

MAY 2022

FREE PUBLICATION

WHAT'S INSIDE:

Directors Comments

May Menu

May Activities

Announcements

Blue Earth Senior Center

Linda Jahnke, Director

118 West 7th Street

Blue Earth, Mn 56013

E-Mail: ljahnke@becity.org

OPEN: Monday – Friday

8:30 – 4pm

MISSION: Enhance the lives of older adults with a friendly warm environment.



LINDA'S TIDBITS

Memorial Day is a federal holiday. On this day we remember those who gave their lives for our country. Also remember your family and friends that have passed on. We should all take a moment of silence in remembrance and respect for our loved ones. We celebrate by having parades, speakers and ceremonies. Graves are decorated with flags and flowers. This is the traditional kickoff of summer. Weather should be warmer; flowers start to bloom and there are a lot of reasons to celebrate. Let's celebrate, honor and remember our fallen heroes. Happy Memorial Day!!

May is Older American Month. Here is a story and poem about it from Creative Forecasting.

Reminiscent Corner

Barbara J. Pogson



GETTING OLDER

I was grocery shopping one day, and I met an old neighbor I hadn't seen in more than 20 years. We complimented each other about how well we both looked. (The senior years allow us to exaggerate.)

I was delighted to see this woman again, and as we slowly pushed our carts along together, up one aisle and down the other, we talked and talked. Other shoppers had to circle their way around us, but we kept right on talking. Our conversation was so engrossing. We compared our cholesterol counts, blood pressures, fat-free diets, stiff joints, and aching bones.

We finally reached the checkout line where a speedy cashier bagged our groceries, and we were on our way. With a kiss and a hug, my old neighbor and I said goodbye.

When I got home, I sat thinking about this woman. There was a season in my life when she and I shared many laughs and tears together. I smiled remembering the morning my basset hound ran away and how she laughed watching me chase him up the street in my pajamas.

We helped set up lots of Kool-Aid® stands and spent many warm summer nights sitting on my front porch enjoying the quiet of our sleeping babies. I thought back to the day she kissed her 18-year-old son goodbye when he left to join the Air Force, and how she wept with me a year later when he was killed coming home on leave.

Years ago, I knew this woman well, and today I know nothing about her. And I am ashamed of myself. I didn't inquire about her husband, her children, or her life in general. I don't even know where she lives.

After a lot of soul-searching, I've made a promise to myself. I will not become obsessed with my problems of aging. I would hate to think that in these golden years all I talk about is how many pills I take, how much broccoli I eat, or why I eat stewed prunes for breakfast.

Good health is a blessing, and I know how serious illnesses can be devastating and depressing. However, I will try to maintain a moderate balance between my health concerns and my outlook on life. I'm only going to travel this road once.

Aging, if I put it in the right perspective, can make me laugh at myself. I'm always losing things: glasses, remote control, telephone numbers, and my address book. I've been known to repeat the same story to the same person, twice on the same day. Not long ago, I forgot my dental appointment and was a week early for my doctor's appointment.

I don't know the reason for these frequent memory lapses, but whatever it is, I do get to laugh at myself, and that's always a good dose of medicine.

Now, I have something important to all who might know me from the past or the present. If we should happen to meet somewhere, this is what you should do. First, refresh my memory of who you are and where I know you from. Second, tell me I look good. Lie if you have to. Third, and this is for your own sake, please don't ask me how I feel. I just might tell you.

Barbara is a 30-year Red Cross volunteer at Niagara Falls Memorial Hospital and the adjacent nursing home. She is a freelance writer and has written for the "Niagara Observer", "Buffalo News" and the "Sunday Digest."

REMINISCENT QUESTIONS

- If you met a friend you hadn't seen for a long time, what would you say to him/her?
- Who are some long-lost friends you wish you'd see? Why?
- When someone asks how you are feeling, do you tell him the truth?
- What are some things you have said or done recently that you can laugh about now? In the past? **OF**



Reminiscent Corner

GOOD OLD DAYS



Read these two poems to residents to stimulate discussion and reminiscences about the good old days.

MY MEMORIES OF THOSE GOOD OLD DAYS

Jean R. Brazier, Sterling House of Deptford, Deptford, NJ
(1903 - 2004, written in her early 90s)

I still remember those good old days when I was a child about ten
When I and my sisters and brothers played games together back then.

We played jump rope and marbles, ring-around-the-rosy, and more.
We played mumble-peg and hopscotch, as we played those games of yore.

We had no knowledge of cigarettes, of drugs, or drinking of beers.
We were just one happy family back then in those good old years.

We rode the horses, milked the cows, and gathered the eggs each day,
And when it was the school year, we walked three miles each way

To our little one-room schoolhouse with a potbelly stove for heat,
And when the teacher would call each class, we would go to the front row seats.

When there was a special occasion, Mama would pack a lunch and we'd go
In our two-horse-drawn carriage to a beautiful lake that we know.

It was Mama, Papa, and the children, and we shared in many ways.
If it were ever possible, I'd love to go back to those good old days.

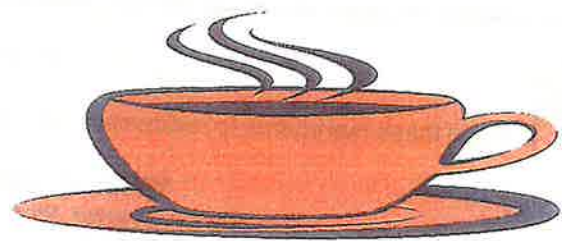




JOIN US FOR LUNCH:

Monday – Friday at noon.

Call 507-526-3850 to reserve
your meal by 8:45am



COFFEE:

WOMENS COFFEE:

Mondays and Fridays at 9am.

MEN'S COFFEE:

Monday – Friday at 10am.



EXERCISE:

Tuesday and Fridays at 9am at
the Senior Center.



BRIDGE:

Thursdays at 1pm



WEIGH-IN:

Tuesdays at 9am



500 (Cards):

Fridays at 12:45

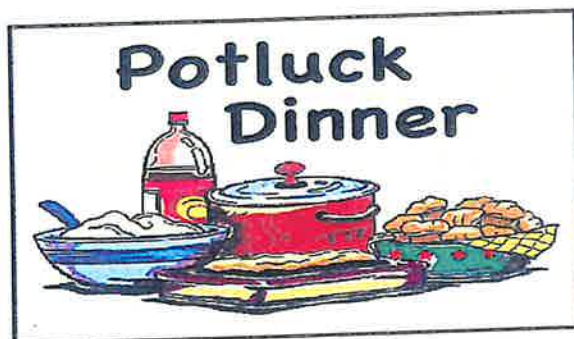
FOOT CLINIC:

Monday, May 9th

Thursday, May 26th

Call 507-526-3850

For an appointment.



POT-LUCK:

Potluck will be Friday, May 20th
at noon.

Bring a dish to pass and come
and join us at the Senior Center.



PEOPLE TO PLAY:

Rummy and Cribbage.

Contact Linda at 507-526-3850
or stop in at the Senior Center
for more information.



The Senior Center will be
CLOSED on Monday, May
30, 2022 in observance of
Memorial Day.



SENIOR CENTER - MAY 2022

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 CALIFORNIA BURGER BAKED BEANS POTATO SALAD APRICOTS	3 CREAMED CHICKEN OVER BISCUIT GR.BEANS/BACON RASPBERRY MOUSSE	4 SALISBURY STEAK MASHED POT/BUTTER CREAMED CORN BAR	5 TACO SALAD SPANISH RICE ICE CREAM	6 SCROD (BEEF) MINI BAKERS CAULIFLOWER BREAD PUDDING	7
8	9 SPAGHETTI BAKE LETTUCE SALAD BREADSTICK ITALIAN ICE	10 GLAZED HAMBALLS CREAMED POTATOES GREEN & GOLD BEANS COCONUT CREAM DESSERT	11 BRAT/BUN TATER TRIANGLE BAKED BEANS WATERMELON	12 CHEESEBURGER FRENCH FRIES FRUIT SALAD ICE CREAM	13 LEMON PEPPER TILAPIA (MEATBALLS) MASHED POT/BUTTER WINTER BLEND LIME DELIGHT	14
15	16 CALICO BEAN CASS BAKED POTATO CARROTS MANDARIN ORANGES	17 LASAGNA LETTUCE SALAD GARLIC BREAD STRAWBERRY GELATIN DESSERT	18 MEATBALLS FETTUCCHINE ALFREDO PEAS PUDDING/TOPPING	19 ROAST TURKEY MASHED POT/GRAVY BREAD DRESSING CORN ICE CREAM	20 SEAFOOD SALAD GRAPES ASSORTED CRACKERS CAKE <i>pot-luck</i>	21
22	23 ROAST PORK PARSLIED POTATOES CARROTS PEACHES	24 ROAST BEEF COMMERCIAL BRUSSEL SPROUTS CUPCAKE	25 CHILI (CHICKEN SPAETZEL) LETTUCE SALAD CORN/BREAD/BUTTER BAR	26 CHICKEN CUTLET CONFETTI POTATOES CAPE COD BLEND ICE CREAM	27 CRUNCHY CHICKEN SLD PEACH&PEAR HALVES MUFFIN LEMON ANGEL DESSERT	28
29	30 RORK CHOP CHEESY HASHBROWNS WINTER BLEND PEARS <i>CLOSED</i>	31 STEAK-UM SANDWICH FRENCH FRIES COLESLAW POKE CAKE	JUNE 1 SALAD BAR BREADSTICK APPLE CRISP	JUNE 2 SPAGHETTI/MEAT SC LETTUCE SALAD GARLIC BREAD ICE CREAM	JUNE 3 HAM MAC SALAD MELON ASSORTED CRACKERS BAR	

MEMORIAL DAY WORD SCRAMBLE



1. DAAESPR _____
2. AMY _____
3. FGASL _____
4. AUS _____
5. ECSIRIFAC _____
6. NEM _____
7. YLIODAH _____
8. BENERAEMMCR _____
9. TLESAU _____
10. CEIRESV _____
11. LSDSROEI _____
12. ELROMMIA _____
13. MOYDAN _____
14. EASDML _____
15. EOSHER _____
16. WOENM _____
17. RWSA _____
18. WEOSFLR _____



Memorial Day

Last Monday in May



AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
WAR