indicates you must pre-register |
| 28   | Telephone # 763-706-3730  
Sr. Center Hours  
M – F 9:00 – 4:00 |
| 29   |              |

2012